

QRC: 3461

Price
One Day : $410 inc. GST
Two Days: $540 inc. GST

Date
11 - 12 Feb 2019

Venue
Venue TBA, Melbourne
-- , Melbourne, VI, 3000

CPD Hours
11 Hours | 0 Mins

Cardiac Care: ECG Interpretation Made Easy 2019 (Two)

2 Day Seminar for All Nurses

Need for Program

ECGs are a vital aspect of a cardiac assessment and are expected to be widely performed in most clinical settings. However, this skill is often seen as difficult to master. Correctly placing the leads is vital to ensuring a high-quality diagnostic standard 12-lead ECG is taken. Nurses also need to have basic knowledge of how to interpret a 12-lead ECG, particularly the ability to recognise ECG changes that may indicate acute cardiac injury or life-threatening arrhythmias that are likely to require immediate interventions.

Purpose of Program

The purpose of this seminar is to provide all nurses with an opportunity to learn how to perform and interpret a high-quality diagnostic standard 12-lead ECG as part of an overall cardiac assessment.

Learning Outcomes

At the conclusion of this program it is expected that the participants will be able to:

- Apply an understanding of normal cardiac function and electrophysiology to a cardiac assessment
- Discuss the nursing actions required for patient preparation and the recording of a diagnostic standard 12-lead ECG
- Apply basic principles of cardiac rhythm analysis to a rhythm strip and correctly identify normal and abnormal cardiac rhythms
- Recognise life-threatening arrhythmias and acute ECG changes and initiate timely nursing management actions

Program Schedule

Day One

8:30am - Registration and Refreshments

9:00am

Needs Analysis and Introduction to the Program

This introductory session will set the scene for the two-day program. The pre-test will offer you an opportunity to self-evaluate your current level of knowledge and identify areas for special review during the day. Common terminology used in cardiac medicine will also be reviewed at this stage. This session includes:

- Pre-test and electrophysiology terminology review
- Assessment of cardiac function – mechanical and electrical
- Review of cardiac anatomy and physiology

10:00am - Morning Tea and Coffee

10:30am

Recording a 12-Lead ECG

The role and place of ECGs in the diagnosis of cardiac disease is unquestionable. Correctly recording an ECG is an important nursing skill, and the correct placement and attachment of leads are crucial. This session will clearly explain nursing responsibilities and the process involved in recording a diagnostic quality ECG. It includes:

- Why are ECGs recorded and what information can they provide?
- Placement of lead V4R
- When should a filter be used and what is calibration? What is interference and how can it be eliminated?
- What is the criteria for recording a diagnostic standard ECG?

11:15am

Electrophysiology Interpretation

The electrical activity of the heart is a fascinating yet complex aspect of human physiology. A working knowledge of cardiac electrophysiology is essential to understanding the basics of ECGs

and cardiac rhythms. We will practice the interpretation of normal sinus rhythm and look at:

- How to record and interpret cardiac electrical activity
- The significance of ECG waveforms and intervals

12:00pm - Lunch Break and Networking

1:00pm

Simplifying 12-Lead ECG Interpretation

In this session, you will learn the basics of ECG interpretation, with specific emphasis on the patient with chest pain. How are the ten attached lead wires utilised to record 12-lead views of the left ventricle and which leads look at specific areas of the heart? What ECG changes are seen with common cardiac disorders – including myocardial ischaemia, injury, and acute infarction (ACS) – and which require urgent interventions? This session includes:

- How to approach an analysis of a 12-lead ECG.
- Lead views of the heart – standard and other optional lead recordings.
- The ECG changes that indicate myocardial ischaemia, injury, or infarction (ACS) in the patient with chest pain
- The placement of lead V4R – what it tells us and when we need to do it

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2:30pm - Afternoon Tea and Coffee

3:00pm

Recognition of Other ECG Changes

This final session will review and reflect on what has been learned so far. As well, there will be a discussion of the professional implications for nurses who record ECGs as part of their scope of practice. Review:

- The changes that need to be reported urgently and why
- The professional and legal nursing responsibilities in relation to ECG recording and in recognising and reporting ECG changes
- 12-lead ECG changes
- Pre-test and summary

4:30pm - Close of Day One of Seminar

Day Two

9:00am - Commencement of Day Two

9:00am

Introduction and Needs Analysis

Nurses are expected to have a sound understanding of the normal rhythm of the heart – sinus rhythm. We will review your scope of practice with regard to recognition and management of arrhythmias. Whether you are involved in initiating cardiac monitoring or just want to be able to interpret the rhythm strip at the bottom of the 12-lead ECG tracing, this session will assist you. It includes:

- A pre-test to identify your current knowledge level
- Discussion about the role of the nurse in interpreting arrhythmias

Review:

- Assessment of cardiac function
- Cardiac electrophysiology
- Identifying criteria for sinus rhythms
- Practice rhythms for analysis

10:00am - Morning Tea and Coffee

10:30am

A Simple Approach to Arrhythmia Interpretation

Interpreting abnormal heart rhythms is often considered to be difficult and is primarily the role of experienced nurses working in special care areas such as CCU or ICU. This session will introduce a simple approach to arrhythmia interpretation that can be used by all nurses, regardless of their workplace. It will enable them to confidently communicate and document abnormal rhythms using appropriate and commonly accepted terminology. This session includes:

- An introduction to arrhythmia terminology
- The common causes of arrhythmia to help identify patients at risk of arrhythmias
- The physiological effects of arrhythmias and the importance of clinical assessment to determine the urgency of treatment required
- A simple approach to categorising arrhythmias

11:30am

Arrhythmias with a Fast Rate – Tachyarrhythmias

Tachyarrhythmias occur commonly – both in young healthy persons and in those with acute or chronic cardiac disorders. This session will describe what happens to the heart when tachyarrhythmias occur; and will explore where they may originate, how to recognise the different rhythms, and the possible management options. Topics include:

- An introduction to tachyarrhythmias
- The effect tachyarrhythmias may they have on cardiac output /circulation
- Differentiating between life-threatening and non-life-threatening tachyarrhythmias
- Management options – drugs, manual techniques, and defibrillation
- Rhythm interpretation practice

12:30pm - Lunch Break

1:30pm

Bradyarrhythmias

Bradyarrhythmias can occur for a variety of reasons in those with cardiac disorders and in others who are healthy. Why do some individuals have a normal slow pulse that has no effect on their cardiac output/circulation when others rapidly become symptomatic at similar rates? This session will explore the origin, causes, effects, and management of bradyarrhythmias. Topics include:

- An introduction to bradyarrhythmias
- Can they be life-threatening? – Possible causes and effects
- Management options – drugs, manual techniques, pacing
- Rhythm interpretation practice

2:30pm - Afternoon Tea and Coffee

3:00pm

Questions and Practice Scenarios

We will finish by putting your new knowledge into practice – a number of clinical scenarios will be posed where you can identify the arrhythmia, consider nursing and medical treatment indicated, and summarise nursing responsibilities. It includes:

- A group review of patient scenarios
- An overview of life-threatening cardiac arrhythmias – cardiac arrest
- The BLS/ALS guidelines and role of the ARC

4:30pm - Close of Seminar and Evaluations

Presenters

Joanne Reading

Joanne Reading is a clinical educator within the 42 bed ICU at the Royal Melbourne Hospital, which also services critically ill patients from the Peter MacCallum Cancer Centre and the Royal Women's Hospital. Joanne holds a critical care graduate certificate and a master of health science with a focus on education. She is also the author of her own nursing education website called "Blogging for your Noggin". With a special interest in all things cardiac and respiratory. Joanne is passionate about ensuring that education not only fosters critical thinking but is entertaining in the process!

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