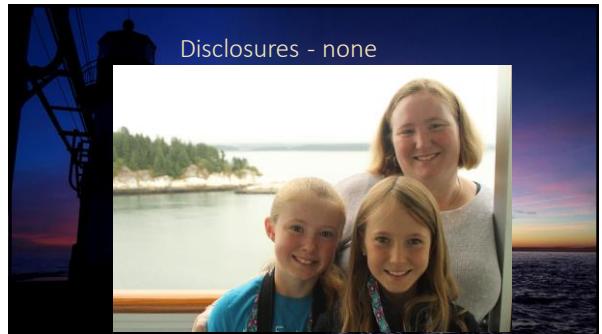




EKG board review

Matthew K Hysell, MD
Spectrum Health Lakeland
St Joseph, MI

1



Disclosures - none

2



Objectives

- Review specific high-yield EKG patterns
 - Ischemia
 - Ischemia mimics
 - Electrolytes
 - Some dysrhythmias
- Review other cardiac stuff

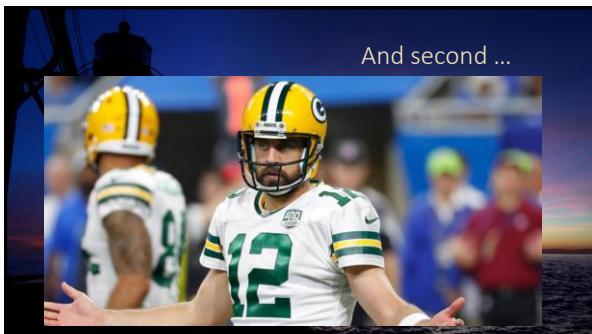
3



But first...

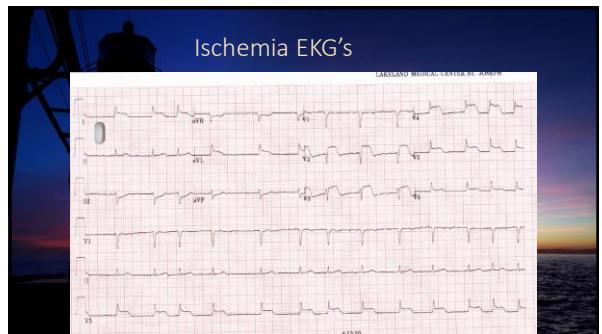
- Frame your mind
- Most frequent questions
 - Treatment of
 - Work-up for
 - Most common...
- Exceptions to the rule
- Hard triggers to pull
- Peer carefully
- What's trending
 - Repeat ?'s
- At risk populations

4

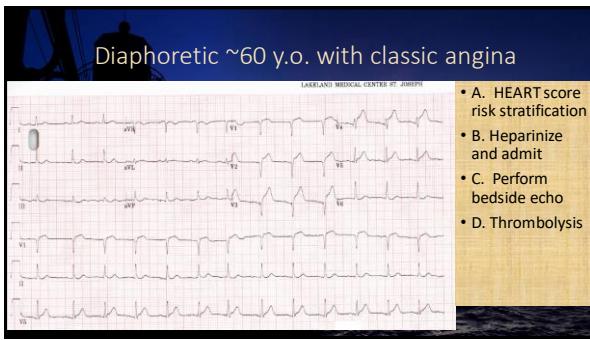


And second ...

5



6



7

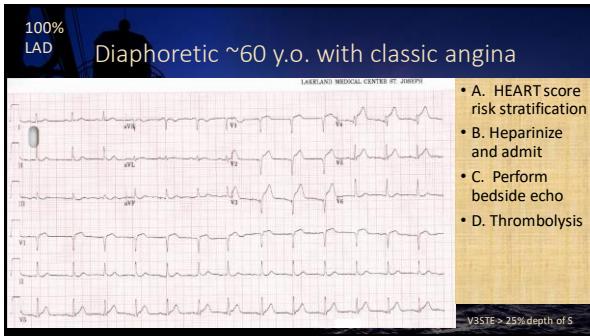
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Question 1

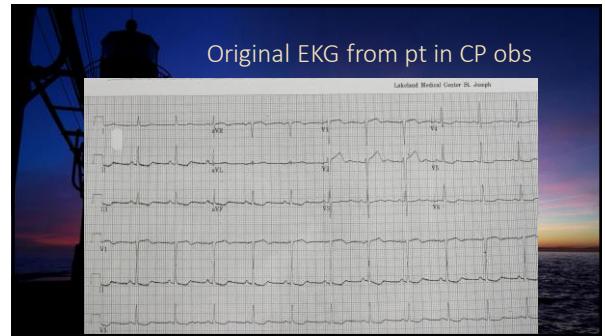
HEART score risk stratification
Heparinize and admit
Perform bedside echo
Thrombolysis

