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Interventional Cardiovascular & Electrophysiology Technologist

STAT 12 Lead EEG Workshop:

Basics & ACS

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Welcome !

WORKSHOP Description

This is a **FOCUSED**, **CRASH COURSE** that **TEACHES YOU** to interpret 12 Lead ECGs to identify INDICATORS of Acute Coronary Syndrome (ACS).

WORKSHOP = you will have to do some WORK. FOCUSED = right to the point, no "extra fluff." CRASH COURSE = fast paced TEACHES YOU = you will LEARN and NOT FORGET.

• You will do **EXERCISES** throughout course.

Source of Curriculum:

 Case Studies from Cardiac Catheterization and Electrophysiology Labs, 1996 – Present



Wayne Ruppert and Dr. James Irwin, St Joseph's Hospital, Tampa, 7/29/2004



Cardiac Cath Lab Advantage:



Allows us to CORRELATE **ECG** leads with **SPECIFIC** cardiac anatomic structures.

Electrophysiology Lab



EP Catheters within the heart used for obtaining the Electrogram (the "internal ECG") Tracing and for Pace-mapping, an integral component of an EP study Author Wayne Ruppert conducting Pacemapping during EP study at the St Joseph's Hospital Heart Institute, Pediatric Electrophysiology Program, Tampa, FL in 2004





EnSite[®] System

Source of Curriculum:

- Case Studies from Cardiac Catheterization and Electrophysiology Labs, 1996 – Present
- Current Evidence-based Research
 - Journal of the American College of Cardiology (JACC)
 - American Heart Association (AHA) Circulation
 - ACC/AHA Guidelines
 - New England Journal of Medicine

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 - ACC/AHA Guidelines
 - New England Journal of Medicine
- Two peer reviewed, published textbooks

In the CARDIAC CATHETERIZATION LAB, we read our patients' 12 Lead ECGs and then evaluate their coronary arteries and ventricular function during angiography. Stated in plain English, we rapidly learn how to correlate 12 lead ECG findings with what's really going on inside our patients' hearts. Seeing ECGs from this perspective adds a new dimension to understanding the complex pathophysiologies of cardiovascular disease.

This book prepares you to:

- INTERPRET 12 Lead ECGs.
- ASSIMILATE DATA derived from the 12 Lead ECG into a comprehensive patient evaluation process
 designed to maximize diagnostic accuracy, while taking into consideration the 12 Lead ECGs inherent
 LACK of SENSITIVITY and SPECIFICITY.
- IDENTIFY 13 PATTERNS associated with myocardial ischemia and infarction, including the most subtle ECG changes often missed by clinicians and the ECG machine's computerized interpretation software.
- CORRELATE each lead of the ECG with specific regions of the heart and the CORONARY ARTERIAL DISTRIBUTION that commonly supplies it. In cases of STEMI, this knowledge prepares you to ANTICIPATE the FAILURE OF CRITICAL CARDIAC STRUCTURES – often BEFORE THEY FAIL.

For those who need to master essential material quickly, this book has been written with an expedited learning" feature, *designed to make learning as easy as* $1 \ 2 \ 3$:

- 1. READ the YELLOW HIGHLIGHTED TEXT
- 2. STUDY the GRAPHIC IMAGES, PICTURES and ECGs
- 3. CORRECTLY ANSWER the REVIEW QUESTIONS at the end of each section.

This is an invaluable resource for every medical professional who evaluates patients and reads their 12 lead ECGs:

- Fellows in Emergency, Cardiology, and Family Medicine
- Medical Residents
- Veteran Physicians wanting a good review in ACS patient evaluation
- Physician Assistants and Nurse Practitioners
- Emergency Department Nurses
- Coronary Care Unit and Cardiac Telemetry Nurses
- Walk-in Clinic Physicians and Nurses
- Paramedics

"I think this book will be a wonderful addition to the textbooks that are already available, with a fresh perspective"

Joseph P. Ornato, MD, FACP, FACC, FACEP

- Professor and Chairman, Department of Emergency Medicine
- Medical College of Virginia/Virginia Commonwealth University
- Medical Director, Richmond Ambulance Authority,
- Richmond, Virginia

"This book integrates academic ECG principles with real-world clinical practice by incorporation of well chosen cath lab case studies into its curriculum. This combination lets readers see patients and their ECGs through the eyes of an experienced cath lab Interventionalist, and provides a balanced approach to patient evaluation that compensates for the ECGs inherent lack of sensitivity and specificity. I highly recommend this book for all Emergency Medicine and Cardiology Fellows. For experienced clinicians, it's a superb review."

Humberto Coto, MD, FACP, FACC

 Chief of Interventional Cardiology St. Joseph's Hospital Tampa, Florida



THE CATH LAB SERIES presents . . .

12

LEAD

ECG

INTERPRETATION

3

ACUTE

CORONARY

SYNDROME

with

CASE

STUDIES

from

the

CATH

FAB

.

