8-Step Method for Analyzing EKG/ECG

#	Methods: Determine / Calculate / Evaluate	Answer:
1	**Regularity –** use paper, calipers, or note card - Atrial 'P' to 'P' (mark 3 & move right) - Ventricle 'R' to 'R' (mark 3 & move right)	Regularity? Yes -or- No Yes -or- No
2	**Rate –** count the # of small or big squares between "P-P" & "R-R" - X10 within a 6 second strip - **1500 ÷ # of small boxes** - Sequence method – 300, 150, 100, 75, 60, 50..	Rate? P-P _____ Fast or slow R-R _____ Fast or slow
3	**'P' wave –** is it- - Upright & present - Normal configuration, size, & shape throughout - Associated with every 'QRS'	Is it? Yes -or- No Yes -or- No Yes -or- No
4	**'PR' interval – normal: 0.12 – 0.20 seconds or 3-5 small squares** - At the beginning of the 'P' wave to the beginning of 'QRS' - **# of small boxes x by 0.04 seconds** - Is it consistent? - Is it within normal range?	Duration? _____ Yes -or- No Yes -or- No
5	**'QRS' duration / interval - normal: 0.04 – 0.10 seconds or 1-2 ½ small squares** - At the beginning of 'QRS' to the end of the 'S' wave - **# of small boxes x by 0.04 seconds** - Follows the 'P' wave - Normal configuration, size, & shape - Is it within normal range?	Duration? _____ Yes -or- No Yes -or- No Yes -or- No
6	**'T' wave –** is it.. - Upright & well rounded? - < the height of the 'QRS'?	Is it? Yes -or- No Yes -or- No
7	**'QT' interval – normal: 0.36 – 0.44 seconds or 1-2 big squares** - At the beginning of 'QRS' to the end of the 'T' wave - **# of boxes x 0.04 seconds** - Represents time it takes the ventricles to depolarize & repolarize	Duration? _____
8	**Is there other abnormal components?** - 'ST' depression = ischemia -or- 'ST' elevation = infarction/injury - 'T' wave inversion = ischemia - 'U' wave – may or may not be present, if present may be due to hypercalcemia (high calcium), hypokalemia (low potassium), digoxin toxicity, or heart enlargement. - Ectopic beats – funny looking beats - Note the site of rhythm origin (sinus node, atria, atrioventricular node, or ventricles) - Note the vital signs: heart rate, blood pressure, respiratory rate, oxygen saturation level	**Yes -or- No** _____ _____ _____ _____ _____ _____
What is the Rhythm?		

Pacemakers:
1st letter: chamber paced
2nd letter: chamber sensed
3rd letter: PM response to the heartbeat