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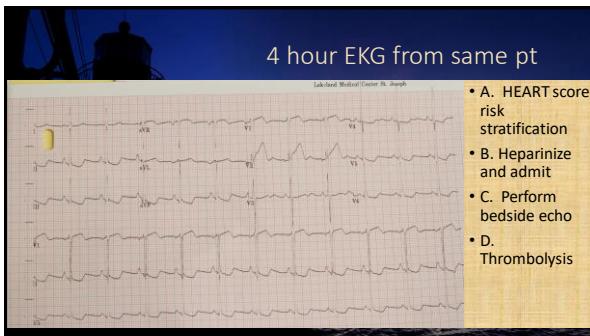
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9



10



11

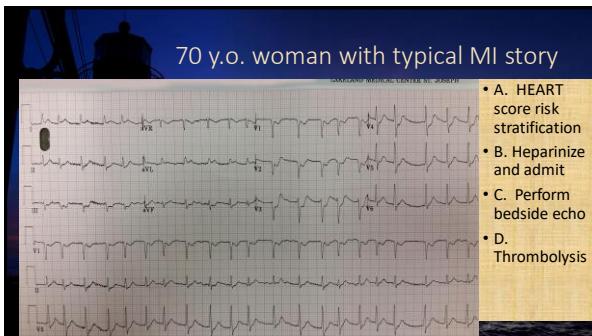
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MCEP 1b

A HEART score risk strat
B heparinize and admit
C echo
D thrombolysis

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12



13

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MCEP 1c

A HEART score risk strat

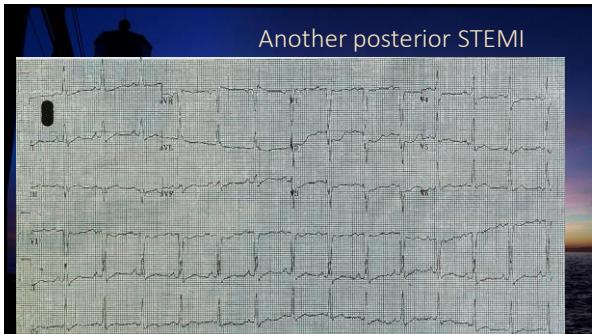
B heparinize

C echo

D thrombolysis

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14



15

50 y.o. man with MI story

- A. HEART score risk stratification
- B. Heparinize and admit
- C. Plan for PE protocol CT
- D. Thrombolysis

16

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MCEP 2

A HEART score risk stratification

B Heparinize and admit

C Plan for PE protocol CT

D Thrombolysis

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17

90 y.o. man with MI story

- A. HEART score risk stratification
- B. Heparinize and admit
- C. Plan for CT angio eval PE
- D. Thrombolysis

18

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MCEP 2b

A HEART score risk stratification
B Heparinize and admit
C PE protocol CT
D Thrombolyze

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19

77 y.o. with MI story

- A. HEART score risk stratification
- B. Heparinize and admit
- C. Perform bedside echo
- D. Thrombolysis

20

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MCEP 1d

A HEART score risk stratification
B Heparinize and admit
C Echo
D Thrombolyze

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21

Another Sgarbossa STEMI

22

75 yo. Man had MI 3 weeks ago, now with cold

MESSAGE: **LAKELAND MEDICAL CENTER** Referred By:

• A. HEART score risk stratification
• B. Heparinize and admit
• C. Perform bedside echo
• D. Thrombolysis

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23

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MCEP 1e

A HEART score risk stratification
B Heparinize and admit
C Echo
D Thrombolysis

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24

40s y.o. man had MI and intervention 1 week ago, now with CP

LAKELAND MEDICAL CENTER ST. JOSEPH

A. HEART score risk stratification
B. Heparinize and admit
C. Perform bedside echo
D. Thrombolysis

25

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MCEP 1f

A HEART score risk strat
B Heparinize and admit
C Echo
D Thrombolysis

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26

Another pericarditis EKG

Pericarditis STE > 25% of Total T height

27

60's y.o. man, s/p TNKase for STEMI, feeling much better

- A. Atropine
- B. Amiodarone
- C. Prepare for rescue cath
- D. admit to CCU

28

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MCEP 3

A Atropine
B Amiodarone
C Prepare for rescue cath
D admit to CCU

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29

60 y.o. woman with BrCA and pleurisy

- A. HEART score risk stratification
- B. Heparinize and admit
- C. Perform bedside echo
- D. Thrombolysis