WAYNE

RUPPER

12 LEAD ECG

INTERPRETATION

ACUTE

CORONARY

with CASE STUDIES from the

SYNDROME

CARDIAC CATHETERIZATION LAB

WAYNE W RUPPERT

www.TriGenPress.com www.ECGtraining.org BarnesandNoble.com Amazon.com

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<u>Humberto Coto, MD, FACEP</u> Past Chief of Cardiology, St. Joseph's Hospital, Tampa, FL

<u>Mike Taigman</u>, EMS Industry Author, Conference Speaker, Journalist; Author, "<u>Taigman's Advanced Cardiology in Plain English</u>"

Printed and Marketed Worldwide by The Ingram Book Company 2010 - Current



by Wayne Ruppert

UNIVERSAL ACS PATIENT MANAGEMENT ALGORITHM --- See PAGE ONE ---

Select LEAD SET with HIGHEST ST ELEVATION and open to associated page ...



www.TriGenPress.com www.ECGtraining.org BarnesandNoble.com Amazon.com

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www.practicalclinicalskills.com www.skillstat.com/tools/ecg-simulator www.ECGtraining.org

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| | Download Initial Stabilization of the Atrial Fib Patient - SCPC 19th Congress | | | | | | | |
| | Download Continuous ST-Segment Monitoring Policy | | | | | | | |
| | Download QTc Monitoring Policy for Patients on QT Prolonging Meds | | | | | | | |
| | Download OT Monitoring Protocol - Datients on OT Prolonging Meds - 2018 | | | | | | | |

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Today's Agenda:

- First half of class (Part 1):
 - 12 Lead ECG Basic Fundamentals
 - Electrophysiology (Depolarization & Repolarization)
 - Waveforms and Intervals Relevant to ACS
 - Cardiac Anatomical Correlations with 12 Lead ECG
- Second half of class (Part 2):
 - ECG indicators of ACS
 - Diagnosis of STEMI
 - With Wide QRS vs. Normal width QRS
 - Clinical Relevance: predicting specific complication based on region of infarction.

Hospital 12 Lead EKG



A FEW CRITICAL POINTS ABOUT THE Hospital (or Freestanding ED) EKG:

- If EKG order is put in Cerner FIRST you can find the patient on the EKG machine "Worklist"
- May take few minutes to transfer from Cerner to Cardioserver (EKG maching software).
- When patient selected from "worklist" it prepopulates all pertinent information into the EKG machine. GREATLY reduces errors!!!



Go to "Worklist" Tab,

| ID: | | | | | | | | | 4:09:21 PM | coli (11) 12/20/2018 |
|-----|-------|----------|------------|--------------------|-----------------|-----------|---------------|----------------|------------|-------------------------|
| N | ew Pa | atient | Worklist 4 | Find Patient | Edit Patient ID | | | | + | |
| BH | SR | | Get | Worklist | | | | | | |
| Sel | ect | Status | Priority 🛆 | Order Request | Patient ID | Last name | Date of birth | First name | Gender | TE |
| | 1 | U | STAT | 12/17/2018 2:41 PM | 1000 | | 6/18/1946 | GEORGE | Male | |
| | 2 | U | STAT | 12/19/2018 8:22 PM | 3 B.21 | | 3/19/1953 | HASKELL | Male | |
| | 3 | U | NORMAL | 12/17/2018 7:15 AM | 1 | | 6/10/1950 | JAMES | Male | |
| | 4 | U | NORMAL | 12/20/2018 3:05 PM | 1 | | 12/21/1944 | BERNADETTE | Female | |
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| | vaila | ble: 196 | Selec | cted: 0 | | | Delete | | | |
| | | | | | | | | | | |

Select your patient . . .



Once selected, your patient is highlighted in blue



If patient is NOT on worklist, such as "STAT ECG" for chest pain . . .

You must MANUALLY enter:

- Patient ID = MRN Number
- Last Name
- Date of Birth (mm/dd/yyyy)
- Gender
- Your ID (first initial, last name)

If patient is NOT on worklist, such as "STAT ECG" for chest pain . . .

You must MANUALLY enter:

- Patient ID = MRN Number
- Last Name
- Date of Birth (mm/dd/yyyy)
- Gender
- Your ID (first initial, last name)

Then an ORDER must be generated in CERNER !!







When the waveforms look good . . .



If you don't like the EKG, select CLOSE, (Do NOT Print !)



If you LIKE the ECG, first, "PRINT" it...

| | | | Strange State | The second second | A Contraction | 12.19 13 | 🛎 al 🎟 |
|---|--|------------------------------|------------------|--------------------|---------------|----------|--------------------|
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|) 33 385 -26 | | - ABBODMAL ECC - | | | | | |
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And then "TRANSFER" it.....



!! CRITICAL !!

Once the EKG Order has been put in Cerner And the EKG has been obtained......

YOU ABSOLUTELY MUST "CHECK IT OFF" of Your Task List (Worklist).

FAILURE TO DO SO – THE EKG WILL NOT ATTACH TO THE PATIENT'S CERNER CHART and WON'T BE AVAILABLE TO DOCTORS OUTSIDE THE ED !!! Before we go any farther, you should know...

Sometimes, ECGS LIE to us !
ECGs and USED CAR SALESMEN often have MUCH in common !



THE ECG in PERSPECTIVE: PROBLEMS with ECG:

SPECIFICITY
(FALSE POSITIVES)

PROBLEMS WITH SENSITIVITY . . .

NORMAL ECG.

But







LETHAL TRIPLE VESSEL DISEASE

S-T SEGMENT ELEVATION - COMMON ETIOLOGIES:



CONDITION:

• ACUTE INFARCTION (STEMI)

S-T SEGMENT ELEVATION - COMMON ETIOLOGIES:



CONDITION:

- ACUTE INFARCTION
- HYPERKALEMIA
- BRUGADA SYNDROME
- PULMONARY EMBOLUS
- INTRACRANIAL BLEED
- MYOCARDITIS / PERICARDITIS
- L. VENT. HYPERTROPHY
- PRINZMETAL'S ANGINA
- L. BUNDLE BRANCH BLOCK
- PACED RHYTHM
- EARLY REPOLARIZATION & "MALE PATTERN" S-T ELEV.

