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- Find a p wave (or r wave) on a heavy black line
- Count off the next heavy black line the following sequence: 300, 150, 100, 75, 60, 50...
- ♥ Where the p wave falls next is the HR

#### "1500 Method" to Measure HR

- Used for regular rhythms
- Select identical points in consecutive p or r waves
- Count the number of small boxes between
- Divide 1500 by the number of small boxes = HR (there are 1500 small boxes in a minute)

### Interpreting ECGs

- It is not possible to memorize!
- Rhythms have distinct characteristics that you must learn, BUT my SR will look different from your SR.
- Pick a method and stick with it.
- Example: 8 Step Method

## 8 Step Method to Analyze ECGs

- 1. Evaluate the p wave
- 2. Evaluate the atrial rhythm
- Calculate the atrial rate
- 4. Measure the PR interval
- 5. Evaluate the ventricular rhythm
- 6. Calculate the ventricular rate
- 7. Measure the QRS complex
- 8. Measure the QT interval





# Step 3: Calculate the atrial rate Use one of the methods described

earlier











## Remember...

- An ECG tracing by itself is not diagnostic.
- You must look at the patient!