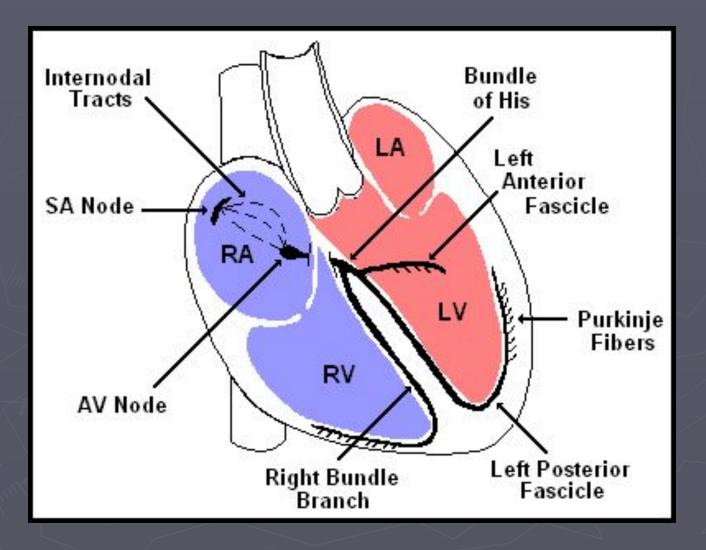
Basics of EKG Interpretation

Arnold Seto, MD, MPA Chief of Cardiology Long Beach VA Medical Center

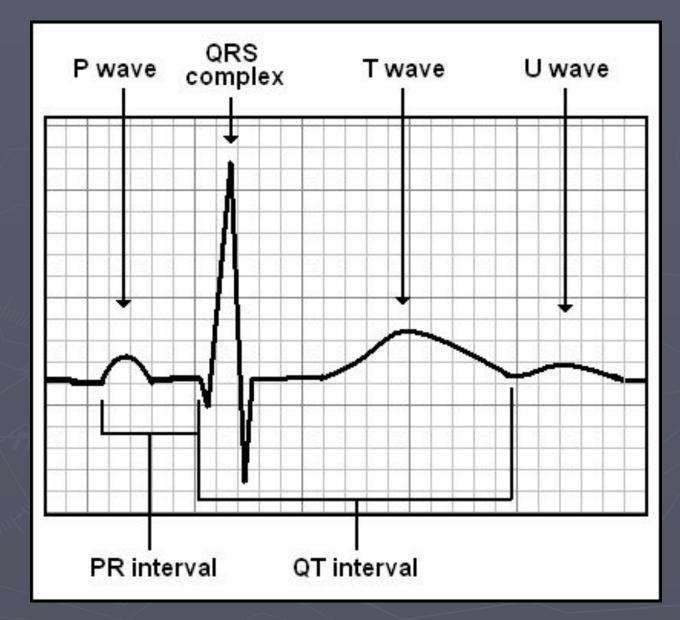
## Outline

- 1. Review of the conduction system
- 2. QRS breakdown
- 3. Rate
- 4. Axis
- 5. Rhythms

### The Normal Conduction System



### Waveforms and Intervals



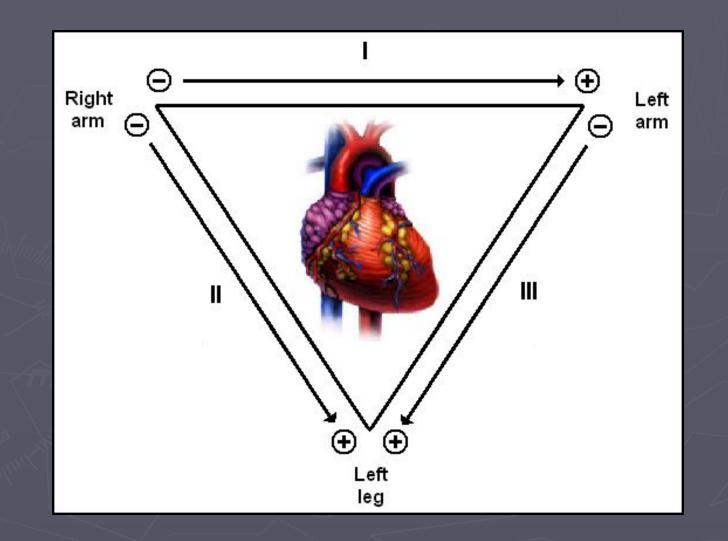
### **EKG** Leads

The standard EKG has 12 leads:

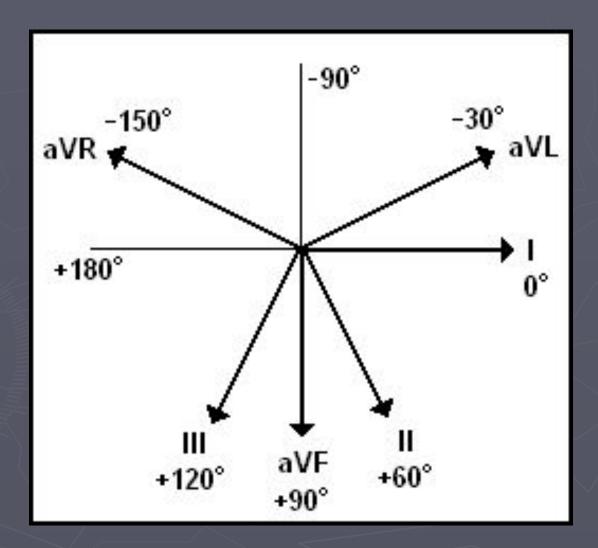
3 Standard Limb Leads3 Augmented Limb Leads6 Precordial Leads

The axis of a particular lead represents the viewpoint from which it looks at the heart.

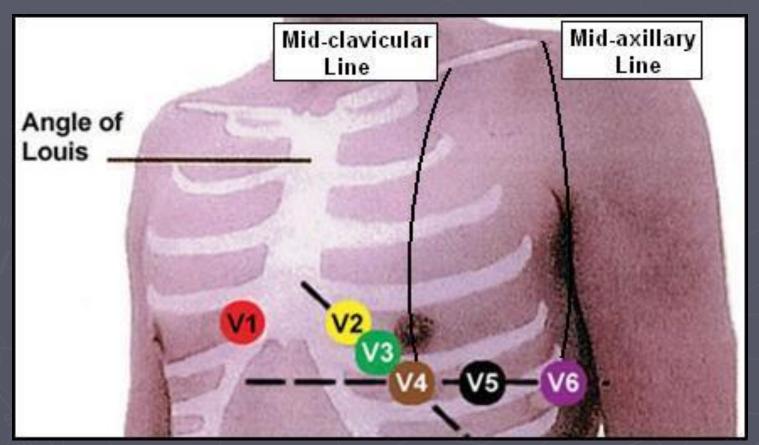
# Standard Limb Leads



## All Limb Leads

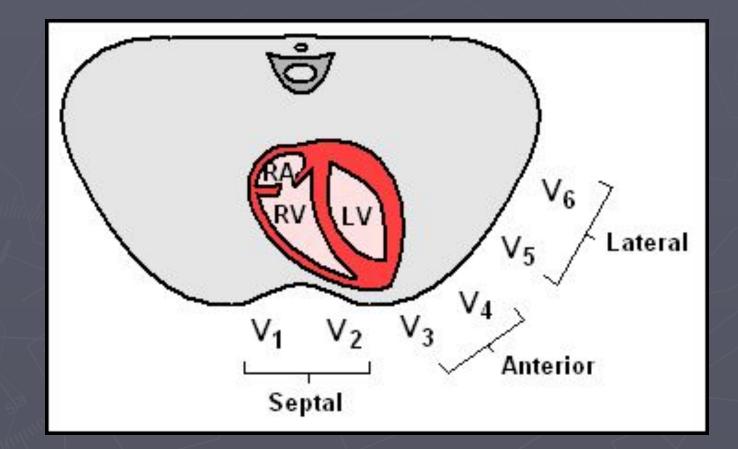


## Precordial Leads



Adapted from: www.numed.co.uk/electrodepl.html

### Precordial Leads



### Anatomic Groups (Summary)

l	aVR	V <sub>1</sub>	V <sub>4</sub>
Lateral	None	Septal	Anterior
ll	a∨L	V <sub>2</sub>	∨ <sub>5</sub>
Inferior	Lateral	Septal	Lateral
lll	a∨F	V <sub>3</sub>	∨ <sub>6</sub>
Inferior	Inferior	Anterior	Lateral



### Rule of 300

#### ► 10 Second Rule

## Rule of 300

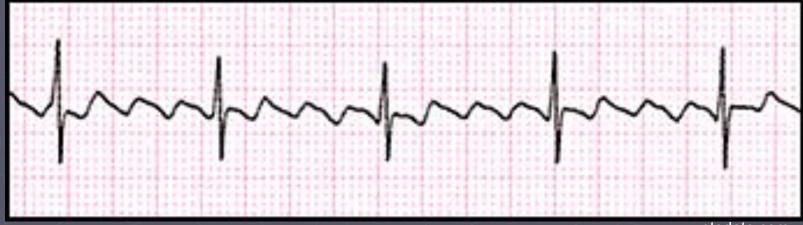
Take the number of "big boxes" between neighboring QRS complexes, and divide this into 300. The result will be approximately equal to the rate

Although fast, this method only works for regular rhythms.



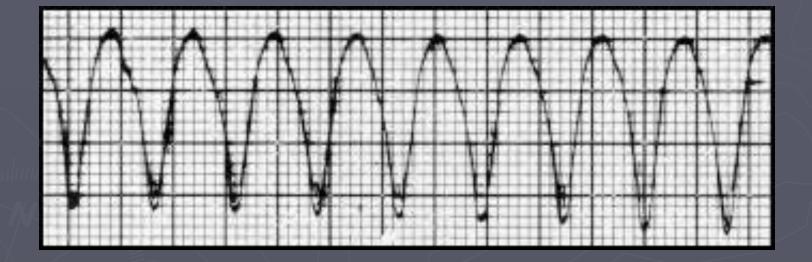
www.uptodate.com

#### (300 / 6) = 50 bpm



www.uptodate.com

 $(300 / \sim 4) = \sim 75$  bpm



(300 / 1.5) = 200 bpm

# The Rule of 300

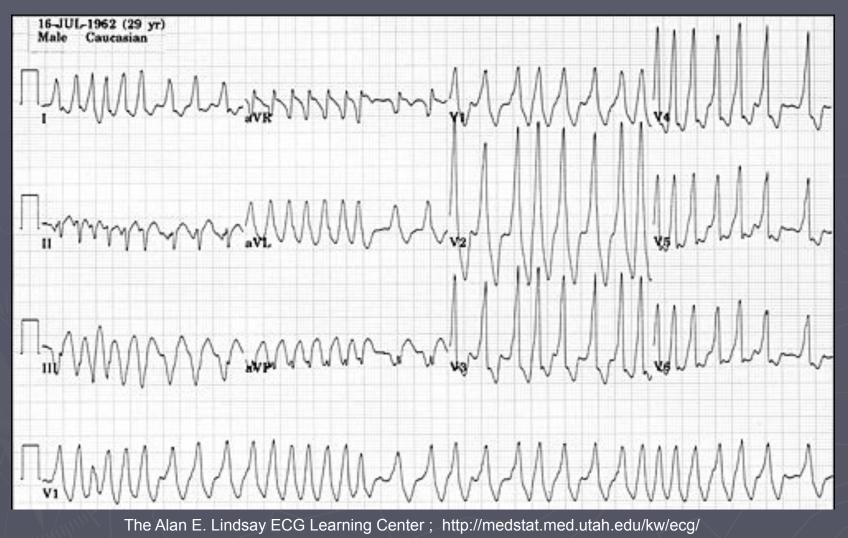
It may be easiest to memorize the following table:

# of big boxes	Rate
1	300
2	150
3	100
4	75
5	60
6	50

## 10 Second Rule

As most EKGs record 10 seconds of rhythm per page, one can simply count the number of beats present on the EKG and multiply by 6 to get the number of beats per 60 seconds.

This method works well for irregular rhythms.



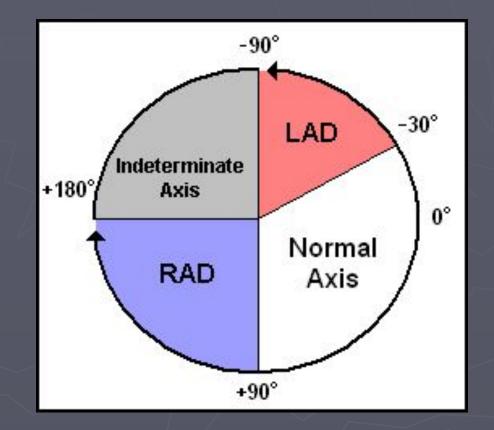
33 x 6 = 198 bpm

# The QRS Axis

By near-consensus, the normal QRS axis is defined as ranging from -30° to +90°.

-30° to -90° is referred to as a left axis deviation (LAD)

+90° to +180° is referred to as a right axis deviation (RAD)



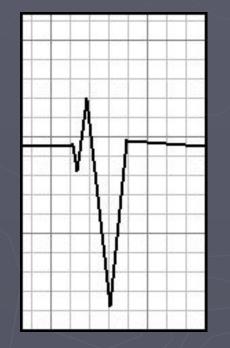
### Determining the Axis

#### The Quadrant Approach

### The Equiphasic Approach

## Determining the Axis







Predominantly Positive Predominantly Negative Equiphasic

## The Quadrant Approach

1. Examine the QRS complex in leads I and aVF to determine if they are predominantly positive or predominantly negative. The combination should place the axis into one of the 4 quadrants below.

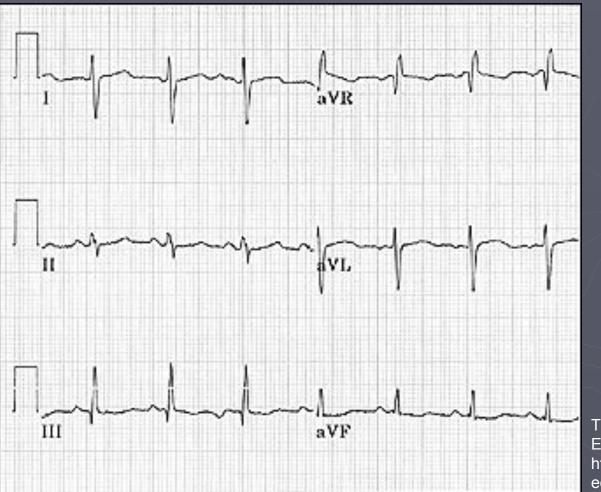
2 <sup></sup>		Lead aVF		
		Positive	Negative	
Lead I	Positive	Normal Axis	LAD	
	Negative	RAD	Indeterminate Axis	

## The Quadrant Approach

2. In the event that LAD is present, examine lead II to determine if this deviation is pathologic. If the QRS in II is predominantly positive, the LAD is non-pathologic (in other words, the axis is normal). If it is predominantly negative, it is pathologic.