77 Years Male

7/2/2015 9:44:46



Patient:

- Asymptomatic
- Troponin normal
- Cardiac Cath

 angiography =
 "no obstructive
 CAD."
- Discharge diagnosis:



EARLY REPOLARIZATION. This degree of ST Elevation in early repolarization is VERY RARE: The only such ECG I have seen in approximately 13,000 cardiac catheterizations.

S-T SEGMENT DEPRESSION - COMMON ETIOLOGIES:



CONDITION:

- RECIPROCAL CHANGES of ACUTE MI
- NON-Q WAVE M.I. (NON-STEMI)
- ISCHEMIA
- POSITIVE STRESS TEST
- VENTRICULAR HYPERTROPHY (STRAIN PATTERN)
- WOLFF-PARKINSON-WHITE
- OLD MI (NECROSIS vs. ISCHEMIA)
- DIGITALIS
- R. BUNDLE BRANCH BLOCK

T WAVE INVERSION - COMMON ETIOLOGIES:



CONDITION:

- MYOCARDITIS
- ELECTROLYTE IMBALANCE
- ISCHEMIA
- POSITIVE STRESS TEST
- CEREBRAL DISORDER
- MITRAL VALVE PROLAPSE
- VENTRICULAR HYPERTROPHY
- WOLFF-PARKINSON-WHITE
- HYPERVENTILATION
- CARDIOACTIVE DRUGS
- OLD MI (NECROSIS vs. ISCHEMIA)
- DIGITALIS
- R. BUNDLE BRANCH BLOCK
- NO OBVIOUS CAUSE

Despite the ECG's problematic issues with Lack of Sensitivity 8 Lack of Specificity, The 12 Lead ECG remains one of our QUICKEST, most costefficient front-line Triage Tools that we have today.



So how do we know when the ECG is telling us the truth ???

REMEMBER Keep the ECG Results in PROPER PERSPECTIVE



• We utilize ACS Risk Stratification to compensate for the ECG's lack of sensitivity and specificity, to aid us in clinical decisionmaking and to improve our diagnostic accuracy.

The ECG . . .



The QUADRAD of ACS

PRESENTING SYMPTOMS RISK FACTOR PROFILE ECG ABNORMALITIES CARDIAC MARKERS

A <u>POSITIVE</u> finding in <u>TWO</u> or MORE of the above categories indicates it is <u>EXTREMELY</u> <u>LIKELY</u> that <u>ACS is present</u>.... steps must be AGGRESSIVELY TAKEN to definitively RULE OUT the PRESENCE of ACS!

Myocardial Electrophysiology

REVIEW of NORMAL ECG Waveforms:



P WAVE = ATRIAL DEPOLARIZATION

QRS COMPLEX = VENTRICULAR DEPOLARIZATION (contracting)

T WAVE = VENTRICULAR REPOLARIZATION (recharging)

The J Point

 The J Point is where the
 QRS ends and
 the ST
 Segment
 Begins.



The ____

The ____is where the
QRS ends and
the ST
Segment
Begins.



Extends from the J POINT to the T Wave

SHOULD HAVE A "SLIGHT POSITIVE" INCLINATION

SHOULD BE "CONCAVE" IN SHAPE . . .

AS OPPOSED TO "CONVEX" IN SHAPE

SHOULD BE "CONCAVE" IN SHAPE ...



SHOULD BE SYMMETRICAL



- SHOULD BE SYMMETRICAL
- SHOULD BE UPRIGHT IN ALL LEADS, EXCEPT AVR



REMEMBER, IN LEAD AVR *EVERYTHING* IS "UPSIDE-DOWN"

Normal Variants: *T Wave Inversion*

Leads where the T WAVE may be INVERTED:





- IN THE LIMB LEADS, SHOULD BE LESS THAN 1.0 mv (10 mm)
- IN THE PRECORDIAL LEADS, SHOULD BE LESS THAN 0.5 mv (5 mm)
- SHOULD NOT BE TALLER THAN R WAVE IN 2 OR MORE LEADS.

The T Wave SHOULD NOT be:

- Inverted in <u>TWO or more</u> CONTIGUOUS LEADS
- <u>Hyperacute</u> ("Pointy" tipped)
- <u>BiPhasic</u> (half above and half below isoelectric line)

The T Wave SHOULD NOT be:

- Inverted in <u>CONTIGUOUS</u>
 LEADS
- _____("Pointy" tipped)
 _____(half above and half below isoelectric line)

The next slide shows an ECG waveform with *normal* J Points, ST Segments and T waves.....

THINK OF THIS AS YOUR "MEASURING STICK" of what a NORMAL ECG should look like !!!

The NORMAL ECG



Patients with normal QRS duration (QRS < 120 ms) :



ECG Indicators of NORMAL myocardial perfusion include:

- J Point isoelectric, or within <u>1mm</u> of the ISOELECTRIC LINE
- ST Segment has a slight <u>positive</u> inclination where ST Segment and T Wave merge, the shape is <u>CONCAVE</u> (bowed downward).
- The T Wave is <u>UPRIGHT</u> (in all leads except for AVR), is not taller than <u>the QRS</u>, and is <u>gently</u> <u>rounded</u> (NOT "pointy").