30

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MCEP 1g

A HEART score risk strat
B Heparinize and admit
C Echo
D Thrombolysis

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31

70 y.o. man, short of breath

- A. Assess Chads-vasc
- B. Work up for PE
- C. Fluids, antibiotics
- D. Solumedrol, NMT's

32

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MCEP 4

A assess CHADS-VASC score
B PE protocol CT
C fluids and antibiotics
D solumedrol, NMT's

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33

50 y.o. man, cough, fever

- A. Assess Chads-vasc
- B. Work up for PE
- C. Fluids, antibiotics
- D. Solumedrol, NMT's

34

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MCEP 4b

A apply CHADS-VASC
B PE protocol CT
C IVF and Abx
D steroids, NMT's

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35

20's y.o. with nausea after playing beach soccer all day

- A. Aspirin, assess HEART score
- B. Calcium
- C. NSAID's
- D. IV hydration

36

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MCEP 5

A aspirin, HEART score
B Calcium
C NSAID's
D IV hydration

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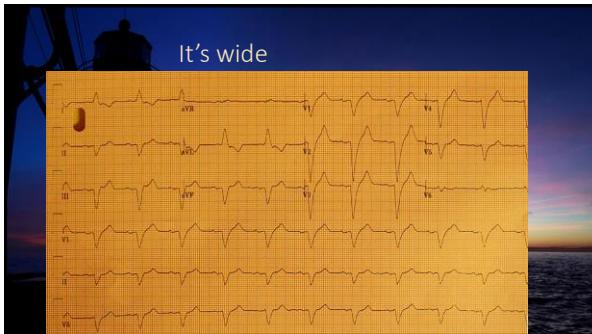
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Cr = 3
K = 6

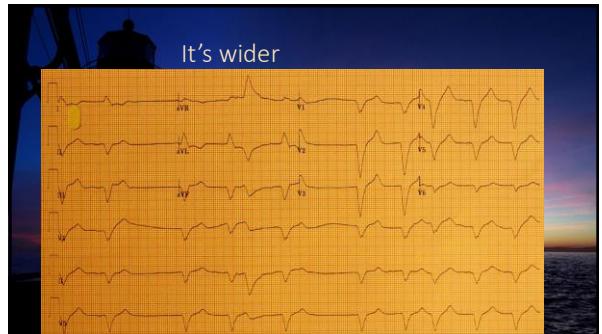
20's y.o. with nausea after playing beach soccer all day