		Lead aVF	
		Positive	Negative
Lead I	Positive	Normal Axis	LAD
	Negative	RAD	Indeterminate Axis

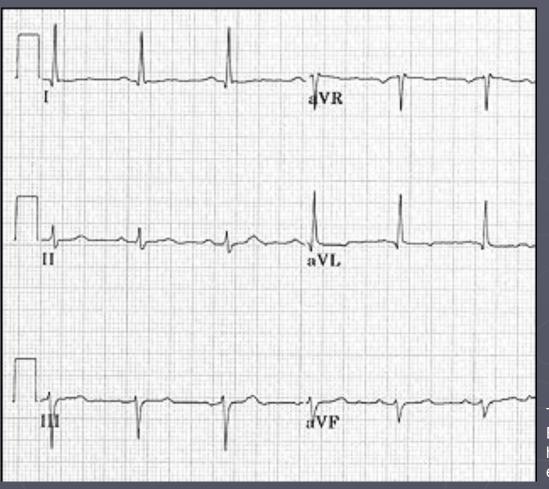
### Quadrant Approach: Example 1



The Alan E. Lindsay ECG Learning Center http://medstat.med.utah. edu/kw/ecg/

Negative in I, positive in aVF 
RAD

### Quadrant Approach: Example 2



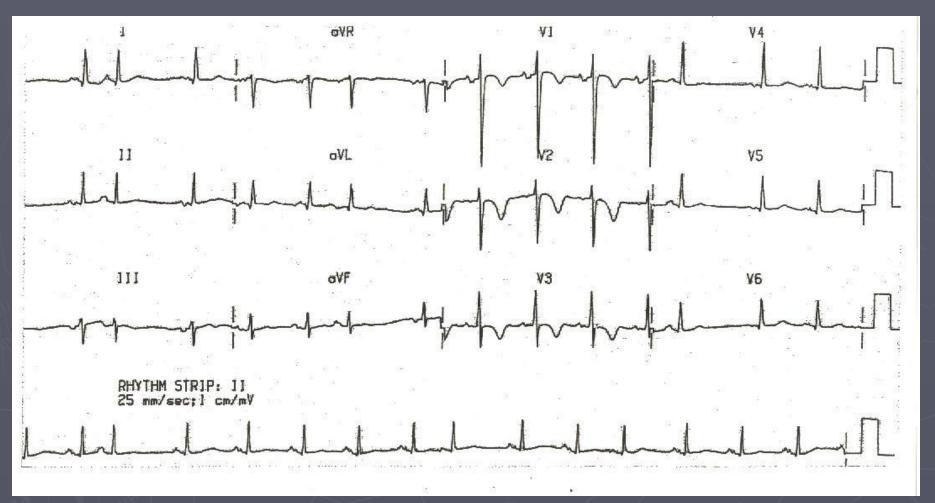
The Alan E. Lindsay ECG Learning Center http://medstat.med.utah. edu/kw/ecg/

Positive in I, negative in aVF Normal Axis (non-pathologic LAD)

## The Equiphasic Approach

- 1. Determine which lead contains the most equiphasic QRS complex. The fact that the QRS complex in this lead is equally positive and negative indicates that the net electrical vector (i.e. overall QRS axis) is perpendicular to the axis of this particular lead.
- 2. Examine the QRS complex in whichever lead lies 90° away from the lead identified in step 1. If the QRS complex in this second lead is predominantly positive, than the axis of this lead is approximately the same as the net QRS axis. If the QRS complex is predominantly negative, than the net QRS axis lies 180° from the axis of this lead.

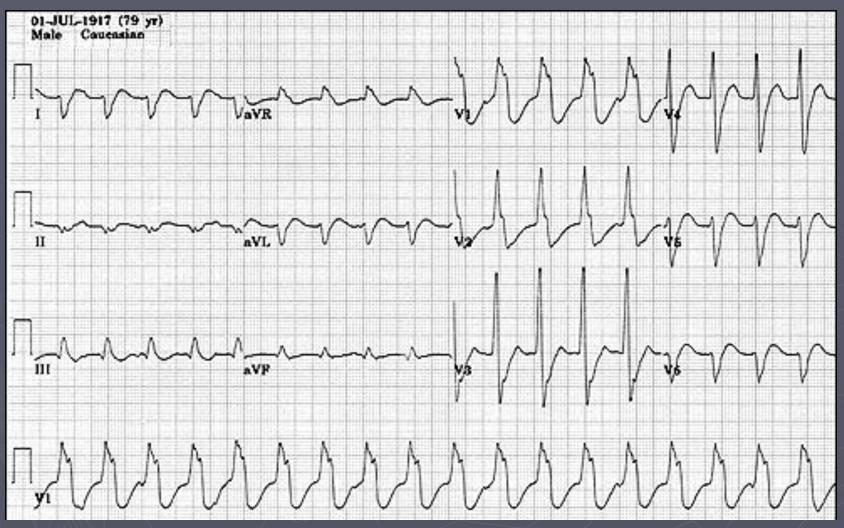
### Equiphasic Approach: Example 1



The Alan E. Lindsay ECG Learning Center ; http://medstat.med.utah.edu/kw/ecg/

Equiphasic in aVF 
Predominantly positive in I 
QRS axis 
0°

### Equiphasic Approach: Example 2



The Alan E. Lindsay ECG Learning Center; http://medstat.med.utah.edu/kw/ecg/

Equiphasic in II □ Predominantly negative in aVL □ QRS axis ≈ +150°

## Systematic Approach

- Rate
- Rhythm
- Axis
- Wave Morphology
  - P, T, and U waves and QRS complex
- Intervals
  - PR, QRS, QT
- ST Segment

## **Rhythms/Arrhythmias**





#### Junctional



# Sinus Rhythms: Criteria/Types

▶ P waves upright in I, II, aVF Constant P-P/R-R interval Rate Narrow QRS complex ▶ P:QRS ratio 1:1 P-R interval is normal and constant

## Sinus Arrhythmias: Criteria/Types

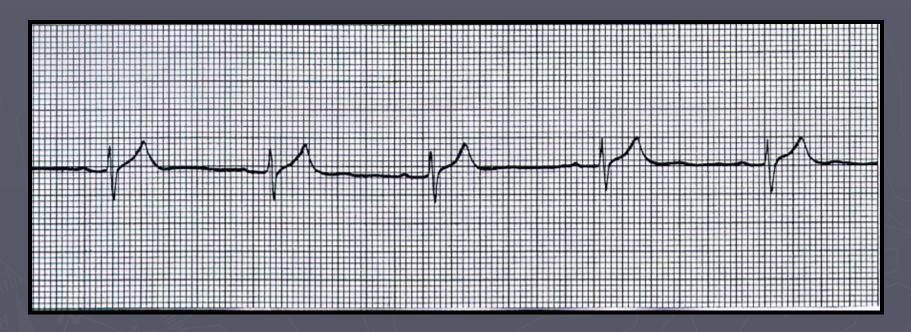
Normal Sinus Rhythm
 Sinus Bradycardia
 Sinus Tachycardia
 Sinus Arrhythmia

## Normal Sinus Rhythm



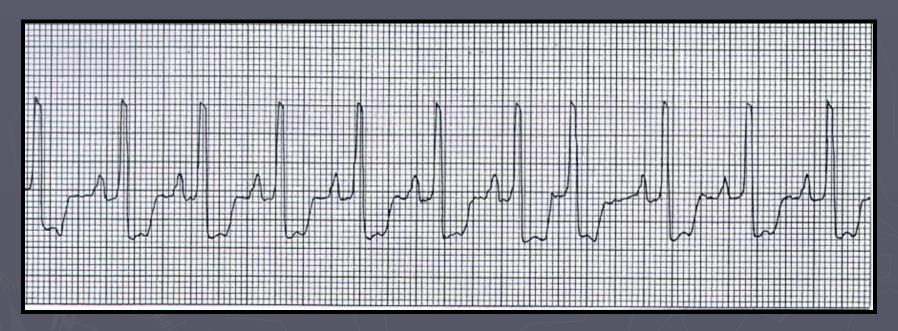
#### • Rate is 60 to 100

### Sinus Bradycardia



Can be normal variant
Can result from medication
Look for underlying cause

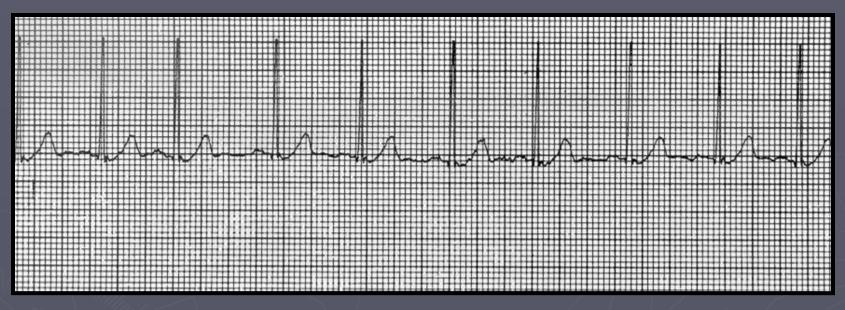
## Sinus Tachycardia



 May be caused by exercise, fever, hyperthyroidism

Look for underlying cause, slow the rate

## Sinus Arrhythmia



Seen in young patients
Secondary to breathing
Heart beats faster

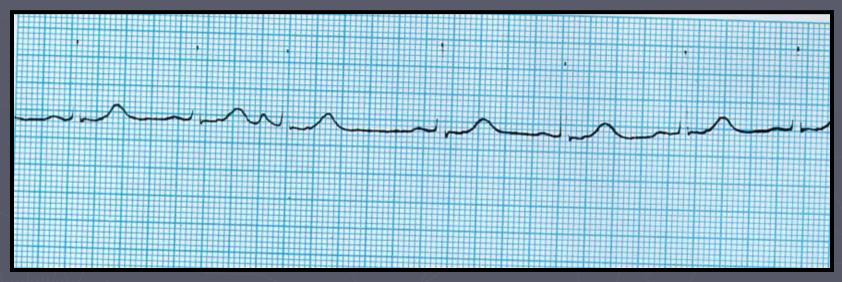
# Atrial Arrhythmias: Criteria/Types

P waves inverted in I, II and aVF Abnormal shape Notched Flattened Diphasic Narrow QRS complex

# Atrial Arrhythmias: Criteria/Types

Premature Atrial Contractions Ectopic Atrial Rhythm Wandering Atrial Pacemaker Multifocal Atrial Tachycardia Atrial Flutter Atrial Fibrillation

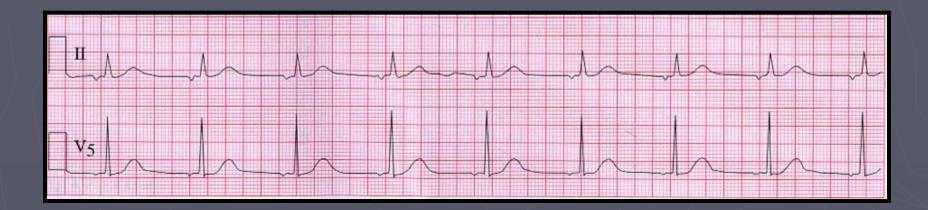
## **Premature Atrial Contraction**



- QRS complex narrow
- RR interval shorter than sinus QRS complexes

 P wave shows different morphology than sinus P wave

## **Ectopic Atrial Rhythm**



Narrow QRS complexP wave inverted

## Wandering Atrial Pacemaker



 3 different P wave morphologies possible with ventricular rate < 100 bpm</li>

## Multifocal Atrial Tachycardia



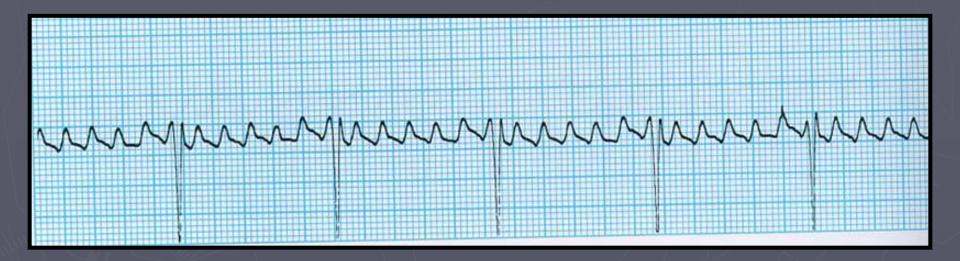
 3 different P wave morphologies with ventricular rate> 100 bpm

### **Atrial Flutter**



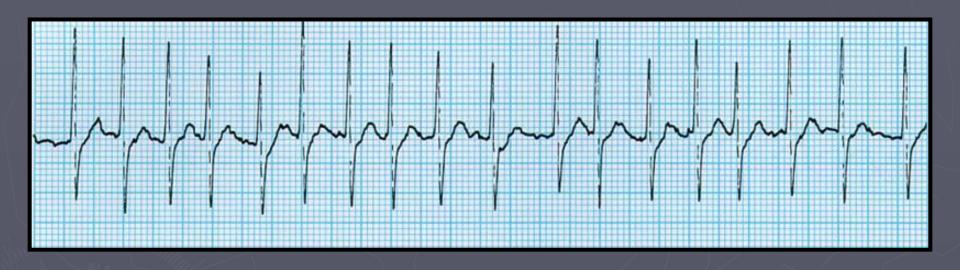
- Regular ventricular rate 150 bpm
- Varying ratios of F waves to QRS complexes, most common is 4:1
- Tracing shows 2:1 conduction

## **Atrial Flutter**



#### Tracing shows 6:1 conduction

## **Atrial Fibrillation**



 Tracing shows irregularly irregular rhythm with no P waves
 Ventricular rate usually > 100 bpm

## **Atrial Fibrillation**



 Tracing shows irregularly irregular rhythm with no P waves

Ventricular rate is 40

# Atrial Tachycardia



 Tracing shows regular ventricular rate with P waves that are different from sinus P waves

Ventricular rate is usually 150 to 250 bpm

## Junctional Arrhythmias: Criteria

P wave
May be absent
Buried in QRS
If present
inverted in leads I, II, and aVF
Inverted after QRS

## Junctional Arrhythmias: Criteria

PR interval < 0.12 secs</p>

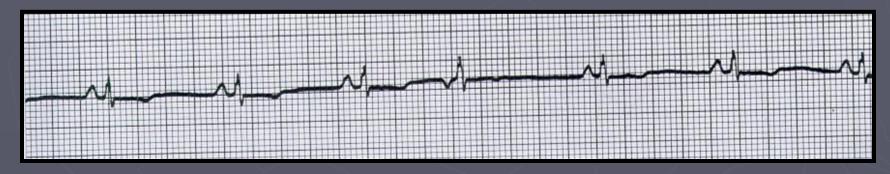
Rate: Varies

► Narrow QRS complex

# Junctional Arrhythmias: Types

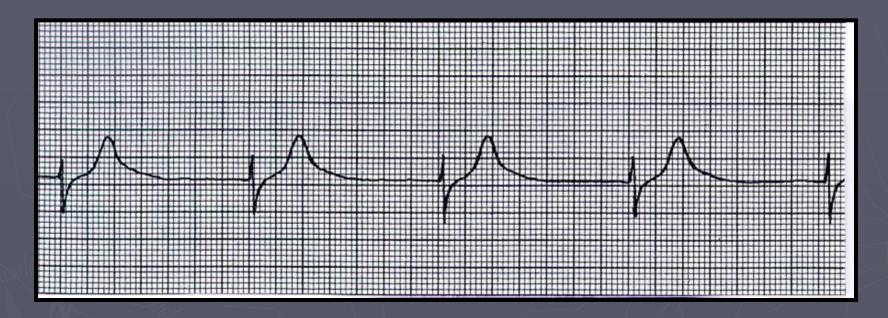
- Premature Junctional Contractions
- Junctional Escape Rhythm
- Accelerated Junctional Tachycardia
- Junctional Tachycardia
- Reentrant Tachycardia
- AVNRT

## Premature Junctional Contractions



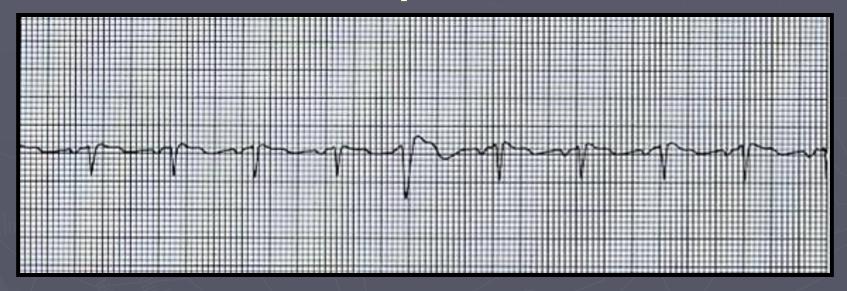
R-R interval is shorter
Beat is early, narrow QRS complex
Inverted P wave
P wave can be buried in QRS complex

