

The Six Second ECG Quick Steps

1. HEART RATE - Too fast? Too slow? GO!!

2. QRS - Narrow (supraventricular) or Wide (ventricular)?

3. P's – P waves and Pattern

P waves?

Upright P wave = **SA origin**

Biphasic P wave = **Atrial origin**

Inverted or absent P wave = **Junctional origin**

Pattern? If irregular, begin by hunting for normal.

AV Blocks

1⁰ AV Block: long PR Interval (>.20 seconds)

2⁰ AV Block Type I: Lonely Ps - lengthening of the PR interval

2⁰ AV Block Type II: Lonely Ps - fixed PR interval

3⁰ AV Block: Regular rhythm with an ever-changing PR interval

NOTABLE EXCEPTIONS

- **wide QRS complexes consistently preceded by P waves** likely form a supraventricular rhythm with aberrant ventricular conduction i.e. bundle branch block
- **If the rhythm is chaotic, think fibrillation.** A chaotic rhythm without recognizable QRS complexes is likely ventricular fibrillation or artifact - a chaotic rhythm with recognizable QRS complexes is likely atrial fibrillation

Visit <http://skillstat.com/tools/ecg-simulator> to review ECG rhythms and to practice your ECG skills.