A. Aspirin, assess HEART score
B. Calcium
C. NSAID's
D. IV hydration

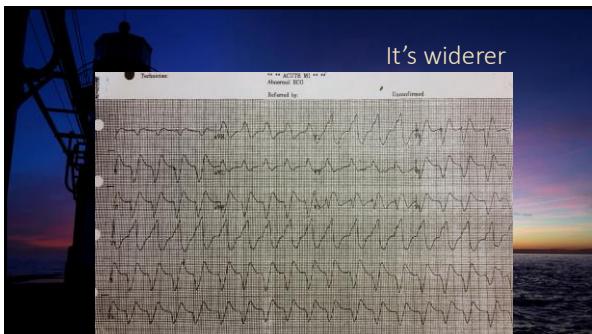
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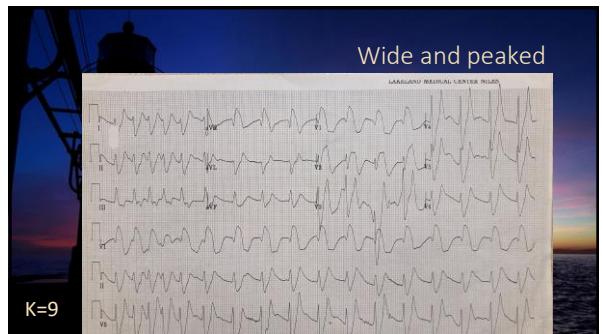
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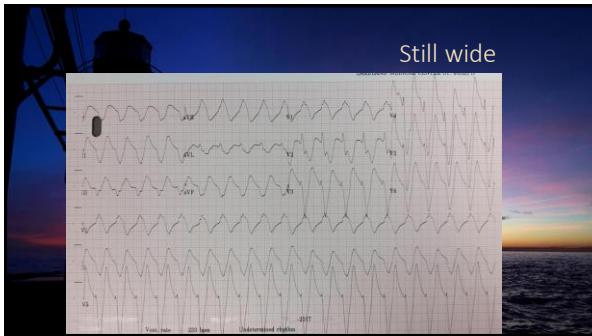
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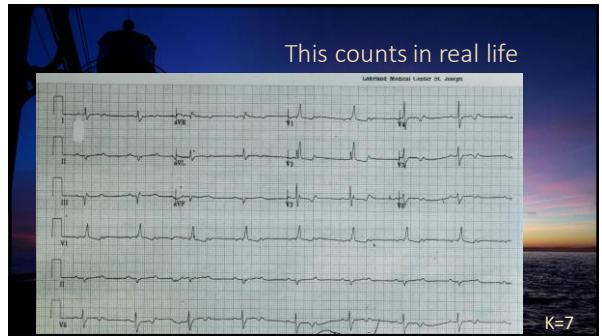
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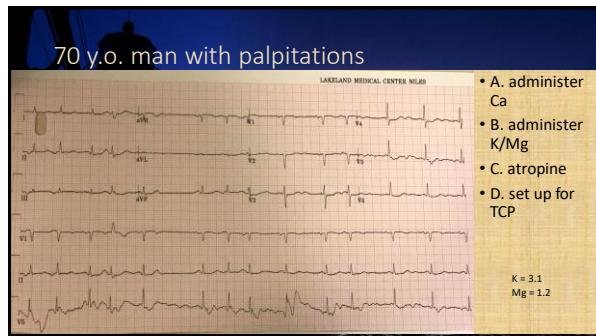
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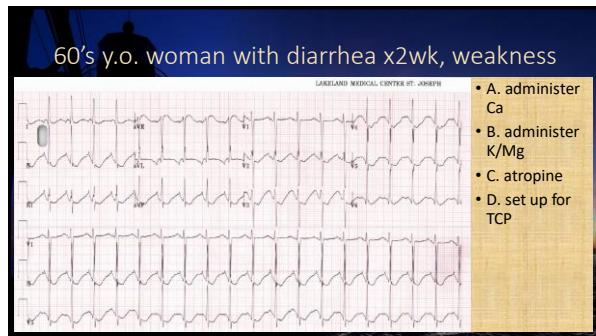
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MCEP 6

- A administer Ca
- B administer K/Mg
- C atropine
- D set up for TCP

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46



47

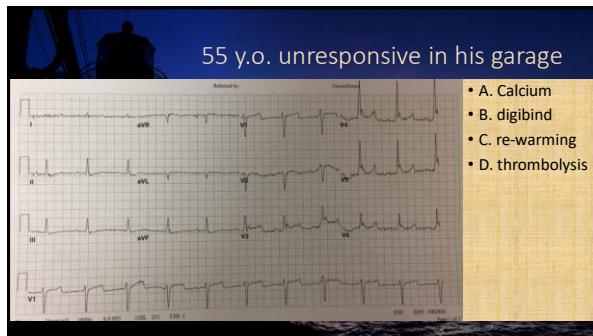
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MCEP 6b

- A give Calcium
- B give K/Mg
- C atropine
- D Trans-cutaneously pace

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48



49

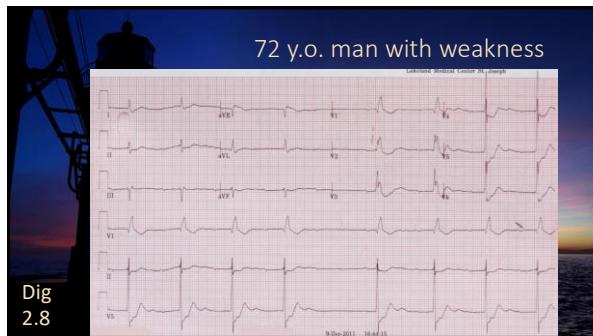
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MCEP 7

- A Calcium
- B Digibind
- C Re-warming
- D Thrombolysis

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50



51

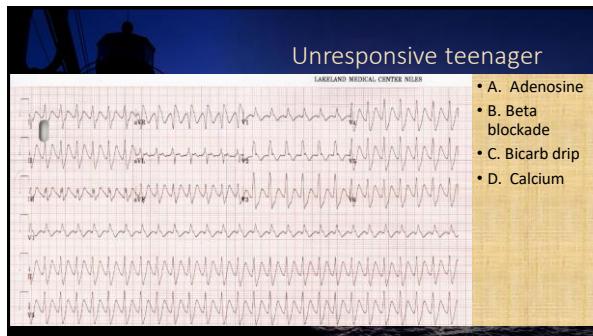
When poll is active, respond at pollev.com/matthewhySELL282
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MCEP 7b

