

# The Ultimate ACS Study Guide

Advanced Cardiac Life Support (ACLS) provides guidelines for healthcare professionals for all types of cardiac emergencies.



## EKG Anatomy



**P-Wave** = electrical activity in the upper heart chambers; represents contraction of SA node and AV node.  
**PR Interval** = time between P wave and QRS complex.  
**QRS Complex** = ventricular depolarization.  
**ST Segment** = ventricular repolarization.  
**T-Wave** = polarization of upper heart.

## ECG Rhythms

**Ventricular Fibrillation** - no organized blood, immediate defibrillation.

**Ventricular Tachycardia** - ventricular arrhythmia; heart rate 100-250 bpm, immediate cardioversion.

**P纈tential &逸搏 (Fibrillation Activity)** - fibrillation is fibrillation but activity is fibrillation and immediate CPR.

**Atrial Fibrillation** - on EKG, if leads are all connected, begin CPR immediately.

**Sinus Bradycardia** - rate less than 60 bpm, no cause/minute, pharmacological if symptomatic.

**1st Degree AV Block** - prolonged PR interval, fibrillarity.

**2nd Degree Block Type I - Wenckebach** - progressive PR interval, fibrillarity, pharmacological if symptomatic.

**2nd Degree Block Type II - Mobitz I** - ventricular fibrillation, fibrillarity.

**3rd Degree Block** - between SA and AV nodes, fibrillation, pharmacology, and defibrillation.

**Sinus Tachycardia** - increased heart rate of 100-150 beats per minute, pharmacological if symptomatic.

**Supraventricular Tachycardia** - increased heart rate of 100-150 beats per minute, pharmacological if symptomatic.

**Monomorphic Ventricular Tachycardia** - pharmacological for stable patients, immediate cardioversion.

**Polyomorphic Ventricular Tachycardia** - cardiovert, then cardioversion and CPR.

**Torsades de Pointes** - differential signs of class III antiarrhythmics, forms a spiral pattern on EKG, immediate magnesium, then cardioversion.



## Electrical Therapy Basics



## Airway Management



**Defibrillation** - uses an automated external defibrillator (AED).  
**Stroke-Related Cardioversion** - shock synchronized to the heart's point.  
**Transcutaneous Pacing** - treats abnormally slow heart rate.

## Post-Resuscitation Care



### Follow the ABCDs:

- Airway - maintain ventilation and oxygenation
- Breathing - keep PETCO<sub>2</sub> between 35-40mmHg
- Circulation - maintain mean arterial pressure of 90mmHg
- Differential Diagnosis - use H&Ts to determine contributing factors to cardiac arrest

## Acute Coronary Syndromes (ACS)

### Unstable Angina

- unexpected chest pain due to poor blood flow
- blood thinners
- aspirin

### ST-segment Elevation MI (STEMI)

- total blockage of a coronary artery
- electrical activity during the ST-segment shows ST-segment elevation
- coronary intervention (PCI) or CABG surgery

### Non-ST-segment Elevation MI (NSTEMI)

- partial blockage of a coronary artery
- ST-segment depressed instead of elevated, no thrombolytic
- pharmacotherapy, immediate percutaneous coronary intervention (PCI) or CABG surgery



## Stroke Assessment and Treatment

Cardiovascular disease is a frequent complication after an acute ischemic stroke. If a stroke is suspected, immediately transport to the nearest Stroke Receiving Center.

### Cincinnati Prehospital Stroke Scale:

1. Age over 60
2. Arm drift
3. Speech

you can't teach an old dog new tricks!



## Code Termination

Consult with medical control before code termination.



- persistent asystole 25 minutes or longer
- obvious signs of death, withhold resuscitation efforts

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# 15 Acls Study Guide

**RD Boyd**

**15 Acls Study Guide:**

15 Acls Study Guide: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. 15 Acls Study Guide : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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