## Junctional Escape Rhythm



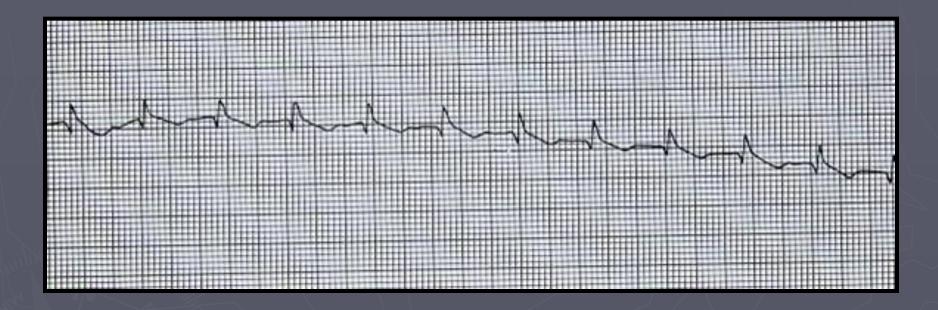
Junctional originRate is 40 to 60

# Accelerated Junctional Tachycardia



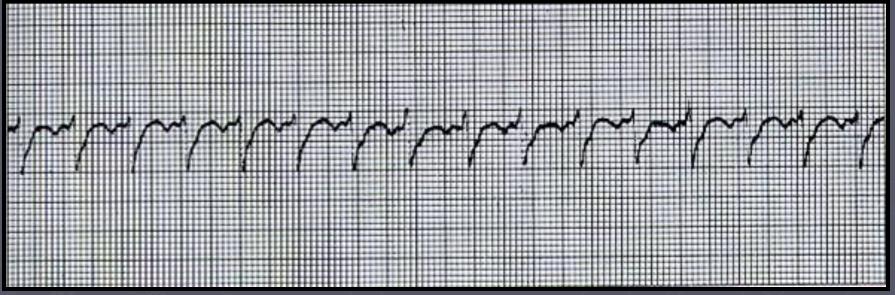
Junctional originRate is 60 to 100

## Junctional Tachycardia



Junctional origin
Rate is > 100

# AV Nodal Reentrant Tachycardia (AVNRT)



Secondary to bypass tract within AV node
Premature Atrial Contraction (PAC) depolarizes

## Rate Summary

- Sinus Tachycardia 100-160 BPM
- Atrial Tachycardia 150-250 BPM
- Atrial Flutter

- 150-250 BPM
- Junctional Tachycardia 100-180 BPM

## **AV Nodal Blocks**

 Delay conduction of impulses from sinus node

 If AV node does not let impulse through, no QRS complex is seen

AV nodal block classes:
 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> degree

# 1<sup>st</sup> Degree AV Block



PR interval constant
>.2 sec
All impulses conducted

# 2<sup>nd</sup> Degree AV Block Type 1



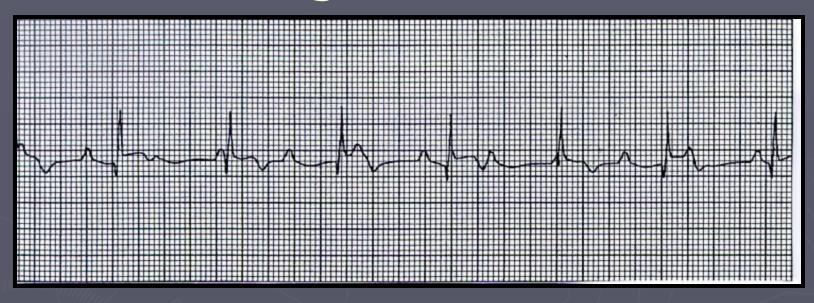
- AV node conducted each impulse slower and finally no impulse is conducted
- Longer PR interval, finally no QRS complex

# 2<sup>nd</sup> Degree AV Block Type 2



- Constant PR interval
- AV node intermittently conducts no impulse

# 3<sup>rd</sup> Degree AV Block

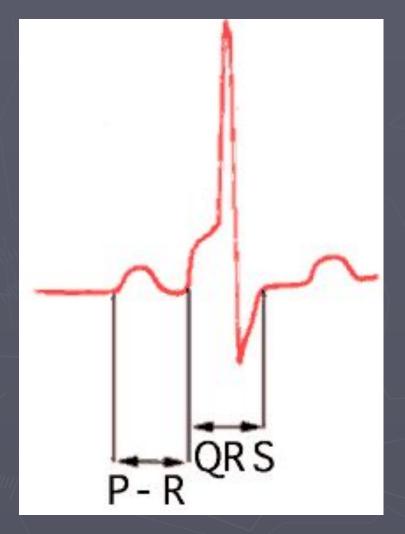


#### AV node conducts no impulse

• Atria and ventricles beat at intrinsic rate (80 and 40 respectively)

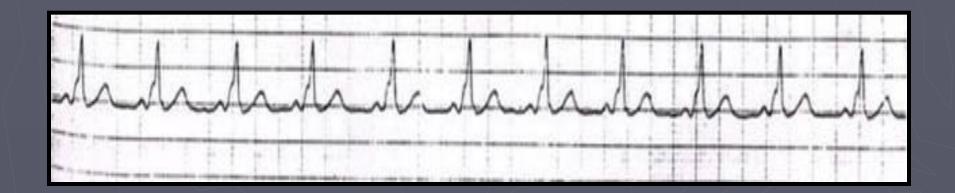
 No association between P waves and QRS complexes

# Another Consideration: Wolfe-Parkinson-White (WPW)



 Caused by bypass tract AV node is bypassed, delay EKG shows short PR interval <.11 sec Upsloping to QRS complex (delta wave)

## WPW



#### Delta wave, short PR interval

# Ventricular Arrhythmias: Criteria/Types

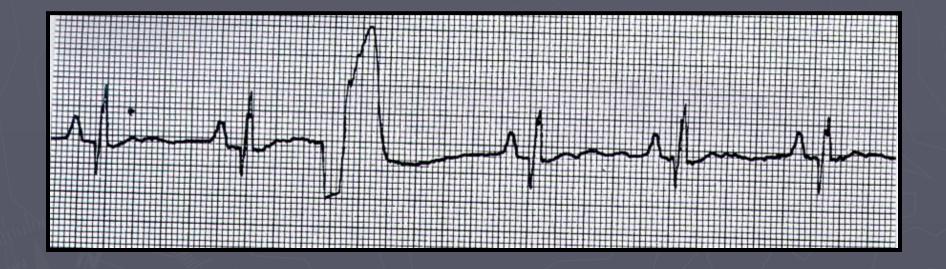
Wide QRS complex

Rate : variable

No P waves

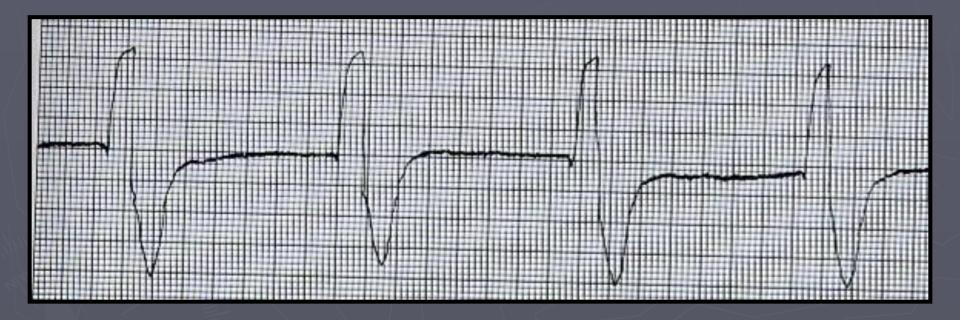
 Premature Ventricular Contractions
 Idioventricular Rhythm
 Accelerated IVR
 Ventricular Tachycardia
 Ventricular Fibrillation

## **Premature Ventricular Contraction**



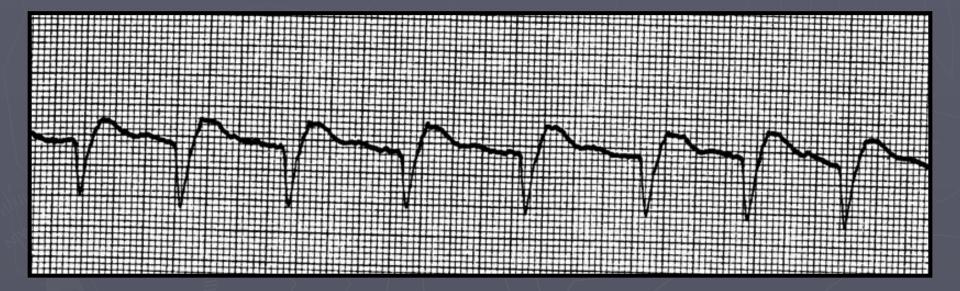
Occurs earlier than sinus beat
Wide, no P wave

## **Idioventricular Rhythm**



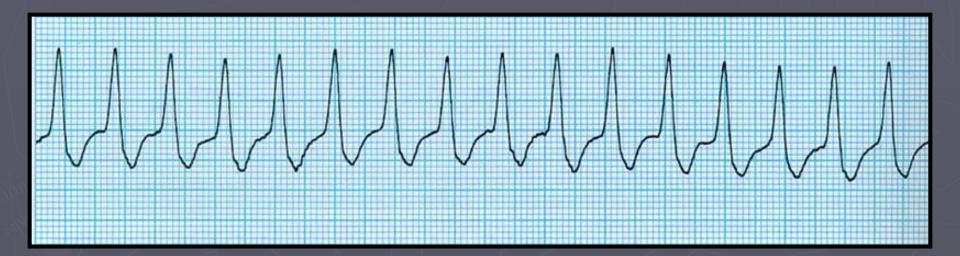
Escape rhythmRate is 20 to 40 bpm

## Accelerated Idioventricular Rhythm



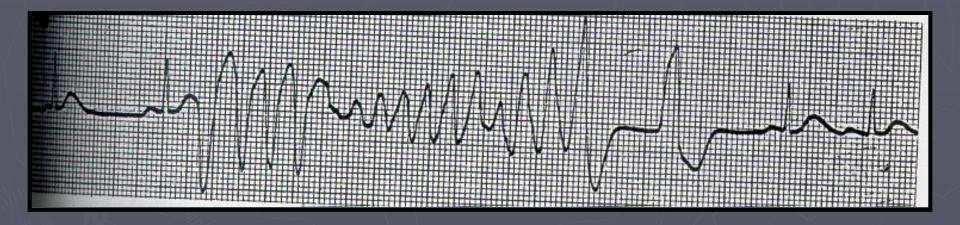
Rate is 40 to 100 bpm

## Ventricular Tachycardia



#### Rate is > than 100 bpm

### Torsades de Pointes



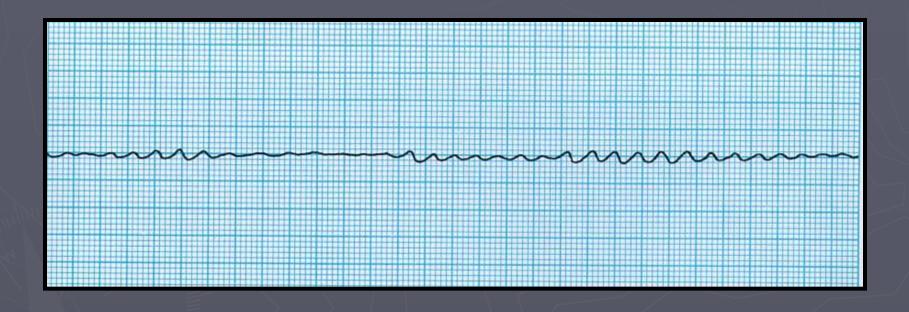
### Occurs secondary to prolonged QT interval

## Ventricular Tachycardia/Fibrillation



#### Unorganized activity of ventricle

## **Ventricular Fibrillation**



# Chamber Enlargements

## Left Ventricular Hypertrophy (LVH)

Differential Diagnosis

- Hypertension (HTN)
- Aortis Stenosis (AS)
- Aortic Insufficiency (AI)
- Hypertrophic Cardiomyopathy (HCM)
- Mitral Regurgitation (MR)
- Coarctation of the Aorta (COA)
- Physiologic

## Left Ventricular Hypertrophy (LVH)

False positive

- Thin chest wall
- Status post mastectomy
- Race, Sex, Age
- Left Bundle Branch Block (LBBB)
- Acute MI
- Left Anterior Fascicular Block
- Incorrect standardization

## EKG Criteria: Diagnosis of LVH

Criteria in Males	Sens	Spec	LR+	LR-
Cornell voltage	19.1	95.0	3.8	0.9
(RaVL +SV3 >25 mm)				
Max [SV1, SV2, RV5, or RV6]	80003	20252	22/12/2	092829
≥ 30 mm	17.8	95.1	3.6	0.9
R aVL >11 mm	16.4	95.1	3.3	0.9
RV5 or RV6 >25 mm	14.2	86.4	1.0	1.0
RI + SIII >25 mm	10.3	98.1	5.4	0.9
Max SV1 or SV2 $\ge$ 25 mm	5.2	96.6	1.5	1.0
R I, II, or III $> 20 \text{ mm}$	0.0	99.8	0.0	1.0
Criteria in Females	Sens	Spec	LR+	LR-
Cornell voltage	18.6	95.0	3.7	0.9
(RaVL +SV3 >20 mm)	19421-003			
RaVL > 11 mm	10.1	98.2	5.6	0.9
RV5 or RV6 >25 mm	8.0	97.8	3.6	0.9
RI + SIII > 25 mm	6.0	99.2	7.5	1.0
Max [SVI, SV2, RV5, or RV6]				23,025
≥ 30 mm	4.0	99.6	10.0	1.0
Max SV1 or SV2 $\ge$ 25 mm	1.7	99.8	8.5	1.0
R I, II, or III > 20 mm	0.3	99.9	3.0	1.0

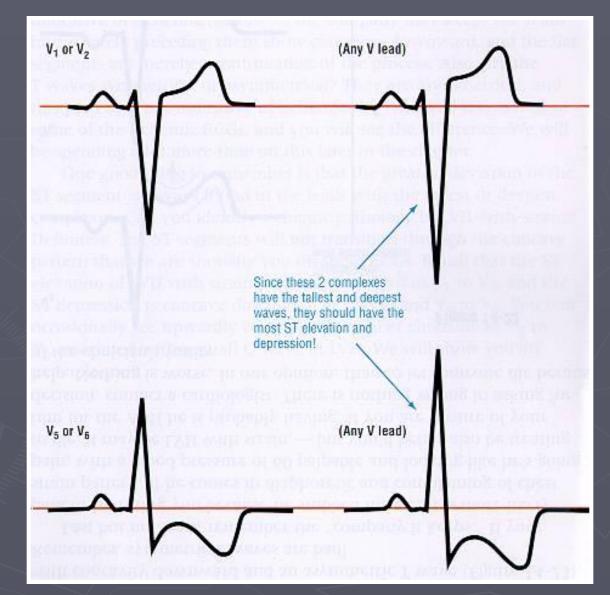
## **EKG** Criteria

-S V1, V2 + R V5,V6 > 35 42.5% 95% (Sokolow-Lyon)
 -R V5 orV6 > 27 25% 98%
 -R V5 or V6 > 25 Framingham 14% 86%
 -R plus S > 45 any lead 45% 93%

 Limb leads

 R in L + S in V3 > 25 in men, and > 20 in women.
 16% 97%
 (Cornell Voltage)
 -R in I + S in III > 25
 10.6% 100%
 -R in L > 11 man, 9 wom
 -R in avF > 20
 -S in avR > 14