ECG Indicators of NORMAL myocardial perfusion include:

- J Point isoelectric, or within _____ of the ISOELECTRIC LINE
- ST Segment has a slight ______ inclination where ST Segment and T Wave merge, the shape is ______ (bowed downward).
- The T Wave is _____ (in all leads except for AVR), is not taller than _____, and is _____(NOT "pointy").

Q: If the previous slide showed what *normal* J Points, ST Segments and T waves look like, what is ABNORMAL ? Q: If the previous slide showed what *normal* J Points, ST Segments and T waves look like, what is ABNORMAL ?

A: EVERYTHING ELSE !!!

(we get into many abnormal examples in Part 2, after lunch!)
Digging a Little Deeper . . .

The cellular level: Ventricular Myocardial Cells

CARDIAC CELLS AT REST have POSITIVE charged IONS on the OUTSIDE of the cell membrane, and NEGATIVE charged IONS on the INSIDE

Ca++ Na+ Ca++ Na+ Ca++

CI- CI- K+ CI- K+ CI- K+ CI-



Ca++ Na+ Ca++ Na+ Ca++

... when the IONS shift ... that is, the POSITIVE IONS that were on the outside TRADE PLACES with the NEGATIVE IONS that were on the INSIDE



THIS (OF COURSE) IS KNOW AS DEPOLARIZATION

WHEN EVERYTHING IS WORKING PROPERLY, THE WAVE OF DEPOLARIZING CELLS CAUSES THE HEART TO CONTRACT, AND PUMP BLOOD TO THE LUNGS AND THE SYSTEMIC CIRCULATION

Depolarization on the ECG:

Is represented by the QRS Complex

QRS Complex = Ventricular Depolarization

AFTER DEPOLARIZATION, THE CELLS RELAX. THE IONS RETURN TO THEIR ORIGINAL POSITIONS --THIS PROCESS IS KNOWN AS REPOLARIZATION



Repolarization on the ECG:

- Is represented by the:
 - -J Point
 - -ST Segment
 - -T Wave

J Point, ST Segment & T Wave = Ventricular Repolarization



ECG Intervals:

P-R Interval

The P-R Interval should be between <u>120-</u>
<u>200ms</u>, (which is 3 – 5 little squares).



P-R Interval



The Normal QRS should be NO
 WIDER than
 120ms (3 little squares).



The Normal QRS should be NO
 WIDER than
 <u>ms</u> (3 little squares).



- If the QRS is WIDER than 120ms, it indicates the VENTRICLES are <u>DEPOLARIZING</u> <u>ABNORMALLY</u>.
- If the Ventricles are DEPOLARIZING ABNORMALLY, it causes them to REPOLARIZE ABNORMALLY.

- If the QRS is WIDER than 120ms, it indicates the VENTRICLES are
- If the Ventricles are DEPOLARIZING ABNORMALLY, it causes them to

- When the VENTRICLES REPOLARIZE ABNORMALLY due to the QRS being TOO WIDE, it often causes CHANGES to the:
 - <u>J Point</u>
 - <u>ST Segment</u>
 - <u>T Wave</u>
- These changes are known as Secondary Repolarization Abnormalities.

 When the VENTRICLES REPOLARIZE ABNORMALLY due to the QRS being TOO WIDE, it often causes CHANGES to the:

 These changes are known as Secondary Repolarization Abnormalities.

In other words.....

An abnormally wide QRS (greater that 3mm) means it ALTERS the patient's J Point, ST Segment and T wave – IT CAN MIMIC ischemia and STEMI. Therefore when the QRS is TOO WIDE (>120ms) we have some EXTRA RULES that must be applied when reading an EKG for Ischemia or MI. MORE ON THIS in SESSION TWO.

The J Point

The J Point should be WITHIN <u>1mm</u> of the ISOELECTRIC LINE (in *most, but not all* Leads).



The J Point

The J Point should be WITHIN ____

of the ISOELECTRIC LINE (in *most, but not all* Leads).



The QT Interval

- When it's TOO LONG it can cause SUDDEN CARDIAC DEATH (SCD).
- Often patients with LONG QT SYNDROME experience *"syncope of unknown etiology."*
- During the episodes of syncope, they are actually experiencing a run of Torsades de Pointes, a deadly rhythm that sometimes deteriorates into Ventricular Fibrillation.

The QT Interval

- Long QT syndrome (LQTS) is often a CONGENITAL disorder. Therefore there is often a "family history of Long QT Syndrome" or simply a "family history of sudden death."
- Incidence of LQTS is approximately 1/2500 people.
- The last one at BHSR was......