- A Calcium
- B Digibind
- C Re-warming
- D Thrombolyse

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52



53

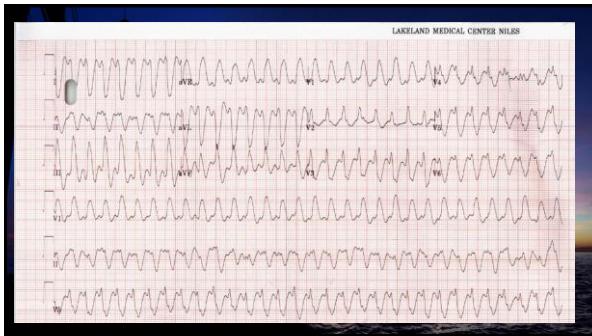
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MCEP 8

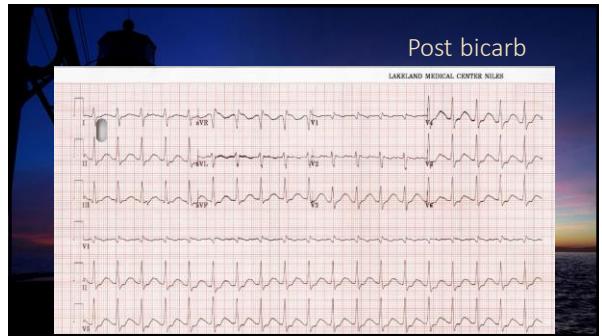
- A Adenosine
- B Beta blockade
- C Bicarb drip
- D Calcium

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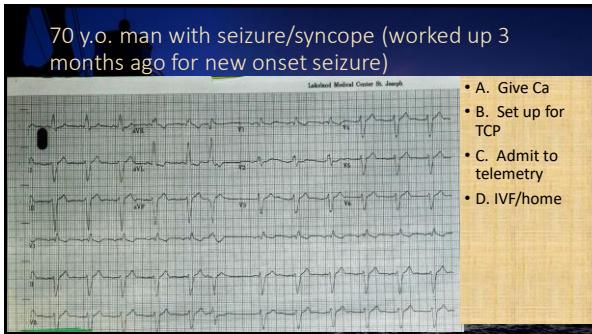
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55



56



57

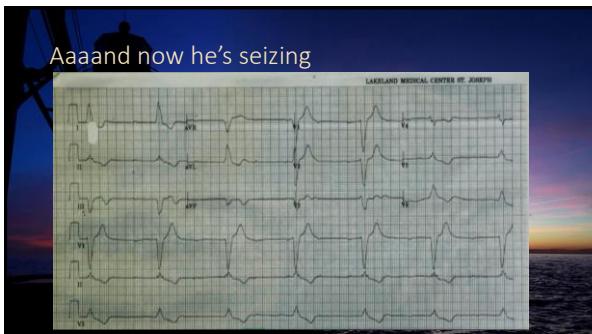
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MCEP 9

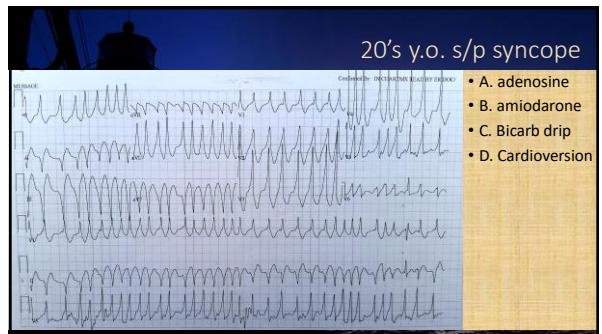
A Give Ca
B Set up for TCP
C Admit to telemetry
D IVF/home