## LVH with Strain

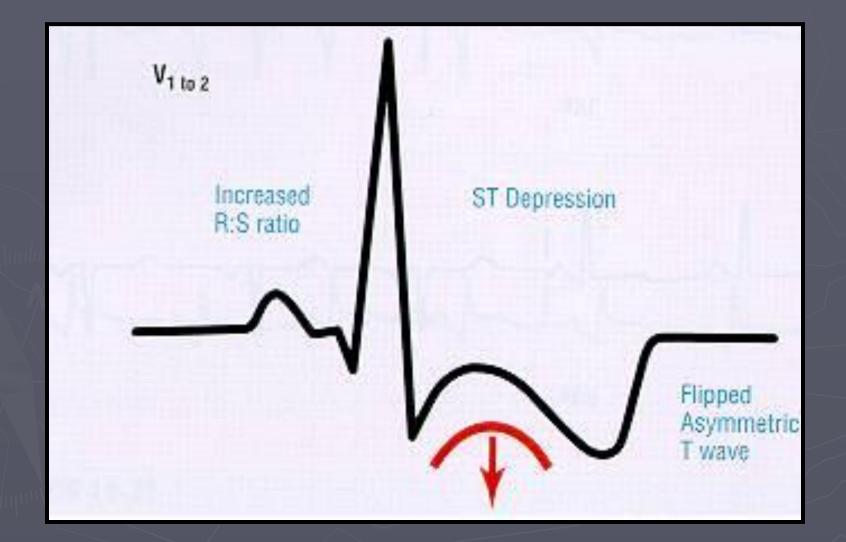


## Right Ventricular Hypertrophy

#### Reversal of precordial pattern

R waves prominent in V1 and V2
S waves smaller in V1 and V2
S waves become prominent in V5 and V6

## Right Ventricular Hypertrophy



## Right Ventricular Hypertrophy: Causes

Chronic Obstructive Pulmonary Disease
 Pulmonary HTN

 Primary

 Pulmonary Embolus
 Mitral Stenosis
 Mitral Regurgitation
 Chronic LV failure

## Right Ventricular Hypertrophy: Causes

Tricuspid Regurgitation
Atrial Septal Defect
Pulmonary Stenosis
Tetralogy of Fallot
Ventricular Septal Defect

## Left Atrial Enlargement: Causes

- Mitral Stenosis
- Mitral Regurgitation
- Left ventricular hypertrophy
- Hypertension
- Aortic Stenosis
- Aortic Insufficiency
- Hypertrophic Cardiomyopathy

## Left Atrial Enlargement: Criteria

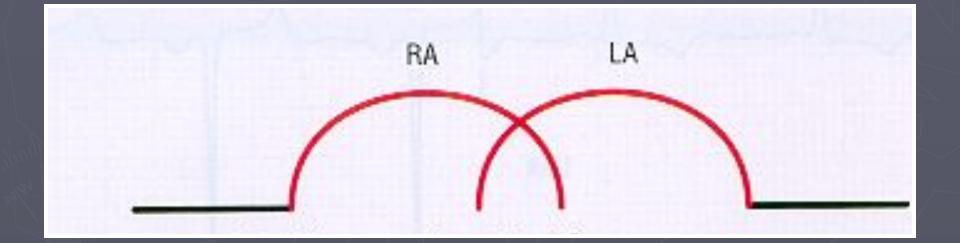
#### P wave

Notch in P wave
Any lead
Peaks > 0.04 secs

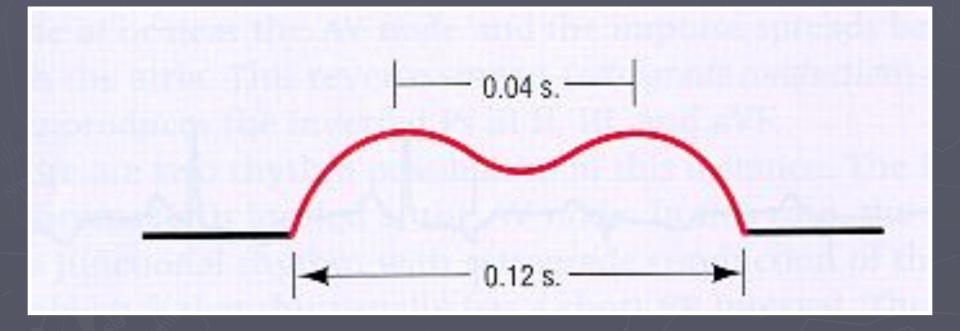
V1
 Terminal por

 Terminal portion of P wave > 1mm deep and > 0.04 sec wide

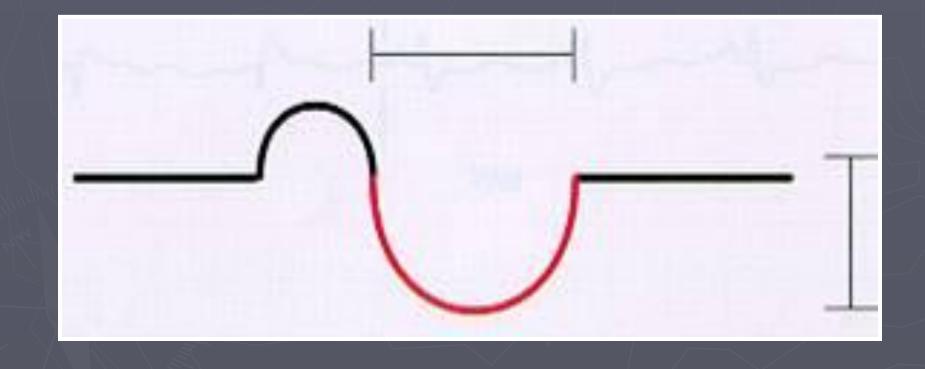
## Lead II



## P Wave: Left Atrial Enlargement



## Left Atrial Enlargement Lead V1



## Right Atrial Enlargement: Causes



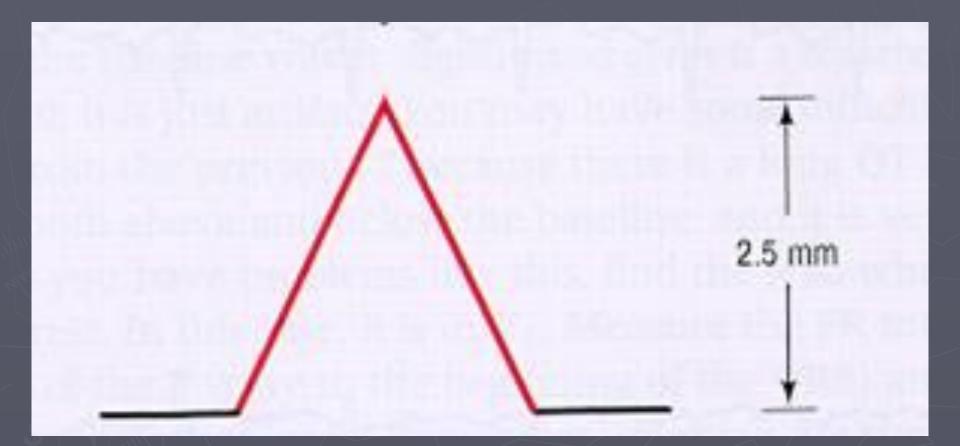
Tricuspid Stenosis Pulmonary Stenosis ► COPD Pulmonary HTN Pulmonary Embolus Mitral Regurgitation Mitral Stenosis

## Right Atrial Enlargement: Criteria

## Tall, peaked P wave 2.5 mm in any lead

# Most prominent P waves in leads I, II and aVF

## Right Atrial Enlargement



# Bundle Branch Blocks

## **Bundle Branch Blocks**

Left Complete Incomplete

Right
CompleteIncomplete

Complete • QRS > .12 secs

# IncompleteQRS .10 - .12 secs

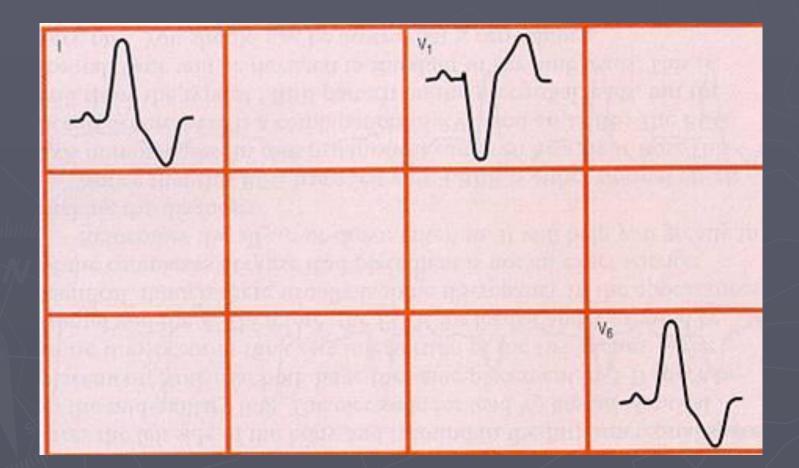
# Left Bundle Branch Block: Causes

- Normal variant
- Idiopathic degeneration of the conduction system
- Cardiomyopathy
- Ischemic heart disease
- Aortic Stenosis
- Hyperkalemia
- Left Ventricular Hypertrophy

## Criteria for Left Bundle Branch Block (LBBB)

Bizarre QRS Morphology High voltage S wave in V1, V2 & V3 Tall R wave in leads I, aVL and V5-6 Often LAD QRS Interval ST depression in leads I, aVL, & V5-V6 ▶ T wave inversion in I, aVL, & V5-V6

## Left Bundle Branch Block



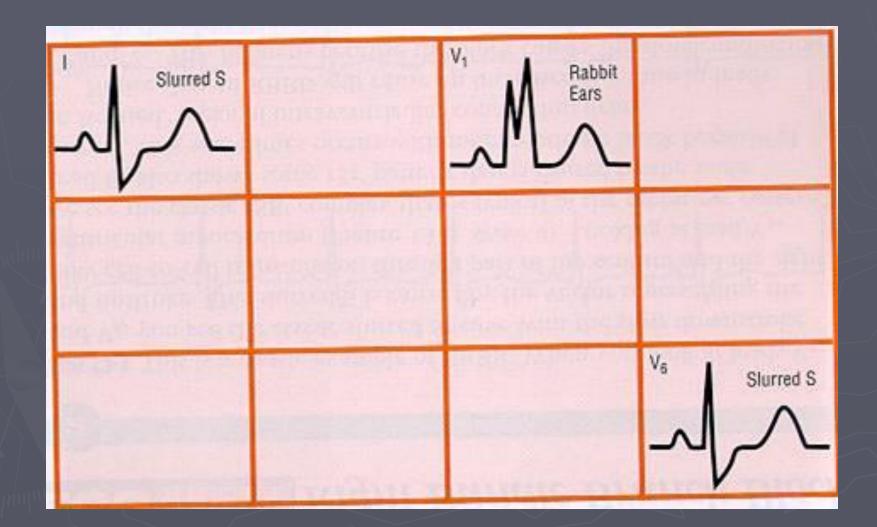
## Right Bundle Branch Block: Causes

Idiopathic degeneration of the conduction system Ischemic heart disease Cardiomyopathy Massive Pulmonary Embolus Ventricular Hypertrophy Normal Variant

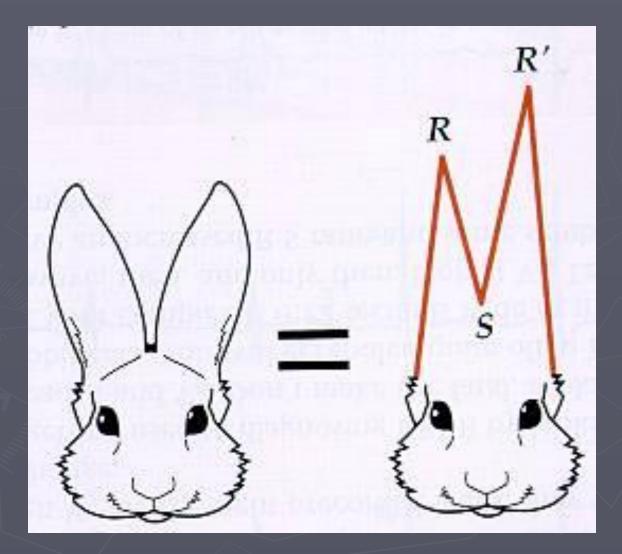
## Criteria for Right Bundle Branch Block (RBBB)

QRS morphology
Wide S wave in leads I and V4-V6
RSR' pattern in leads V1, V2 and V3
QRS duration
ST depression in leads V1 and V2
T wave inversion in leads V1 and V2

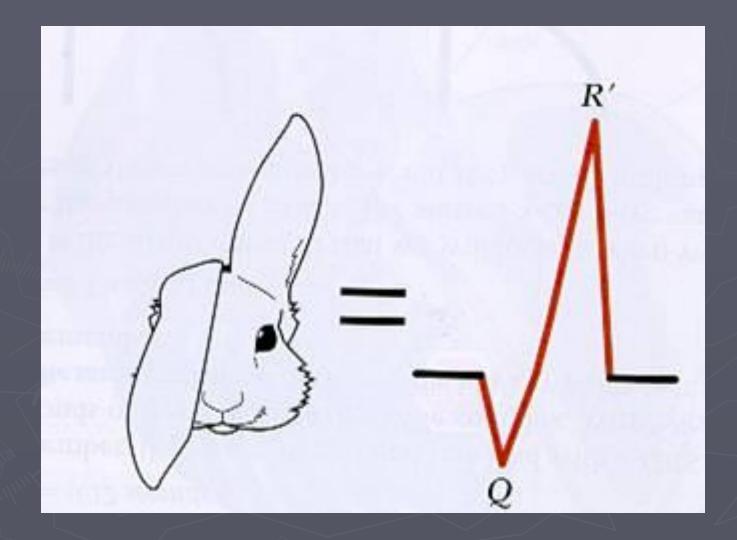
## Right Bundle Branch Block



## Right Bundle Branch Block

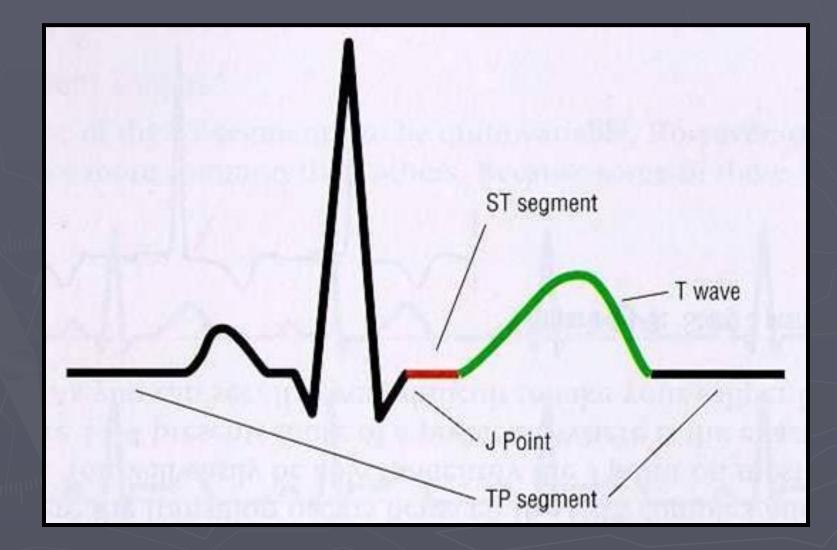


## Anterior Septal with RBBB

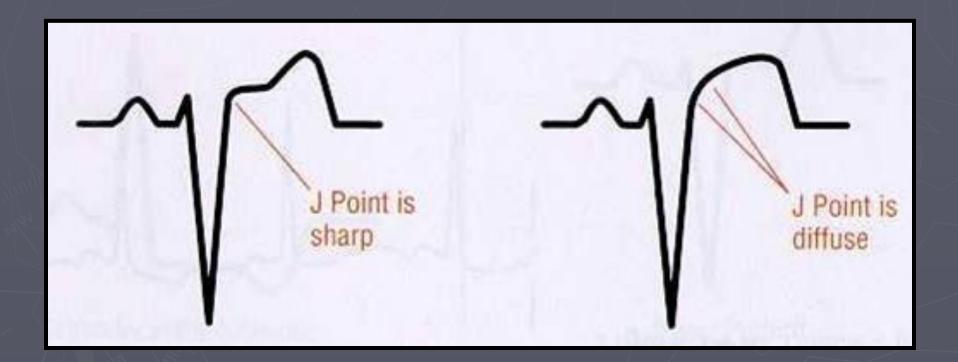


# Ischemia and Infarction

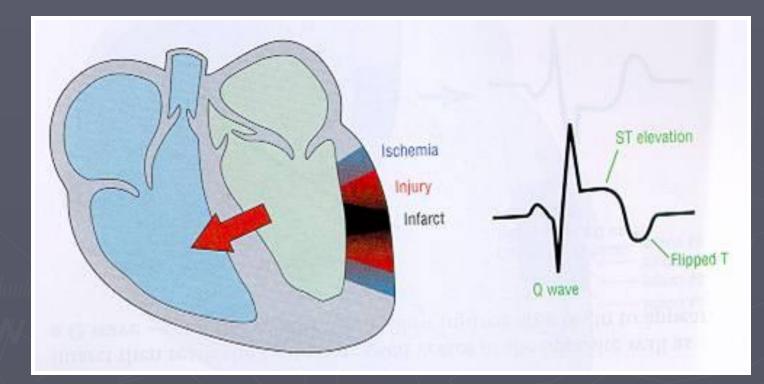
## Normal Complexes and Segments



## J Point



## Ischemia



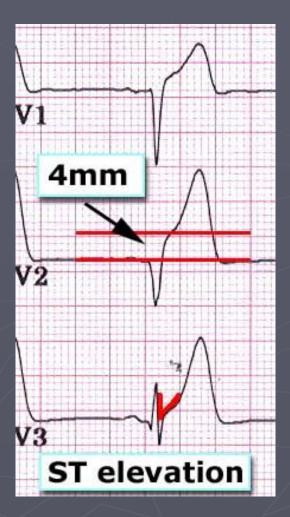
T wave inversion, ST segment depression
Acute injury: ST segment elevation
Dead tissue: Q wave