BEWARE of the QTc GREATER THAN 600 !!!

| Rate PR QRSd QT QTc | 58 185 126 668 657 | Sinus rhythm IVCD, consider atypical RBBB Baseline wander in lead(s) V2,V3,V4,V6 COMPARED TO ECG 07/22/2020 16:56:59 SINUS RHYTHM NOW PRESENT | 07/22/2020 16:59:39 09/17/1956 63 yrs | Bayfront H Dept Room Tech | Health Seven Rivers ED ED ED02 jb |
|---------------------------------|--------------------------------|---|--|------------------------------------|--|
| Axis P QRS T | 107 61 45 | | | Req Provider: | Rafael Santiago-Aponte |



| Rate PR QRSd QT QTc | é | 58 185 126 668 657 | Sinus rhythm IVCD, consider atypical RBBB Baseline wander in lead(s) V2,V3,V4,V6 COMPARED TO ECG 07/22/2020 16:56:59 SINUS RHYTHM NOW PRESENT | 07/22/2020 16:56:59 09/17/1956 63 yrs | Bayfront H Dept Room Tech | Health Seven Rivers ED ED ED02 jb |
|---------------------------------|------|--------------------------------|---|--|------------------------------------|--|
| | Axis | 107 61 45 | | | Req Provider: | Rafael Santiago-Aponte |



Q-T INTERVAL

- VARIES BASED ON HEART RATE AND SEX



THE *QTC INTERVAL

* QTc = Q-T interval, corrected for heart rate

| RATE | MALE | FEMALE |
|------|------|--------|
| 150 | 0.25 | 0.28 |
| 125 | 0.26 | 0.29 |
| 100 | 0.31 | 0.34 |
| 93 | 0.32 | 0.35 |
| 83 | 0.34 | 0.37 |
| 71 | 0.37 | 0.40 |
| 60 | 0.40 | 0.44 |
| 50 | 0.44 | 0.48 |
| 43 | 0.47 | 0.51 |
| | | |

Annals of Internal Medicine, 1988 109:905.

Determining the QTc Manual calculation:

QT CORRECTION FORMULAS:

Bazett's Fredericia Framingham Rautaharju QTc=QT/ \sqrt{RR} QTc=QT/(RR)1/3 QTc=QT+0.154(1-RR) QTp=656/(1+HR/100)

DETERMINING Q-T INTERVAL LIMITS THE "QUICK PEEK" METHOD

Relatively accurate method to quickly identify patients with abnormal QT Intervals.
 Applies to patients with normal heart rates (60-100) and narrow QRS (QRSd <120ms)



The Q - T Interval should be LESS THAN 1/2 the R - R Interval



The Q - T Interval should be LESS THAN 1/2 the R - R Interval



Determining the QT / QTc Method 1 – 12 Lead ECG Report:



Determining the QTc Method 4, Use a Smartphone App:

iPhone

- <u>https://itunes.apple.com/us/app/corrected-qt-interval-qtc/id1146177765?mt=8</u>
- Android
 - <u>https://play.google.com/store/apps/details?id=co</u>
 <u>m.medsam.qtccalculator&hl=en</u>



Corrected QT Interval (QTc) 17+

Daniel Juergens

\$0.99

"There's an APP for that!"

iPhone Screenshots



Abnormal QTc

| 1 | 2 ABC | 3 Def |
|-----------|---------------------|------------------------|
| <u>4</u> | 5 JKL | 6 MNO |
| 7 PORS | 8 ^{TUV} | 9 ^{wx y z} |
| | 0 | \otimes |

Carrier 🖘 12:52 AM

< Back

Like the R-R interval, the QT interval is dependent on the heart rate and may be adjusted to improve the detection of patients at increased risk of ventricular arrhythmia. The standard clinical correction is the Bazett's formula, which is used in this app. For risk of sudden cardiac death, "borderline QTc" in males is 431-450 ms, and in females 451-470 ms. An "abnormal" QTc in males is a QTc above 450 ms, and in females, above 470 ms.





The information contained within this application is for informational purposes only and does not constitute medical or health advice. You should not rely on the information portrayed in this application as an alternative to medical advice from your doctor or any other professional healthcare provider.
QTc Values:

| Too Short: | < 390 ms | |
|---------------------------------|--------------|--|
| Normal | | |
| -Males: | 390 - 450 ms | |
| -Females: | 390 - 460 ms | |
| Borderline High | | |
| -Males: | 450 - 500 ms | |
| -Females: | 460 - 500 ms | |
| High (All Genders): | 500 - 600 ms | |
| Critical High | | |
| (associated with TdP): 600 + ms | | |

SOURCE: "ACC/AHA/HRS Recommendations for Standardization and Interpretation of the ECG, Part IV: The ST Segment, T and U Waves, and the QT Interval" Rautaharju et al 2009

22 y/o FEMALE

Vent. rate53 bpmPR interval110 msQRS duration84 msQT/QTc678/636 msP-R-T axes25 60 48



WHEN THE "QUICK PEEK" METHOD for QT INTERAL EVALUATION IS APPLIED TO THE ABOVE ECG, WHAT IS THE RESULT?

Dysrhythmia Associated with Mortality, Triggered by LQTS: *Torsades de Pointes*



Torsades de Pointes (TdP) – HEMODYNAMICS:

- Decreased to NO Cardiac Output
- Often patient PULSELESS during episode
- Patients often report SYNCOPE when TdP self-terminates.
- May DETERIORATE into VENTRICULAR FIBRILLATION and CARDIAC ARREST. ("Sudden Death")

ECG Characteristics of TdP: The QRS Pattern of *Torsades de Pointes* resembles

a piece of Twisted Ribbon !