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58



59



60

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MCEP 10

A adenosine
B amiodarone
C bicarb drip
D cardioversion

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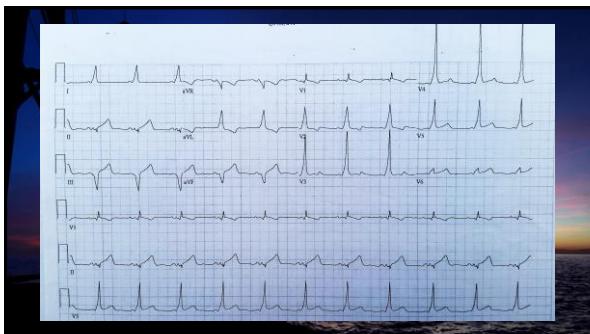
61

Irregularly irregular wide complex tachycardia differential



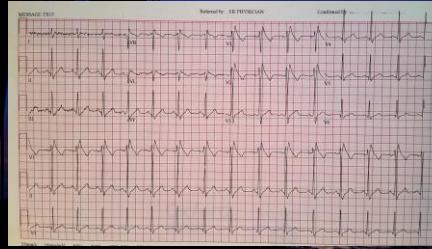
- Afib with aberrancy
 - Still limited by AVN
 - QRS appearance consistent
- Polymorphic Vtach
 - More likely to be older pt with heart disease
 - Some have a wandering baseline
- Afib with WPW
 - Not limited by AVN
 - Varying QRS but fairly constant voltage
 - some with delta waved beats
 - Often in young otherwise healthy pts

62



63

20's y.o. man, s/p syncope



- A. IVF, home
- B. Administer Ca
- C. Heparin, PE protocol CT
- D. Admit to cards

64

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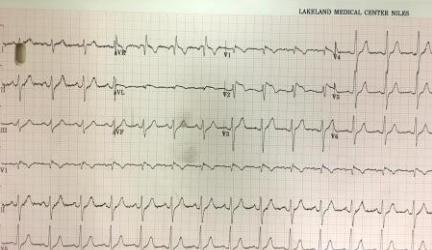
MCEP 11

A IVF, home
B administer Ca
C Heparin, PE Prot CT
D Admit to Cardiology
None of the above

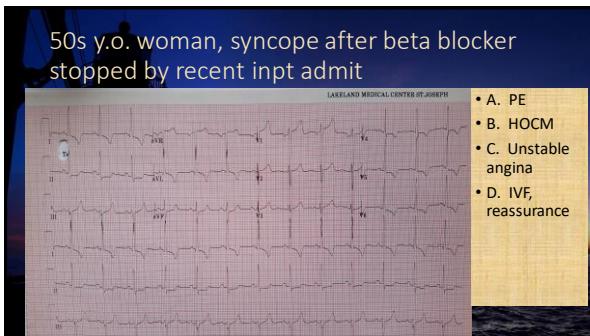
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65

27 y.o. man s/p seizure sans postictal period



66



67

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MCEP 12

- A PE
- B HOCM
- C Unstable angina
- D IVF, re-assurance

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68

Hypertrophic Cardiomyopathy

- ▶ LVH without dilation (septum greater)
- ▶ 50% inherited
- ▶ DOE, syncope or pre-syncope with exertion
- ▶ Sudden death with exercise induced dysrhythmias
- ▶ Tx
 - ▶ Propranolol
 - ▶ Avoid increasing myocardial contractility
 - ▶ Septal myomectomy for severe cases
 - ▶ Abx prophylaxis for dental procedures

69

Restrictive Cardiomyopathies

- ▶ Diastolic restrictive of ventricular filling
- ▶ Mimics constrictive pericarditis
- ▶ Right sided symptoms predominate
- ▶ Exercise intolerance
- ▶ Tx – diuretics, AVOID vasodilators

70

80's palpitations

LAKELAND MEDICAL CENTER NURS

- A. Pacer sensing problem
- B. Pacer pacing problem
- C. Reassurance
- D. TNKase

71

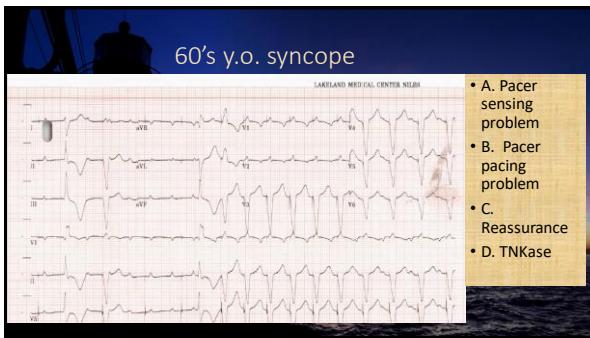
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MCEP 13