## Measurements



## **ST-Segment Elevation**





# ST Segment Depression Can be characterised as:-

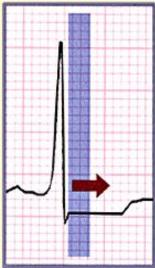
### Downsloping

## Upsloping

### Horizontal





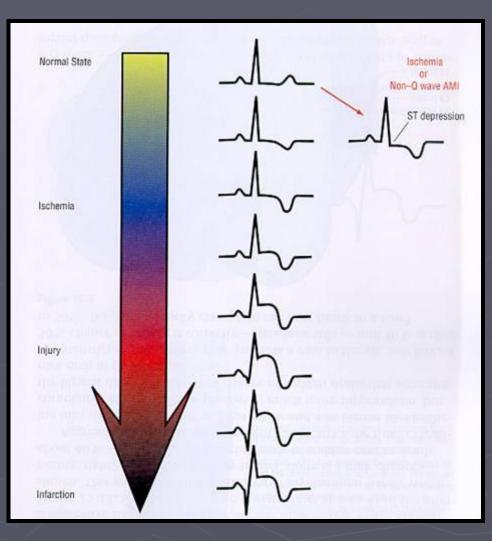


**Horizontal ST** 

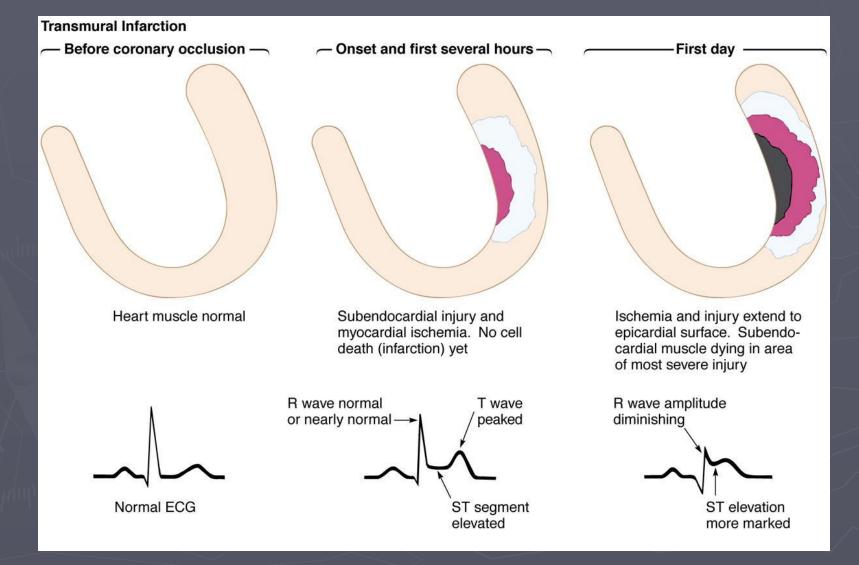
The J point occurs at the end of the QRS comples. The ST segment begins at the J point and extends to a user defined interval

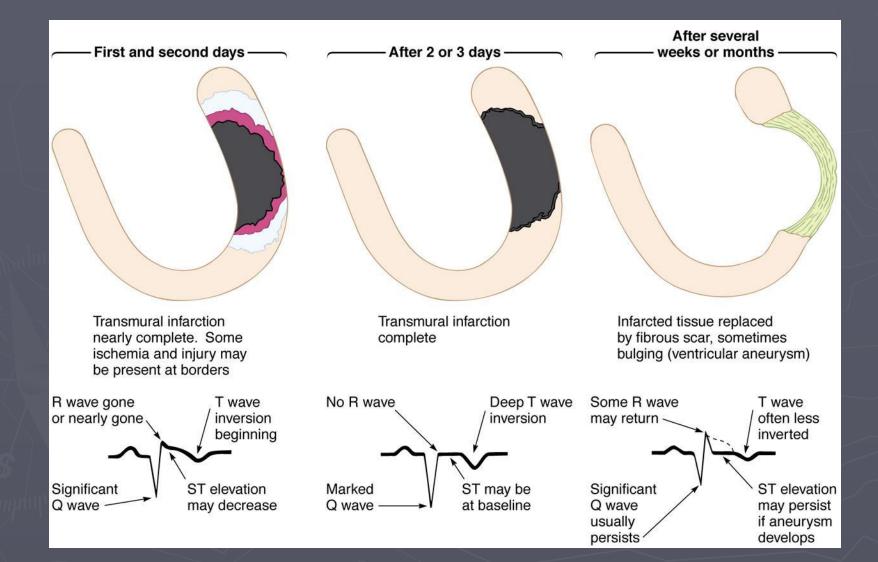
**ST Segment Depression** 

# EKG Changes: Ischemia $\rightarrow$ Acute Injury $\rightarrow$ Infarction

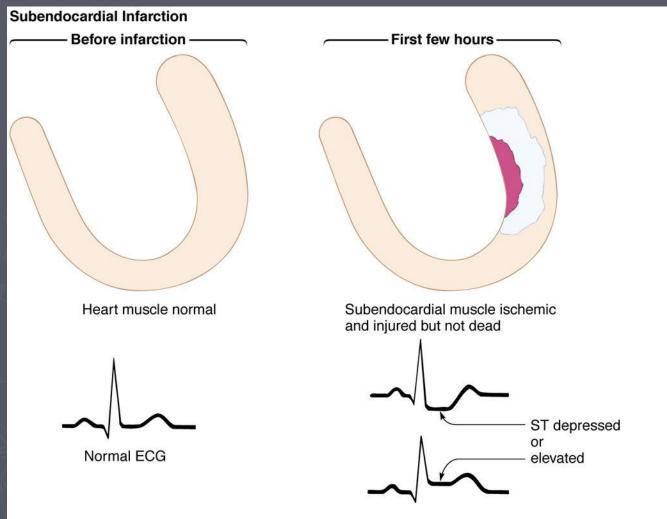


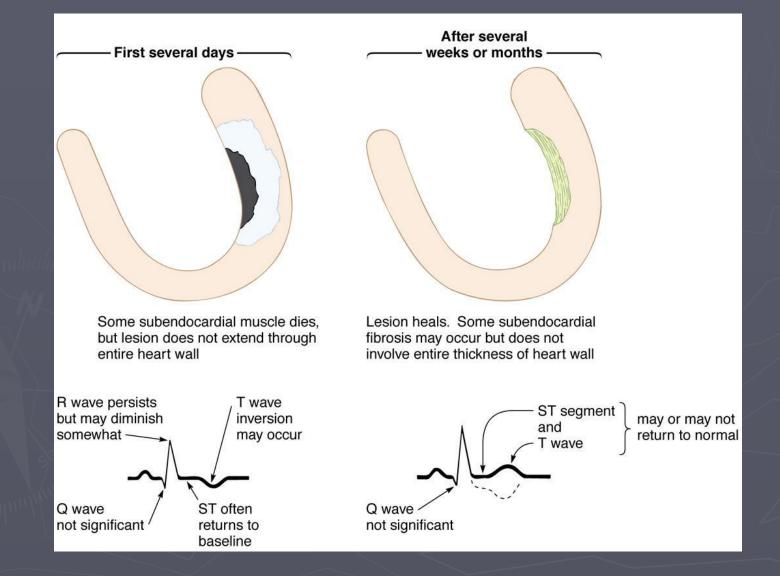
## Evolution of Transmural Infarction



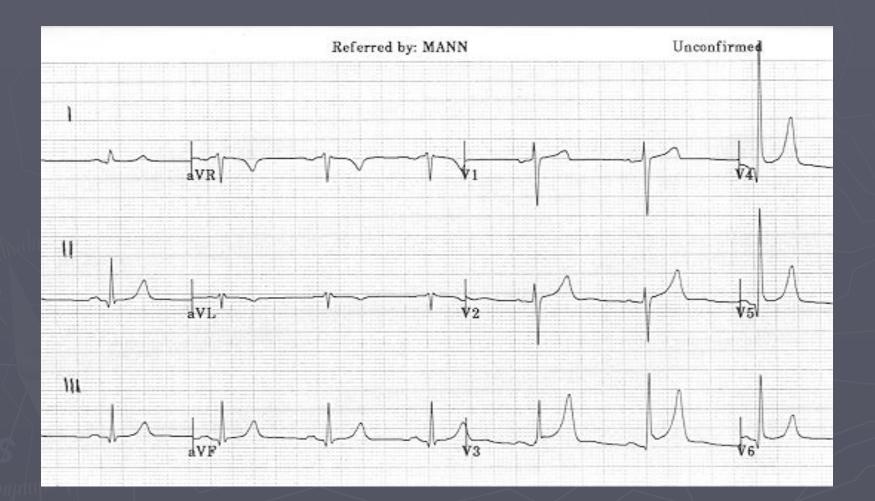


### Evolution of a Subendocardial Infarction



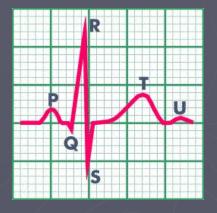


### Hyperacute T waves



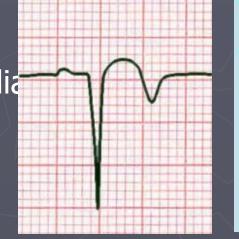
# Q Waves

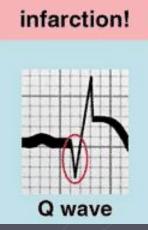
### Non Pathological Q waves Q waves of less than 2mm are normal



### Pathological Q waves

Q waves of more than 2mm indicate full thickness myocardia damage from an infarct Late sign of MI (evolved)





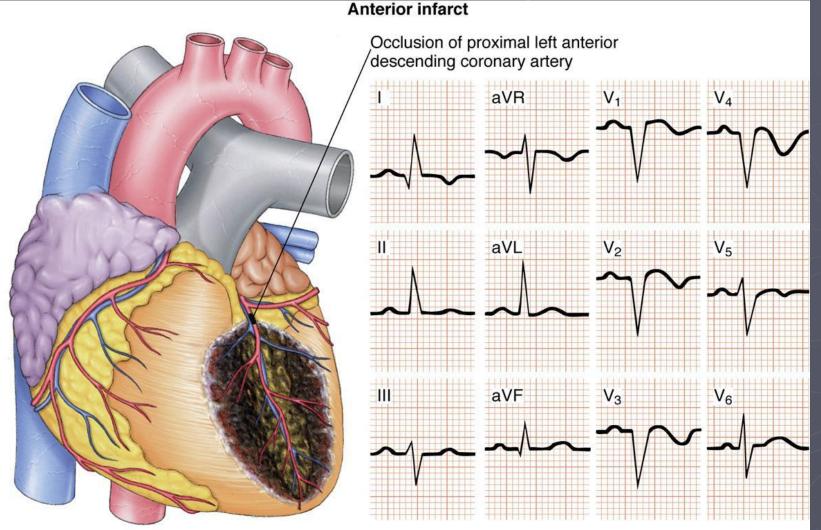
## Look for Grouped Patterns (Footprints)

### ST Depressions = Ischemia

### ► ST Elevations = injury

### Q Waves & T Wave Inversion = Infarction

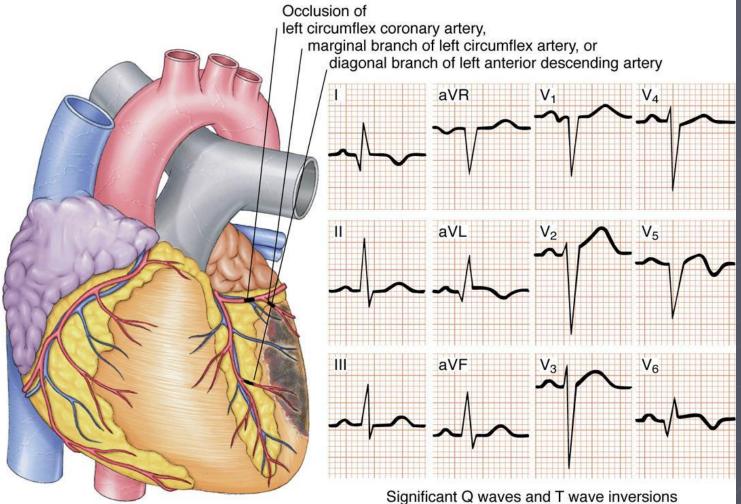
# Anterior Septal (Left Anterior Descending)



Significant Q waves and T wave inversions in leads I, V<sub>2</sub>, V<sub>3</sub> and V<sub>4</sub>

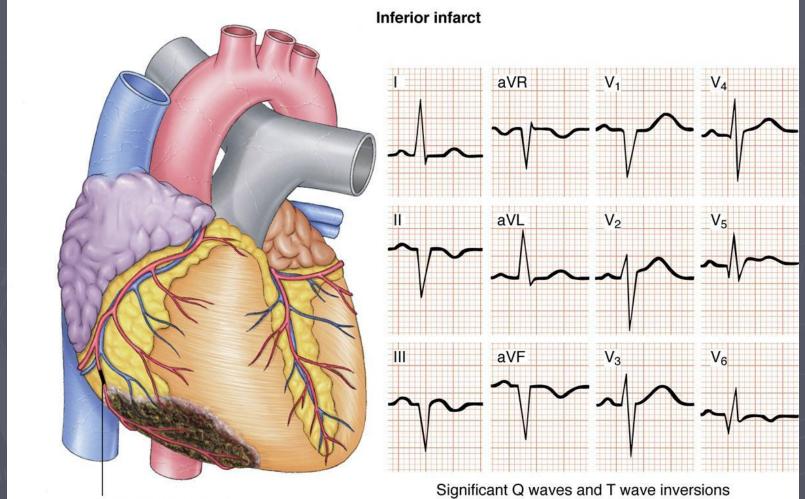
# Anterior Lateral (Left Circumflex)