Etiology of Long QT Syndromes:

Congenital (14 known subtypes)

Genetic mutation results in abnormalities of cellular ion channels

Acquired

Drug Induced

Metabolic/electrolyte induced

Very low energy diets / anorexia

CNS & Autonomic nervous system disorders

Miscellaneous

Coronary Artery Disease

Mitral Valve Prolapse

<u>QT Prolongation -- STAT Intervention:</u>

- Evaluate patient's meds list for meds that prolong the QT Interval.
- Discontinue any medication(s) known to prolong the QT Interval
- Consult pharmacist and the patient's physician to determine alternate medications that do not prolong the QT interval.
- Obtain a thorough patient history, to rule out incidence of syncope, seizures (of unknown etiology), and family history of sudden death/ near sudden death.
- Rule out hypothermia
- Rule out CVA / intracranial bleed
- Evaluate the patient's electrolyte levels
- Continuously MONITOR PATIENT'S ECG FOR RUNS OF TORSADES
- Consider "expert consult" (electrophysiologist) to rule out LQTS

PROLONGED Q - T INTERVAL

THINK:

CHECK K+ AND MAG LEVELS POSSIBILITY OF TORSADES

If the patient is single.....

If the patient is single.....CALL THE CLERGY

STAT !



Cardiology today



PROLONGED Q - T INTERVAL

THINK:

CHECK K+ AND MAG LEVELS POSSIBILITY OF TORSADES

- QUESTION MEDS THAT PROLONG Q-T

<u>QT Prolongation -- STAT Intervention:</u>

Avoidance of Meds that are known to prolong the QT Interval. Click here for current list from CREDIBLEMEDS.ORG

Commonly used QT prolonging meds include:-Amiodarone-Ritalin-Procainamide-Pseudophedrine

- -Levaquin
- -Erythromycin
- -Norpace
- -Tequin
- -Benadryl

- -Haloperidol
- -Thorazine
- -Propulcid
- -Zofran
- -Ilbutilide



PATIENT 1: NORMAL

PATIENT 2: Genetic susceptibility; sensitivity to QT prolonging drugs:



<u>Click here for link to paper by Kannankeril et al (2010</u> <u>Pharmacological Reviews) that describes genetic susceptibility</u> <u>described above.</u>

U Waves

Occasionally an extra wave is noted after each T wave. It typically resembles "a secondary T wave."



When present on the ECG, this "extra" waveform is referred to as a "U Wave."

U Waves . . .

- Common U wave Etiology:
 - Hypomagnesemia*
 - Hyperkalemia*
 - Hypocalcemia*
 - QT prolonging medications*
 - Increased intracranial pressure*
 - Hypothermia*
 - Digitalis (usually shortens the QT Interval)

* These are also causes of QT interval prolongation.

Abnormal U Waves

INCLUDE the U Wave in the QT Interval measurement when any one or more criteria are present:

- U wave 100% (or more) the size of the T wave.
- U wave is INVERTED (opposite polarity of T wave)
- U wave merged with the T wave

EVIDENCE SOURCE: ACC/AHA/HRS Recommendations for the Standardization and Interpretation of the Electrocardiogram Part IV: The ST Segment, T and U Waves, and the QT Interval.



This ECG illustrates the degree of variation that can be noted between different leads on the 12 Lead ECG. ALWAY measure the QT Interval in the lead with the GREATEST value.



| SIEMENS | 1. Rest:Tachy_10:25:03 AM | AXIOM Sensis XP VC03C |
|---------------------------|---|-----------------------|
| 0 11 10 mm/mV | \mathcal{M} | |
| ! II 10 mm/mV A | MMMMM | Man |
| AO 200 mmHg B | | 180 |
| | | |
| | | 160 |
| | | o |
| | | 120 |
| | | 100 |
| | | 80 |
| | | oo |
| man ~ | | |
| | Mar | 40 |
| | VV | 20 |
| | | o |
| | · · · · · · · · · · · · · · · · · · · | 25 mm/s |
| Study: Coronary^Diagnosti | | |

Run of Torsades de Pointes occurred during Cardiac Catheterization . . .



Torsades de Pointes self-terminates just before aborted Defibrillation



THE ECG MACHINE

STANDARD 12 LEADS - USES 10 WIRES (6 CHEST and 4 LIMB)

G

- LEADS I, II, III, and V1, V2, V3, V4, V5, V6

- 1 POSITIVE ELECTRODE -
- 1 NEGATIVE ELECTRODE -
- **1 GROUND ELECTRODE**
- LEADS AVR, AVL, and AVF
 - **1 POSITIVE ELECTRODE**
 - **2 NEGATIVE ELECTRODES**
 - 1 GROUND ELECTRODE



Wherever it's positioned on the body, that's the perspective of the heart it's seeing



STANDARD LEAD PLACEMENT ---12 LEAD ECG

4 th INTERCOSTAL SPACE

V4 is at 5th INTERCOSTAL SPACE. V5 & V6 are on the SAME HORIZONTAL PLANE.

- PATIENT SHOULD LAY AS FLAT AS POSSILVE
- LIMB LEADS SHOULD BE PLACED AS DISTALLY AS POSSIBLE

• Limb leads should be on the limbs.

- Limb leads should be on the limbs.
 - To minimize muscular artifact, place leads over bone (e.g. Tibia) or places with minimal muscle (palmar aspect [underside] of wrist)

- Limb leads should be placed <u>on the limbs</u>.
- When emergency circumstances dictate that limb leads be placed on patient's torso, the words "<u>LIMB LEADS ON PATIENT'S TORSO</u>" should be noted on the ECG.

- Limb leads should be placed
- When emergency circumstances dictate that limb leads be placed on patient's torso, the words "______"
 should be noted on the ECG.