- A Pacer sensing problem
- B Pacer pacing problem
- C Reassurance
- D TNKase

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72



73

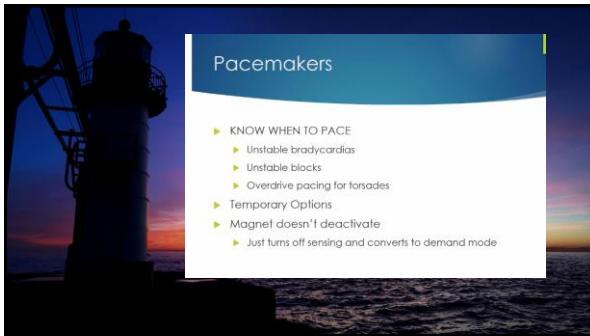
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MCEP 13b

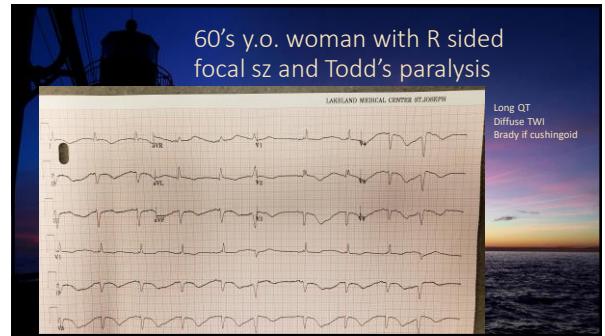
A Sensing problem
B Pacing problem
C Reassurance
D Thrombolysis

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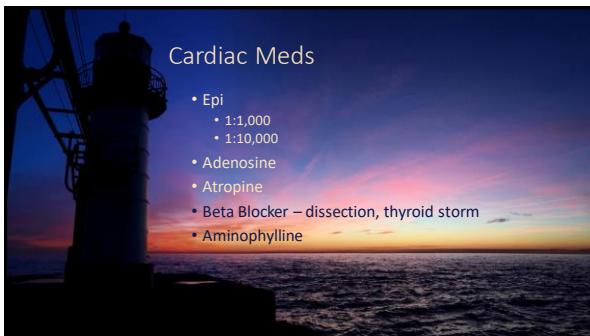
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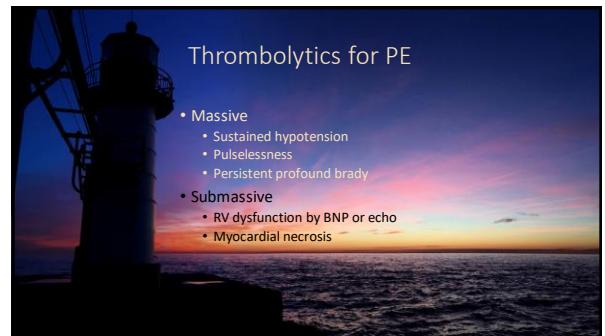
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76