#### Anterolateral infarct



in leads I, aVL,  $V_5$  and  $V_6$ 

# Inferior (Right Coronary Artery)

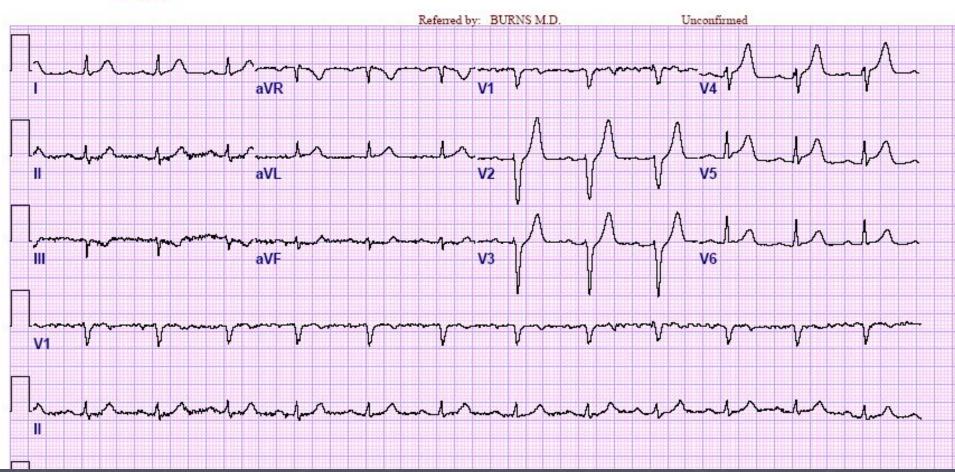


Occlusion of right coronary artery

Significant Q waves and T wave inversions in leads II, III and aVF. With lateral damage, changes also may be seen in leads  $V_5$  and  $V_6$ 

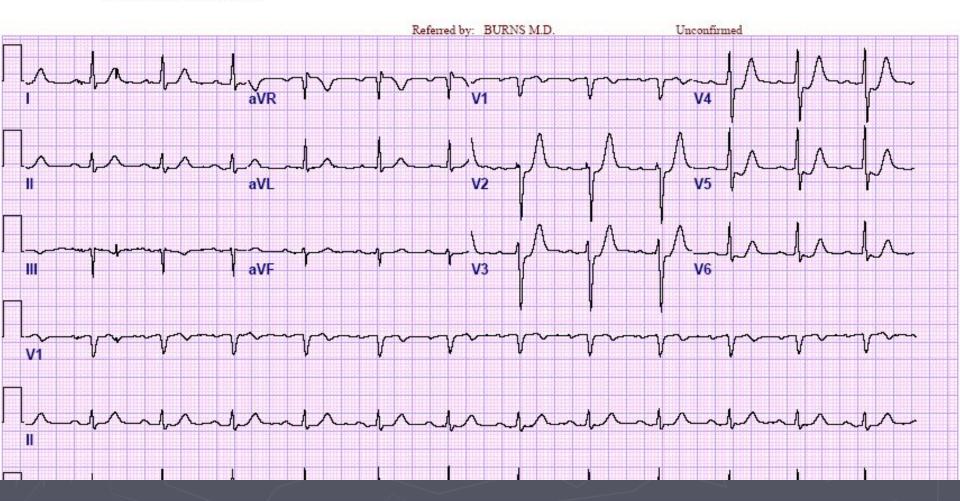
54 yr Male	Vent. rate PR interval	75 BPM 200 m		INJURY
	QRS duration	96 m	JUNCTIONAL ST DEPRESSION, PROBABLY NORMAL	
1000 B 100 B 10	QT/QTc	382/426 m	ABNORMAL ECG	
Loc:36	P-R-T axes	24 -13		

#### Technician:EDDIE LUJAN ER Test ind:CP



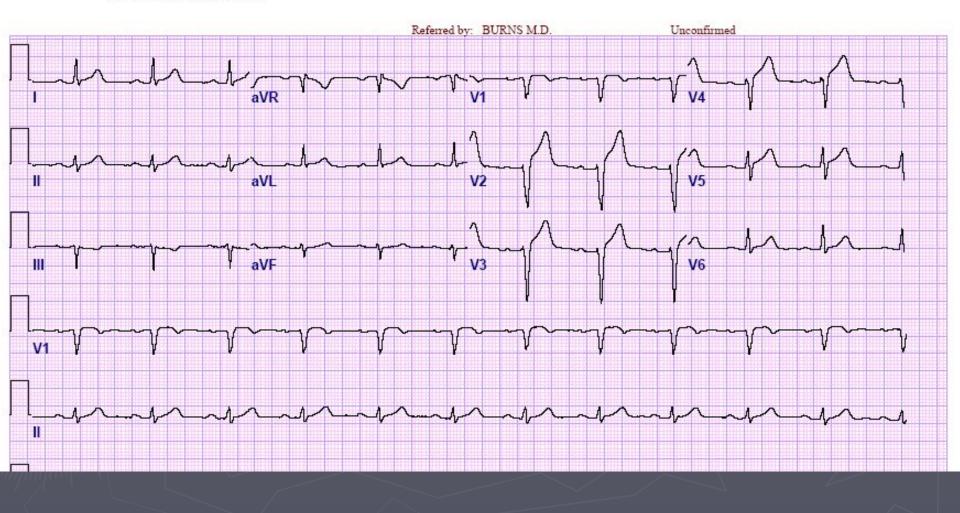
54 yr	Vent, rate	76 1	BPM	SINUS RHYTHM WITH 1ST DEGREE AV BLOCK
54 yr Male	PR interval	216	1115	ST ABNORMALITY, POSSIBLE DIGITALIS EFFECT
	QRS duration	104	ms	ABNORMAL ECG
Sec. 19:00 11	QT/QTc	388/436	ms	
Loc:36	P-R-T axes	38 -19	19	

#### Technician EDDIE LUJAN ER



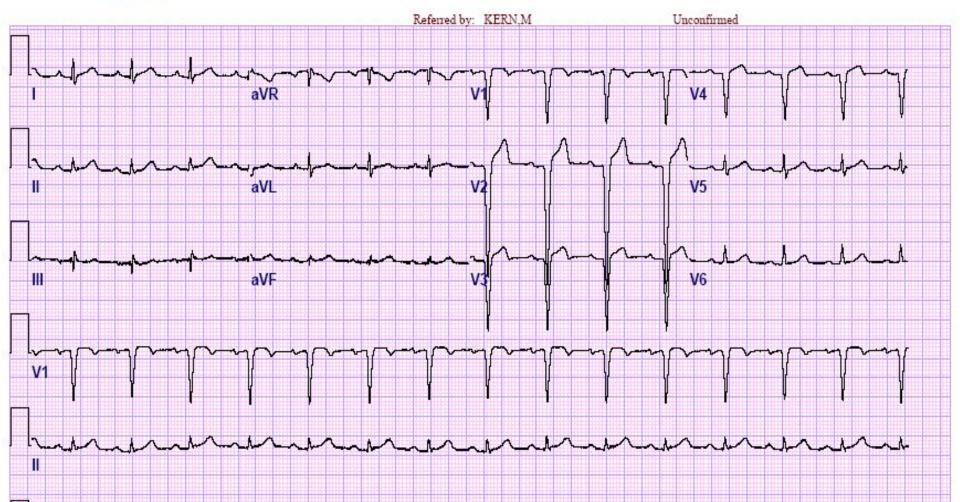
54 yr Male	Vent. rate PR interval	70	BPM ms	SINUS RHYTHM WITH 1ST DEGREE AV BLOCK ST BLEVATION CONSIDER ANTERIOR INJURY OR ACUTE INFARCT
mare	QRS duration	104	ms	** ** ** ** * ACUTE MI * ** ** **
	QT/QTc	398/429	ms	ABNORMAL BCG
Loc:36	P-R-T axes	45 -22	20	

#### Technician: EDDIE LUJAN ER



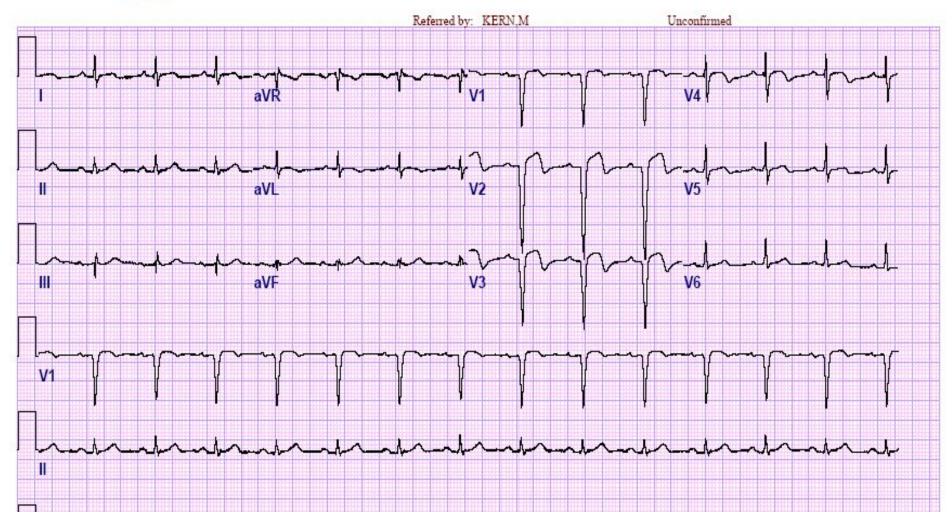
55 yr Male	1 ARIG 11 AR	Vent. rate	89	BPM	NORMAL SINUS RHYTHM
Male	Oriental	PR interval	184	1115	ANTEROSEPTAL INFARCT , POSSIBLY ACUTE
		QRS duration	102	ms	** ** ** ** * ACUTE MI * ** ** **
00577 BOS		QT/QTc	352/428	ms	ABNORMAL ECG
Loc:53		P-R-T axes	39 19	34	

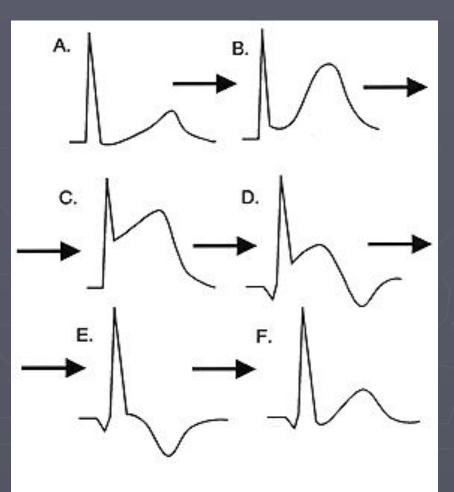
#### Technician: JONAH PINAWIN Test ind:MI



55 vr	Vent. rate	85 BPM	NORMAL SINUS RHYTHM
55 yr Male Oriental	PR interval	166 ms	ANTEROSEPTAL INFARCT , POSSIBLY ACUTE
	QRS duration	96 ms	T WAVE ABNORMALITY, CONSIDER LATERAL ISCHEMIA
	QT/QTc	384/456 ms	** ** ** ** * ACUTE MI * ** ** ** **
Loc:53	P-R-T axes	43 21 83	ABNORMAL ECG