CORRECT Lead placement:



INCORRECT Lead placement:



AHA/ACC/HRS Scientific Statement

Recommendations for the Standardization and Interpretation of the Electrocardiogram Part I: The Electrocardiogram and Its Technology

1.1

the often profound alterations in waveforms that can result from precordial electrode misplacement.^{85,86} A common error is superior misplacement of V_1 and V_2 in the second or third intercostal space. This can result in reduction of initial R-wave amplitude in these leads, approximating 0.1 mV per interspace, which can cause poor R-wave progression or erroneous signs of anterior infarction.⁸⁷ Superior displacement of the V_1 and V_2 electrodes will often result in rSr' complexes with T-wave inversion, resembling the complex in lead aVR. It also has been shown that in patients with low diaphragm position, as in obstructive pulmonary disease,^{88,89}

Kligfield et al Standardization and Interpretation of the ECG, Part I

CORRECT Lead placement:





COVIDIEN Kendall

HEF 30768678

INCORRECT Lead placement:





COVIDIEN Kendall

REF 30768678

RS = NO old MI








Leads V1 & V2 on 12 Lead ECG:

- Proper lead placement of precordial Leads V1 and V2 are <u>4th intercostal space</u> on opposite sides of the sternum.
- Incorrect placement of Leads V1 and V2 will result in *the presence of Q Waves* (indicator of necrosis) leading to misdiagnosis of previous anterior / septal infarction.

Leads V1 & V2 on 12 Lead ECG:

- Proper lead placement of precordial Leads V1 and V2 are _____on opposite sides of the sternum.
- Incorrect placement of Leads V1 and V2 will result in *the presence of Q Waves* (indicator of necrosis) leading to misdiagnosis of



The 12 Lead ECG . . .



IS THE "EYE" . . .



THE POSITIVE ELECTRODE



CURRENT MOVING TOWARD THE EYE (POSITIVE ELECTRODE)



RECORDS AN "UPWARD" DEFLECTION



CURRENT MOVING AWAY FROM THE EYE (POSITIVE ELECTRODE)



RECORDS A "DOWNWARD" DEFLECTION Imagine a body made of clear glass, with only a HEART inside. We dip this body in liquid chocolate, and then scratch holes in each spot where we normally place the ECG leads

What part of the HEART would each lead SEE ?

THE POSITIVE ELECTRODE



IS THE "EYE" . . .



AREAS VIEWED by 12 LEAD ECG

| AVR | | |
|--------|--|--|
| AVL, I | | |

V1, V2

V3, V4

V5, V6

II, III, AVF

Fill in the blanks as we proceed!



What each of the 12 Leads "see," in more detail . . .

V1 - V4 VIEW THE ANTERIOR-SEPTAL WALL of the LEFT VENTRICLE



V1, V2 - ANTERIOR / SEPTAL V3, V4 - ANTERIOR





via RECIPROCAL CHANGES.

HOW EKG VIEWS INDICATIVE CHANGES





HOW EKG VIEWS RECIPROCAL CHANGES

EXAMPLE:

AREA OF ACUTE INFARCTION - POSTERIOR WALL



If we put ECG leads on the BACK of a PATIENT who is having an ACUTE POSTERIOR WALL MI.....



Leads V1-V4:

- V1 V4 view the <u>ANTERIOR WALL</u> of the Left Ventricle.
- V1 and V2 also view the SEPTAL WALL
- V1 V3 view the <u>POSTERIOR WALL</u> via Reciprocal Changes.

Leads V1-V4:

• V1 – V4 view the _____of the Left Ventricle.

via

- V1 and V2 also view the _____
- V1 V3 view the ______
 Reciprocal Changes.

V5 - V6 VIEW THE LATERAL WALL of the LEFT VENTRICLE



Leads V5 & V6:

• V5 & V6 view the **LATERAL WALL** of the Left Ventricle.

Leads V5 & V6:

• V5 & V6 view the _____ Ventricle.

____of the Left





OCCLUSION of RAMUS ARTERY



OCCLUSION of OBTUSE MARGINAL ARTERY



Leads I and AVL:

- Leads I and AVL view the PROXIMAL aspect of the LATERAL and ANTERIOR WALLS
- I and AVL can be associated with EITHER the LATERAL WALL, the ANTERIOR WALL, or BOTH the LATERAL and ANTERIOR WALLS.

Leads I and AVL:

- Leads I and AVL view the PROXIMAL aspect of the _____ and _____ WALLS
- I and AVL can be associated with EITHER the _____, the _____, or BOTH the _____.

LEADS II, III, and aVF VIEW INFERIOR WALL of the LEFT VENTRICLE



Leads II, III, and AVF:

 Leads, II, III, and AVF view the INFERIOR WALL of the Left Ventricle.

Leads II, III, and AVF:

 Leads, II, III, and AVF view the _____ of the Left Ventricle. Lead AVR Views the BASILAR SEPTUM (region of the Bundle of His)





- Lead AVR views the <u>BASILAR SEPTUM.</u>
- The <u>BASILAR SEPTUM</u> is the area where the <u>BUNDLE of HIS</u> is typically located.

- Lead AVR views the ______
- The ______is the area where the ______is typically located.

- ST Elevation in Lead AVR during Acute STEMI is associated with <u>LEFT MAIN CORONARY</u> <u>ARTERY</u> obstruction, which has a <u>75</u>% mortality Rate.
- ST Elevation of Lead AVR when STEMI is NOT present is often associated with <u>CRITICAL</u> <u>TRIPLE VESSEL</u> disease, and/or CRITICAL OCCLUSION of the <u>LEFT MAIN CORONARY</u> <u>ARTERY</u>: both require Coronary Artery Bypass Graft (CABG) Surgery!!

