

5 Step EKG INTERPRETATION

| Heart rate | Rhythm | P wave | PR interval (in seconds) | QRS (in seconds) |
|-------------|---------|--|--------------------------------|---------------------|
| 60 -100/min | Regular | Present before each QRS, identical P/QRS ratio 1:1 | 0.10 - 0.20 (<5 small squares) | Normal shape < 0.12 |

Heart Rate

1. Normal Sinus Rhythm

Rate - 60 -100

count the peaks - we have 8 here
multiply by 10 = 80 beats!

$$8 \times 10 = 80$$



Rhythm

2. **Rhythm** - R peaks are evenly spaced apart. To quickly measure this simply grab some paper & mark 2 R peaks then just march it out. The R peaks should be even every time.



P Wave

3. **P wave** - which is our atria contracting - is it present? & does it have its buddy QRS? we need a P with QRS every time



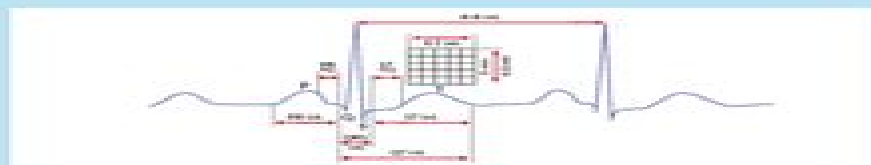
PR interval (in seconds)

4. **PR interval** - basically measures the time it takes between atrial contractions & ventricular contractions should be 5 mini boxes or less - or .10 - 2.0 seconds here.



QRS (in seconds)

5. **QRS** - Ventricles contracting Is it present, upright & TIGHT? Should NOT be wide, should only be 3 boxes - .12 seconds here.



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height point your thumb toward the ceiling

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