#### Technician: JONAH PINAWIN Test ind:MI

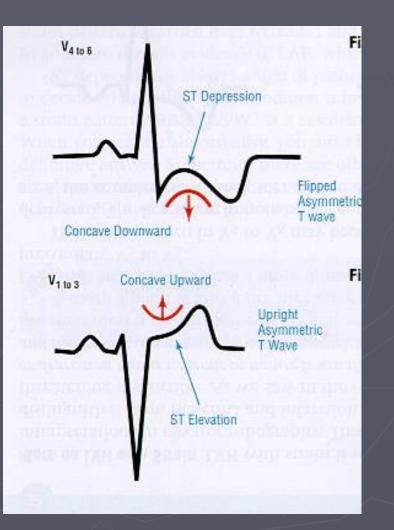




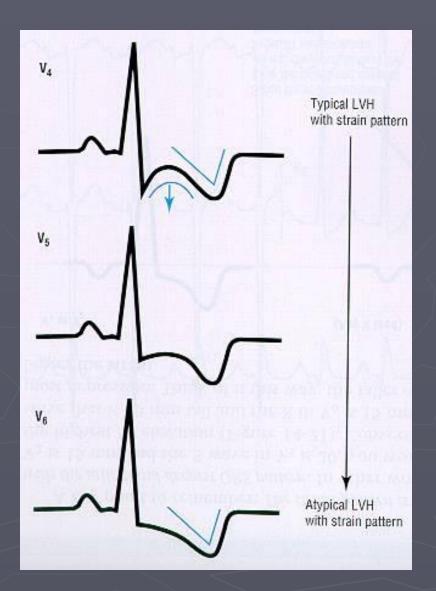
**Evolution of Acute MI** 

# ST-T Wave Changes

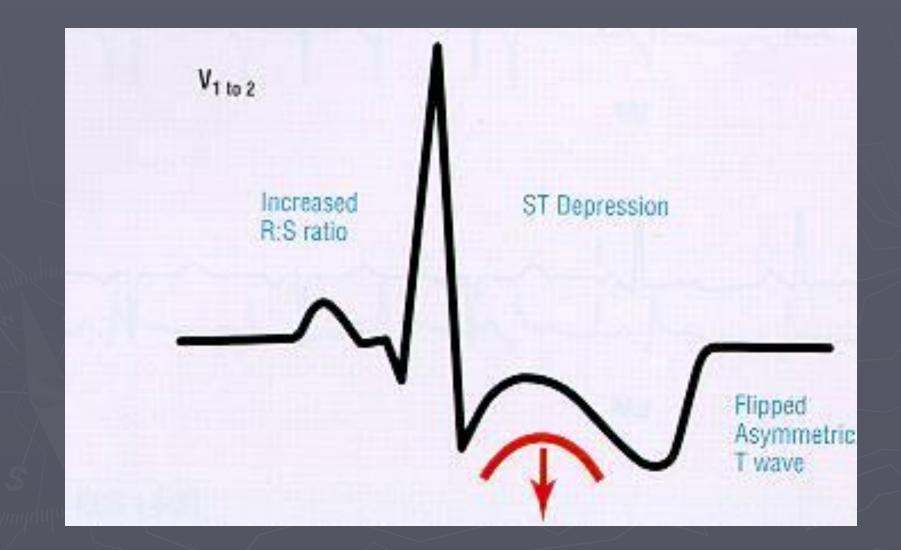
# Strain in Hypertrophy



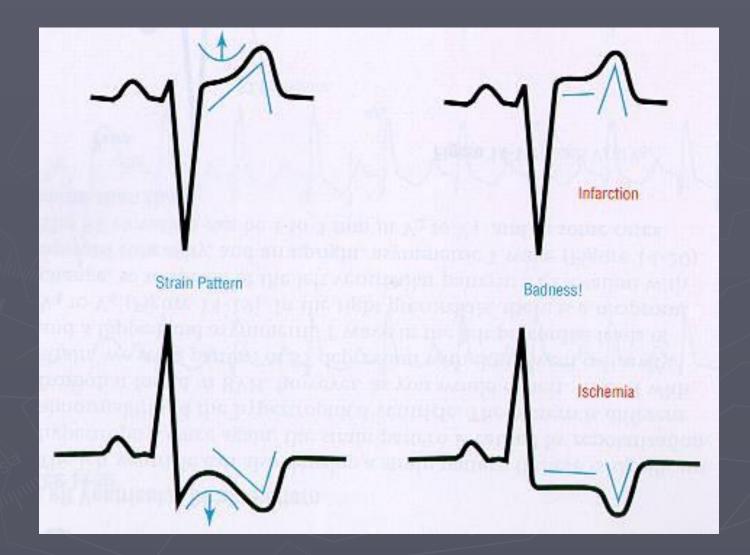
### Strain in LVH



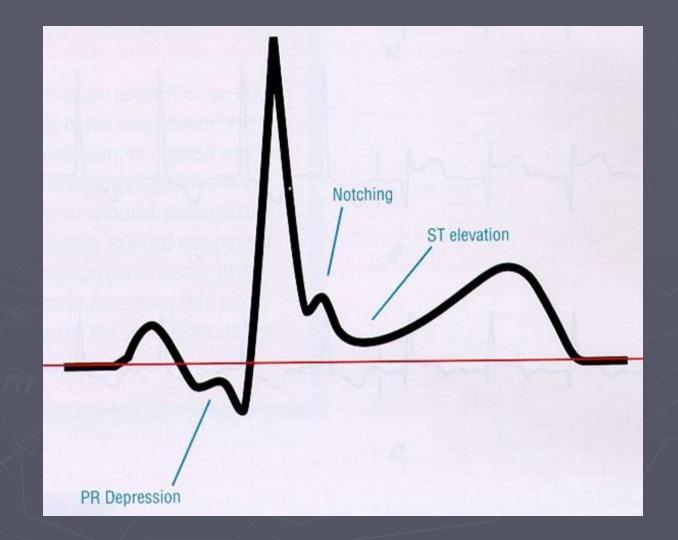
## Strain in RVH



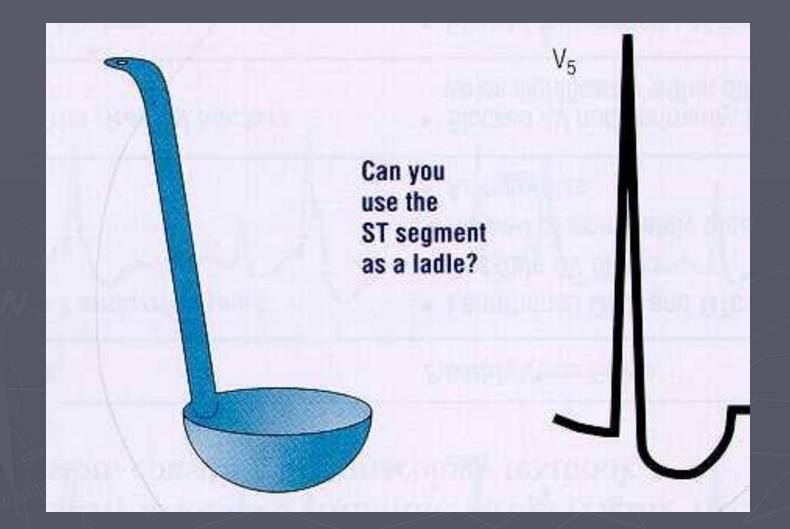
### Strain vs Infarction



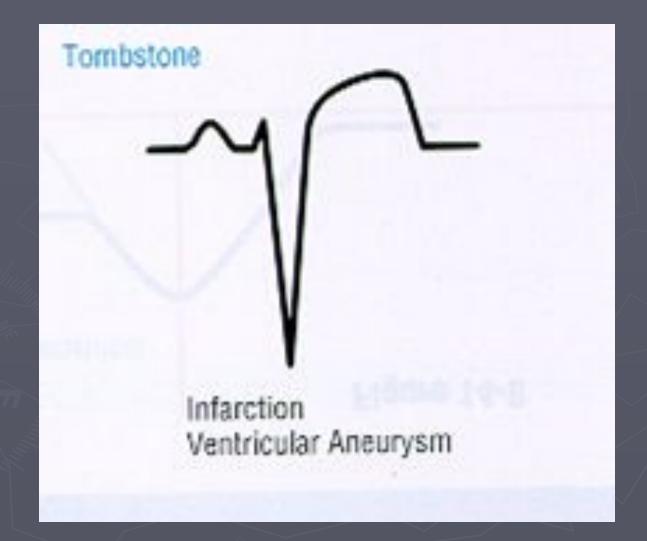
### Pericarditis



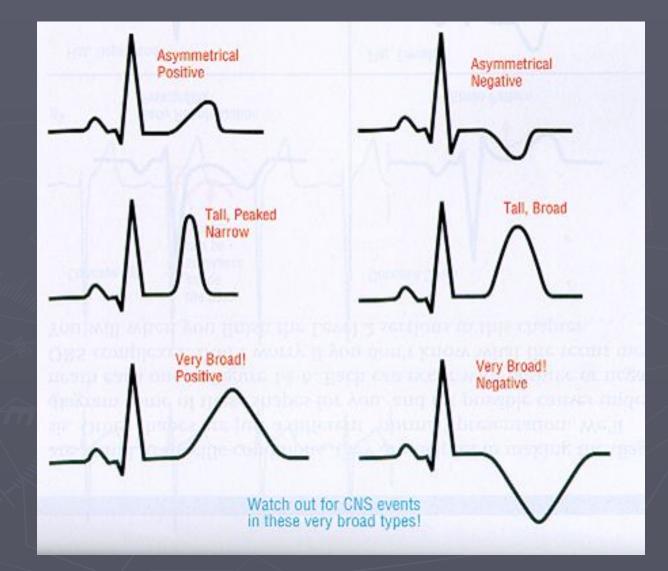
### Digoxin Changes



### Ventricular Aneurysm

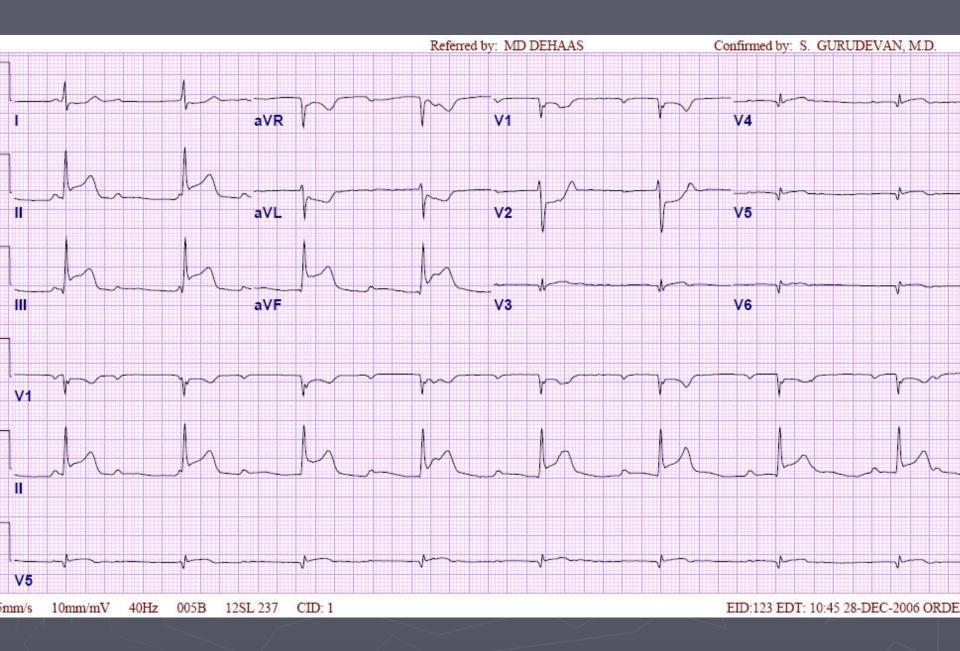


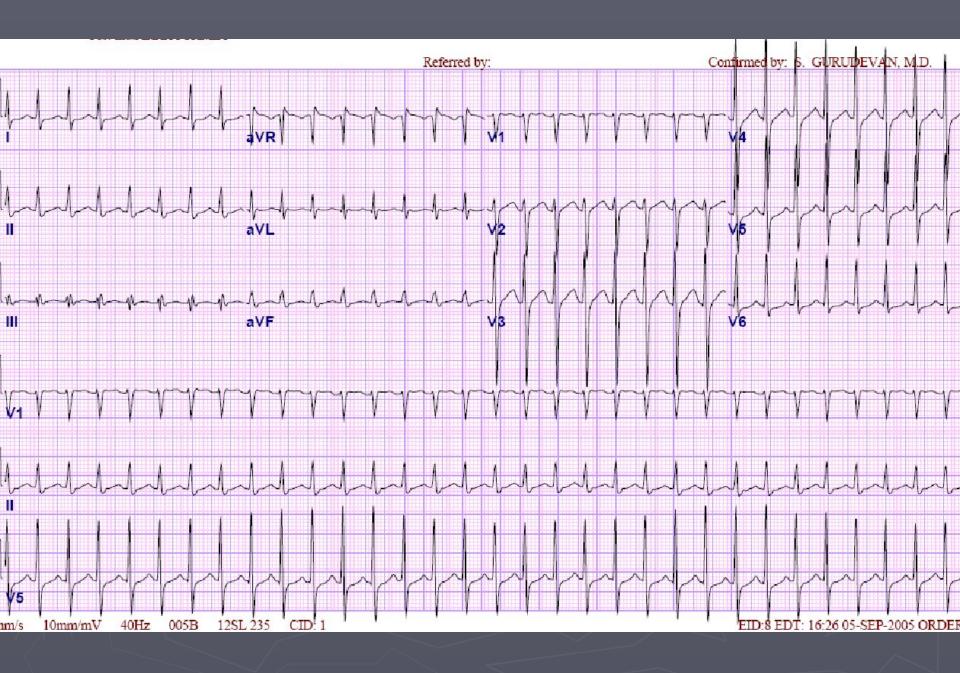


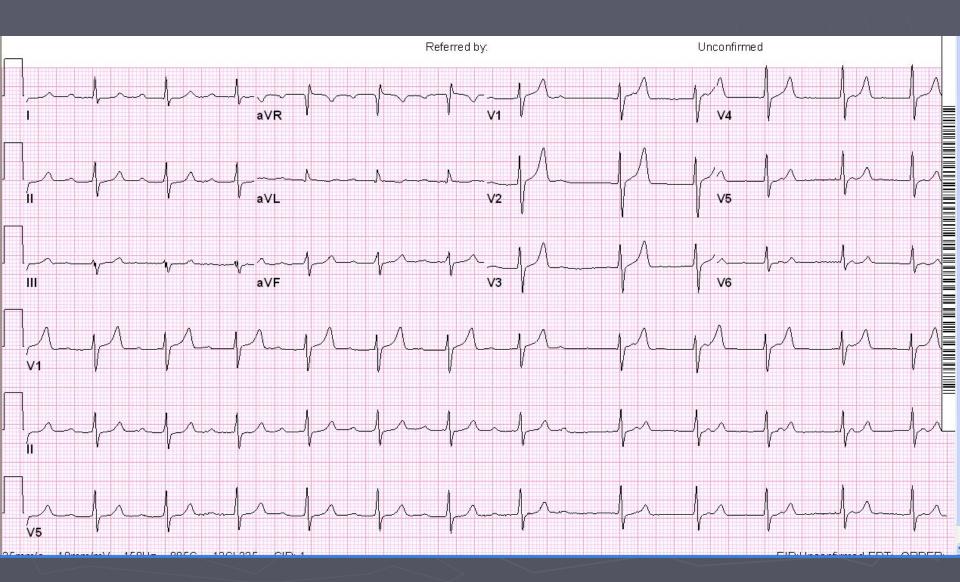


### Summary

Basic physiology of the conduction system Origin of a normal EKG Systematic approach to reading an EKG Major abnormalities when reading an EKG