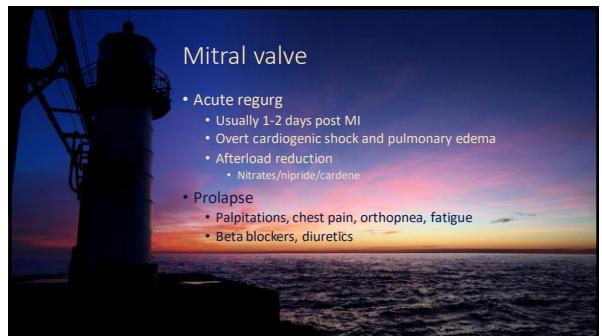
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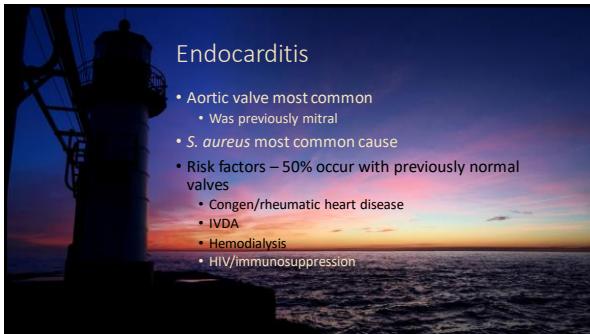
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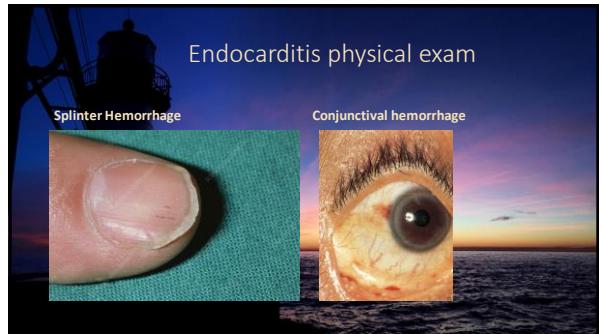
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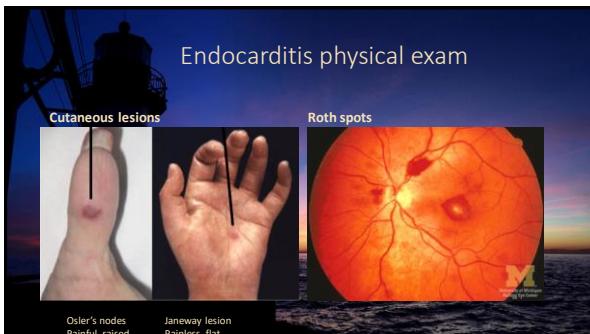
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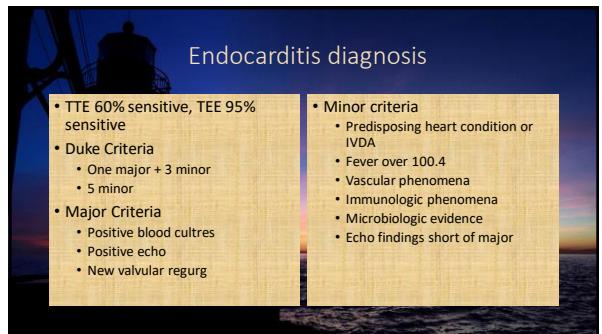
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82



83



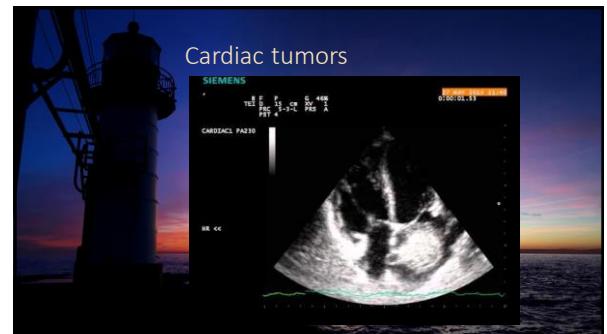
84

Endocarditis treatment

- Community acquired *and* native valves
 - PCN + Gent
- Hospital acquired *or* non-native valve or PCN allergy *or* suspect community acquired MRSA
 - Vanco + Gent + rifampin

- Surgery
 - Failing antibiotics
 - Abscess enlargement or development
 - Recurrent emboli
 - Hemodynamic instability
 - Staph, Q fever, fungal cause

85



86

Hypertensive emergency

- SYMPOMATIC blood pressure > 180/120
 - Generally lower 10-20% over first hour
- Know stroke numbers
 - 220/120 if not TPA
 - 185/110 if TPA
- Aggressive management of dissection
 - And fairly aggressive of SAH

87

CHF/Cardiogenic Pulm Edema

- Left sided
 - Ischemic heart disease, HTN
 - Aortic/mitral valvular disease
- Right sided
 - Left sided failure, pulm HTN, tricuspid/pulmonic disease
- Signs and symptoms
 - SOB, 'cardiac asthma'
 - Pleural effusions
 - S3, JVD, dependent edema

88

Endocarditis Prophylaxis

- Needed for procedures with significant manipulation of infected tissue
 - Not needed for foley, intubation, routine dental cleaning
- Prosthetic valve
- Hx of endocarditis
- Cyanotic congenital heart lesions
- Acquired valvular disease (ie rheumatic fever)
- Hypertrophic cardiomyopathy

89

Aortic Dissection

- Males age 50-70
- HTN most common risk factor
- Presentation
 - pain
- Classification – type A vs B
- Definitive Testing –
 - All – unstable patients
 - CTA – may miss rapid moving flap
- Treatment –
 - 10-15 units of blood on standby with surgical consultation
 - Control HR and BP, esmolol first then nitropr
 - Treat pain with IV narcotics

90



Take-homes

- STEMI mimics are commonly tested on boards
 - As are Afib mimics
- Consider the K on any weird bradycardia
- Classic appearances of uncommon entities frequently tested
 - Brugada, TCA's, etc
- R-E-L-A-X

91