

- **First-line:** $1\text{ mg IV C. repeat } 1\text{ mg IV } 15\text{ min}$, then 3 mg IV if needed.
 - **Second-line:** *Verapamil* or *diltiazem* (IV).
1. **Precautions:**
 - Use if narrow QRS and BP $> 90\text{ mm Hg}$.
 - **Avoid:** *Verapamil* with beta blockers, and in persistent tachycardia with wide QRS ($> 0.14\text{ s}$).

- **Rare,** often combined with other cardiac symptoms. A small section of the AV ring is not to disrupt aberrant pathways.

Summary of Antiarrhythmia Treatment Options

Arrhythmia Type	First Line	Second Line	Third Line
Slow Tachycardia	Treat cause, reduce caffeine	Metoprolol oral/IV	Verapamil (rarely)
Bradycardia	100% Permanent pacing (if symptomatic)		
AV Block	1°: No treatment	2° Mobitz II: Consider pacing	3°: Temporary then permanent pacing
Atrial Tachycardia/Flutter	Valproic	Adenosine or verapamil IV	DC cardioversion or ablation
Atrial Fibrillation	Rate control with beta-blocker	Digoxin (if needed)	AV node ablation + pacemaker
Ventricular Tachycardia/Flutter	Treat cause, beta-blocker	Class I or III drugs (rare)	
Ventricular Fibrillation	DC cardioversion	IV adrenaline	Amiodarone maintenance
Torsades de Pointes	Correct cause (e.g., potassium)	IV magnesium sulfate, pacing	IV magnesium

Referral to a Cardiologist

- **Indications:**
 - Suspected sustained VT or VT.
 - ECG shows STPVC syndrome (sustained delta waves), even if asymptomatic.
 - Syncope or dizziness with suspected cardiovascular origin.
 - Unexplained arrhythmias causing cardiovascular symptoms.
 - Uncertainty around anticoagulation, rate, or rhythm control needs.

Practice Tips for Arrhythmia Management

1. **Diagnosis with AF:** Suspects SVT (broad-tachy syndrome), atrial fibrillation.
2. **AF/Slow Tachycardia:** Rate not bradycardic, even if asymptomatic.
3. **Palpitations:** Check history in cases of dizziness or syncope, especially in elderly.
4. **Young Patients:** PVT rarely stems from organic heart disease.
5. **Sudden Arrhythmia:** Consider PVT, atrial flutter/fibrillation, or VT.
6. **Second ECG:** Check if not accurate; influence on results if STPVC in 20/17 cases.

3. **Automatic Implantable Cardioverter Defibrillator (AICD)**
 - Prevents sudden cardiac death in documented sustained ventricular tachycardia or fibrillation.
 - Continuous anti-tachycardia pacing and defibrillation.
4. **Surgery**

- **E:** Electrolyte imbalances
- **E:** Endocrine (hyperthyroidism)
- **P:** Physical conditions (e.g., heart disease, MI/VT)

Key Reminders

- **Avoid Digoxin** in STPVC syndrome and SVT.
- **Control Rate or Rhythm:** Coordinate with anticoagulation strategy.
- **Emergency Management:** Treat with IV magnesium and cardiac pacing.

Heart Failure Management Summary

Preferred Medications for CHF

- **FBE & FSE:** Check for Anaemia (can cause or result from CHF).
- **Electrolytes:** Essential for monitoring management.
- **Kidney Function:** Track effects of drug therapy.
- **Liver Function:** Hypoalbuminemia in CHF may cause abnormal LFTs.
- **Tricuspid & Thrombotic** (important if AFib suspected).
- **Viral Studies:** For potential viral myocarditis.

Specialised Cardiac Investigations

- **Coronary Angiography:** For suspected/known ischemia.
- **CT Angiography & MRI:** Preferred non-invasive options.
- **Hemodynamic Testing, Endomyocardial Biopsy, Nuclear Cardiology** as indicated.

Heart Failure Treatment Overview

Prevention (Lifestyle, TACO CROCK)

1. Stop smoking & limit alcohol.
2. Achieve ideal weight.
3. Diet: Emphasize optimal nutrition.
4. Control hypertension.
5. Hyperlipidemia management.
6. Aggressive DM management.
7. During MI: Early intervention to protect myocardium.
8. Secondary prevention post-MI with BB, ACEI, aspirin.

Managing Causes & Precipitating Factors

- **Treat arrhythmias, electrolyte imbalances, anaemia, ischemia**

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