- ST Elevation in Lead AVR during Acute STEMI is associated with ________ obstruction, which has a ___% mortality Rate.
- ST Elevation of Lead AVR when STEMI is NOT present is often associated with _______ disease, and/or CRITICAL
 OCCLUSION of the ______
 both require Coronary Artery Bypass
 Graft (CABG) Surgery!!






What REGION of the HEART does EACH LEAD VIEW ? ?





AREAS VIEWED by 12 LEAD ECG

AVR BASILAR SEPTAL

AVL, I *PROXIMAL* LATERAL-ANTERIOR

V1, V2 ANTERIOR

SEPTAL

POSTERIOR (recip.)

V3, V4 ANTERIOR

V5, V6 LATERAL

II, III, AVF INFERIOR



AREAS VIEWED by 12 LEAD ECG

| AVR | |
|--------------|--|
| AVL, I | |
| V1, V2 | |
| | |
| | |
| V3, V4 | |
| V5, V6 | |
| II, III, AVF | |

THE 12 LEAD ECG HAS TWO MAJOR BLIND SPOTS..



The TWO major BLIND SPOTS of the 12 Lead ECG are the <u>POSTERIOR WALL</u> and the <u>RIGHT VENTRICLE</u>.

The TWO major BLIND SPOTS of the 12 Lead ECG are the and the

THE 18 LEAD ECG COVERS THE ENTIRE HEART..



To do 18 Lead ECG with 12 Lead machine – after you obtain 12 Lead, reposition CHEST LEADS to this configuration, then print !



LEAD PLACEMENT for obtaining RIGHT VENTRICULAR ECG:



The INDICATION for obtaining a RIGHT VENTRICULAR ECG is INFERIOR WALL STEMI.

The INDICATION for obtaining a RIGHT VENTRICULAR ECG is

LEAD PLACEMENT for obtaining a POSTERIOR ECG.

Leads V7 – V9



The INDICATION for obtaining a POSTERIOR LEAD ECG is ST Depression in Leads V1-V4.

The INDICATION for obtaining a POSTERIOR LEAD ECG is

Coronary Artery Anatomy

THE CORONARY







to understanding the PHYSIOLOGICAL CHANGES that occur during ACUTE MI."

"INVALUABLE ASSET for ALL MEDICAL PROFESSIONALS who provide direct care to STEMI patients !"

The 12 Lead ECG becomes your "crystal ball !!"



INTERPRET THE EKG, THEN:

IDENTIFY THE AREA OF THE HEART WITH A PROBLEM . . . RECALL THE ARTERY WHICH SERVES THAT REGION . . . RECALL OTHER STRUCTURES SERVED BY THAT ARTERY ... ANTICIPATE FAILURE OF THOSE STRUCTURES . . . • INTERVENE APPROPRIATELY! There are MUTLITPLE anatomic variations in Coronary Artery Anatomy.

This curriculum reviews the TWO most common, which account for approximately 90% of the population.

V1 - V4 VIEW THE ANTERIOR-SEPTAL WALL of the LEFT VENTRICLE



Leads V1 – V4 are associated with the Left Anterior Descending Artery₄₂

LEFT ANTERIOR DESCENDING ARTERY



cutaway view of the

LEFT ANTERIOR DESCENDING ARTERY (LAD)

GP SUPPLIES APPROX. 45% of the LV MUSCLE MASS



Left Anterior Descending Artery

The LAD supplies blood to the ANTERIOR and SEPTAL walls, and includes the following CRITICAL STRUCTURES:

- Approximately <u>45%</u> of the Left Ventricle
- Bundle of His
- Bundle Branches

Left Anterior Descending Artery

The LAD supplies blood to the ANTERIOR and SEPTAL walls, and includes the following CRITICAL STRUCTURES:

Approximately _____of the Left Ventricle

V5 - V6 VIEW THE LATERAL WALL of the LEFT VENTRICLE





cutaway view of the

CIRCUMFLEX ARTERY (CX) DISTRIBUTION

SUPPLIES 20 - 30 % of the LV MUSCLE MASS



Circumflex (Cx) Artery

In patients with a Right Dominant coronary artery system, the Circumflex supplies blood to:

- Approximately 20-30% of the Left Ventricle, which includes:
 - -<u>Lateral Wall</u> of Left Ventricle
 - Approx ½ of Posterior Wall
- On rare occasion, the <u>SINUS NODE</u>

Circumflex (Cx) Artery

In patients with a Right Dominant coronary artery system, the Circumflex supplies blood to:

 Approximately 20-30% of the Left Ventricle, which includes:

of Left Ventricle

On rare occasion, the _____

LEADS II, III, and aVF VIEW INFERIOR WALL of the LEFT VENTRICLE





Right Coronary Artery (RCA)

In patients with a RIGHT DOMINANT system, the RCA supplies blood to the following cardiac structures:

- <u>Sinus Node</u>
- <u>Right Ventricle</u>
- AV Node
- Approximately <u>15-25%</u> of the Left Ventricle
 - INFERIOR Wall
 - ½ POSTERIOR WALL

Right Coronary Artery (RCA)

In patients with a RIGHT DOMINANT system, the RCA supplies blood to the following cardiac structures:

- Approximately _____% of the Left Ventricle
 - INFERIOR Wall
 - ½ POSTERIOR WALL



MOM and DAD at Lee's Diner, York, PA 2006