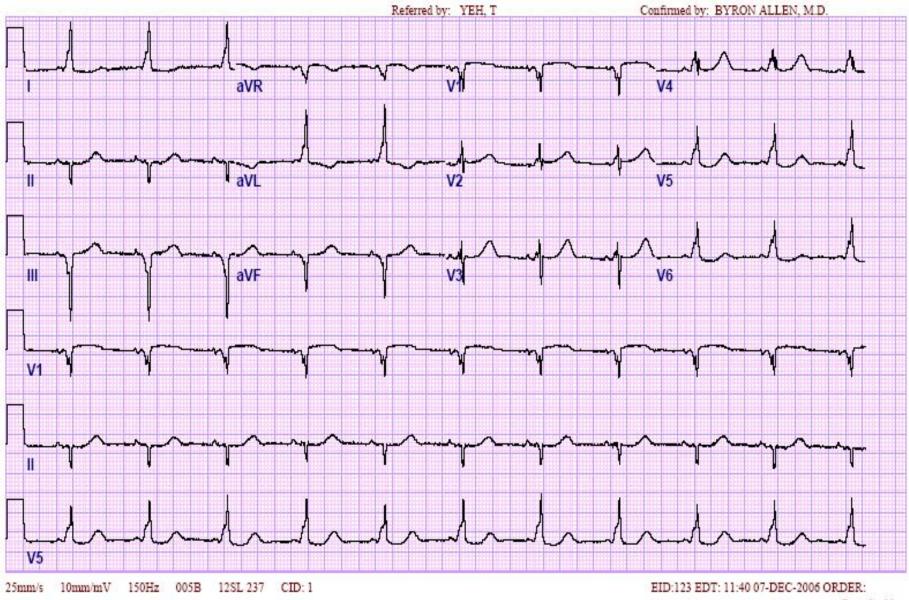


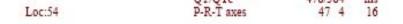




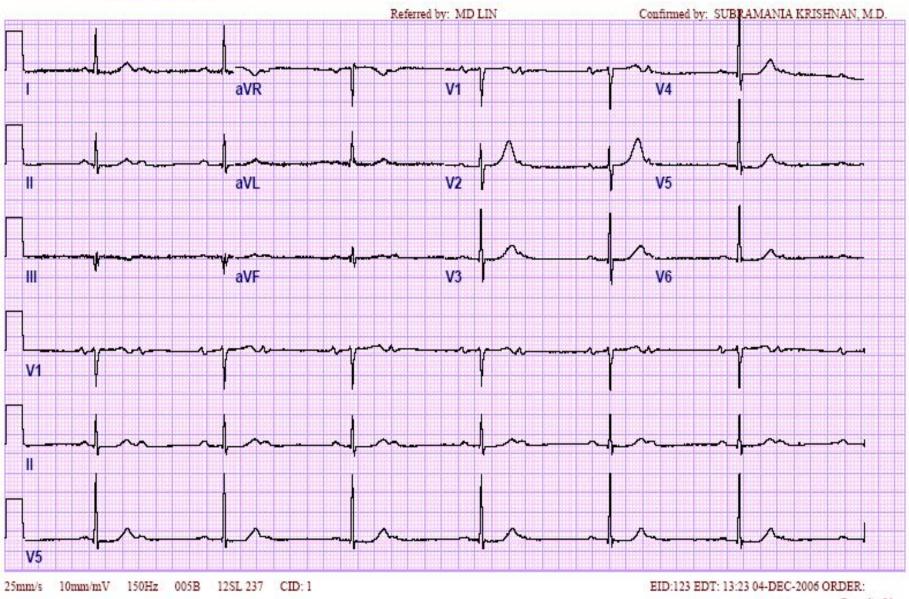
#### 55 -46 109

### Technician: JONAH PINAWIN Test ind: ARRHYTH



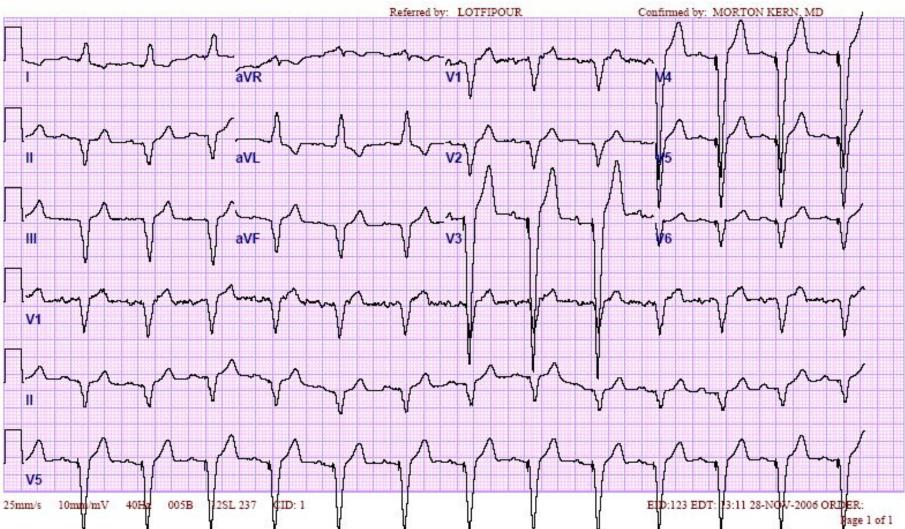


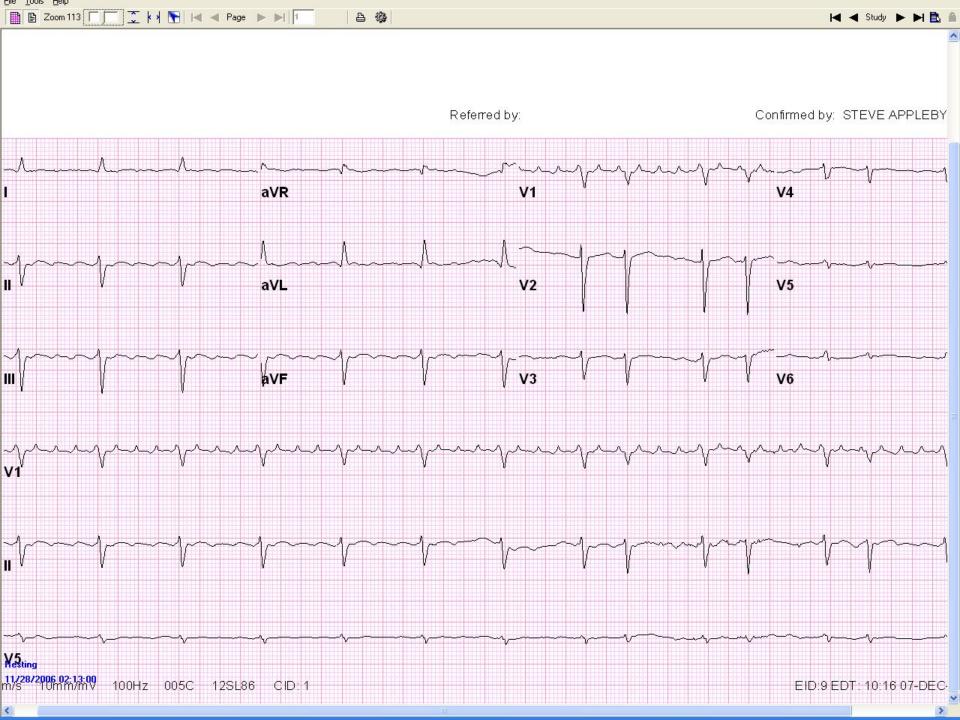
Technician: LKMB Test ind:BRADYCARDIA

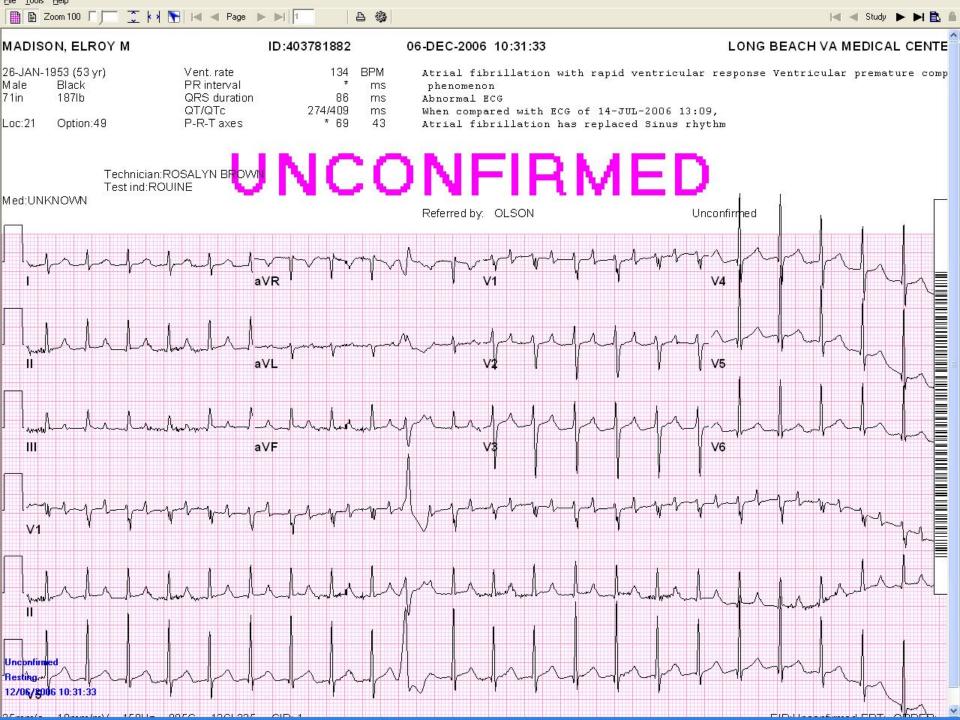


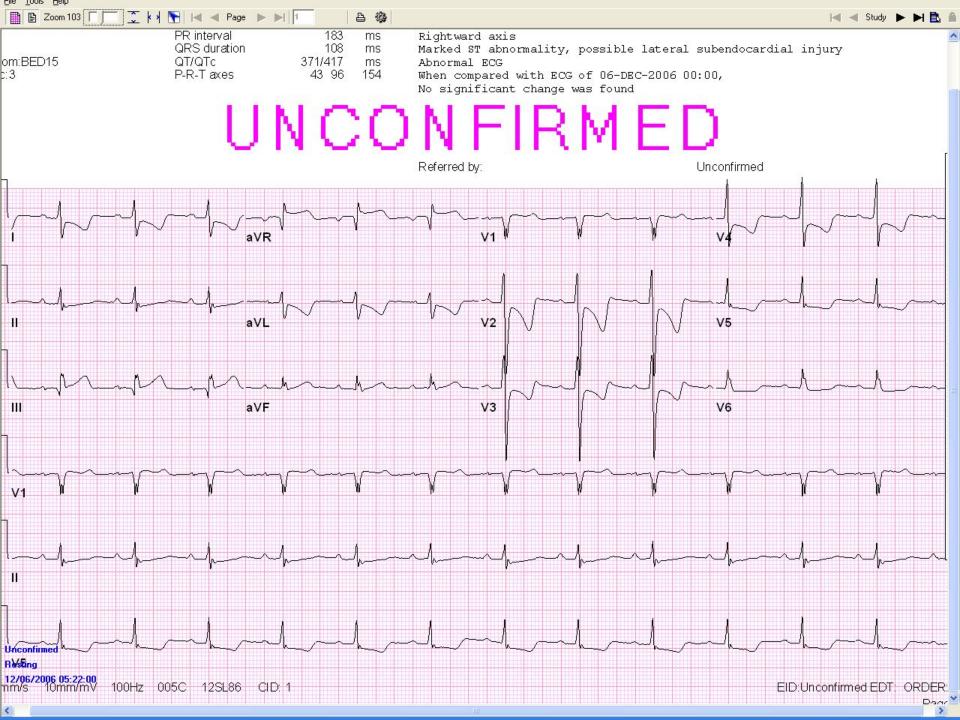
42 yr		Vent. rate	80	BPM	BLECTRONIC	PACEMAKER	DETECTED
Male	Hispanic	PR interval	196	ms			
	1	QRS duration	152	ms			
		QT/QTc	414/477	ms			
Loc:36		P-R-T axes	44 -62	92			

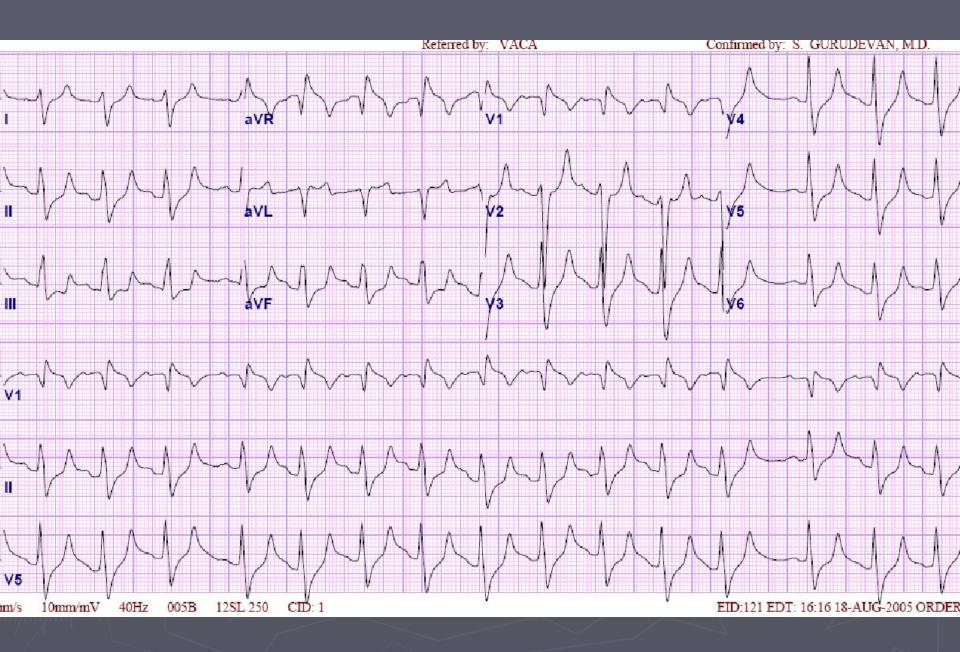
#### Technician: RY

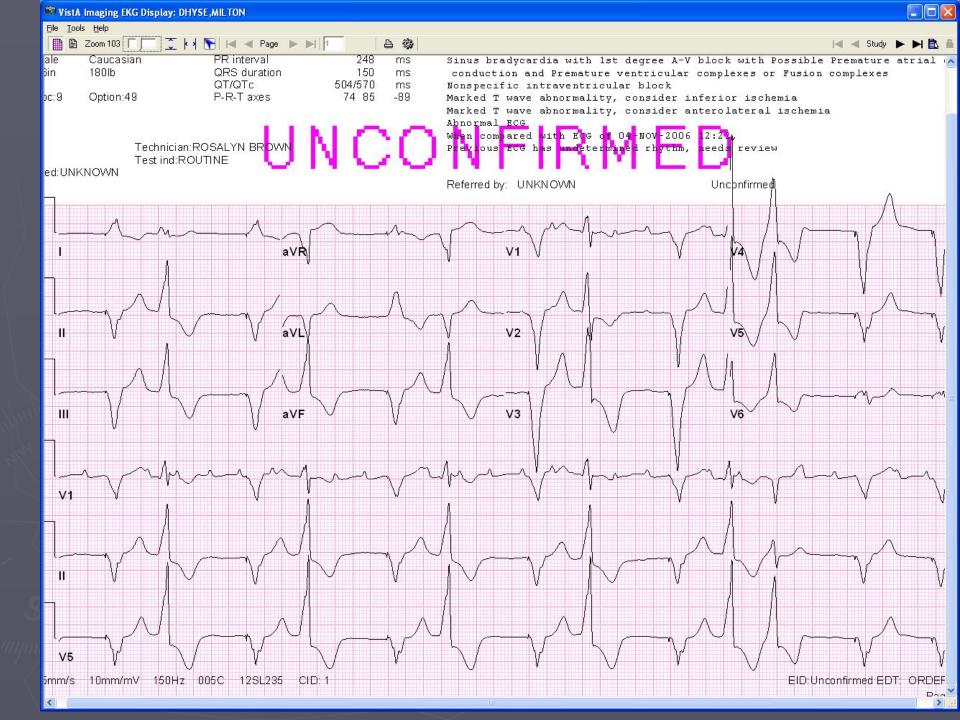


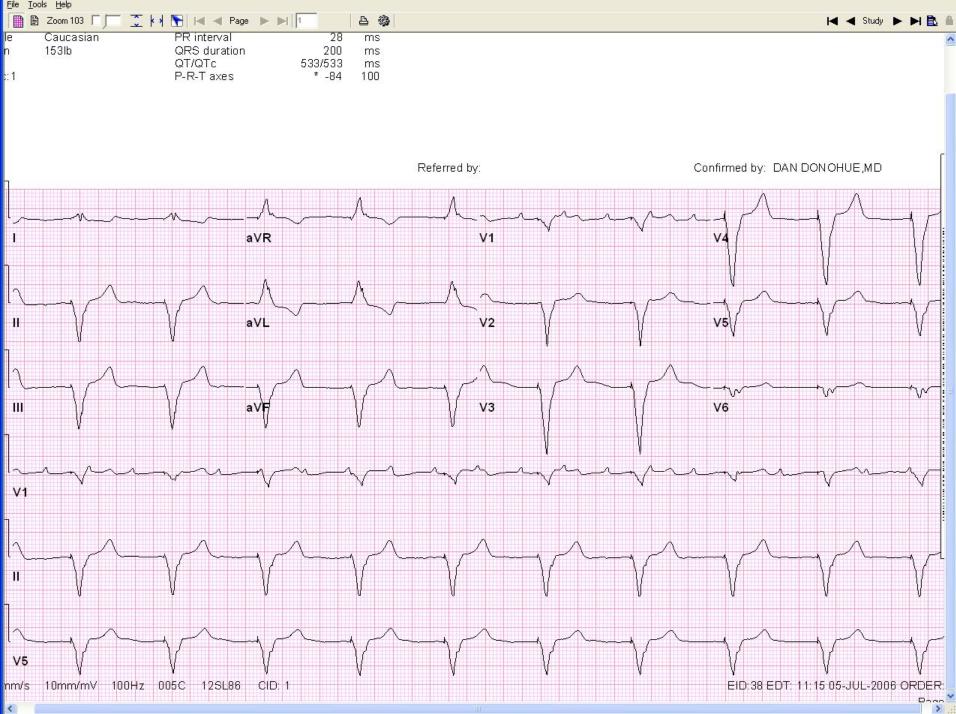






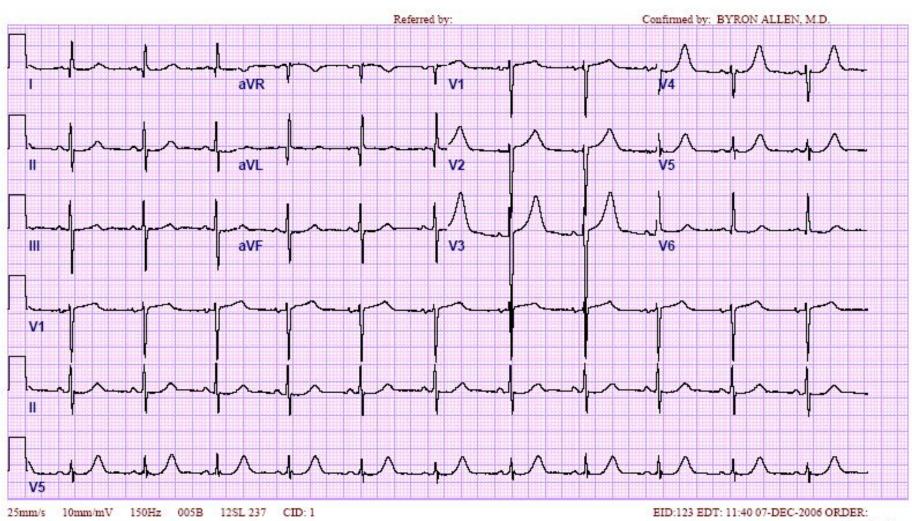






Smolinski, Patricia		ID:00198887	3	27-NOV-2006 21:28:26
74 yr Female Caucasian	Vent. rate PR interval ORS duration	68 140 82	BPM ms ms	NORMAL SINUS RHYTHM POSSIBLE LATERAL INFARCT , AGE UNDETERMINED ABNORMAL ECG
Loc:5	QT/QTc P-R-T axes	472/501 65 -14	ms	

#### Technician:SUSAN DUNCAN RCS



UCI MEDICAL CTR

#### Technician:GLORIA WHEELER Test ind:ARRHYTHMIA

