

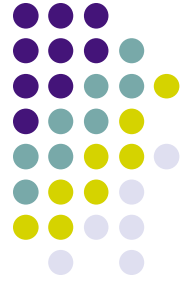
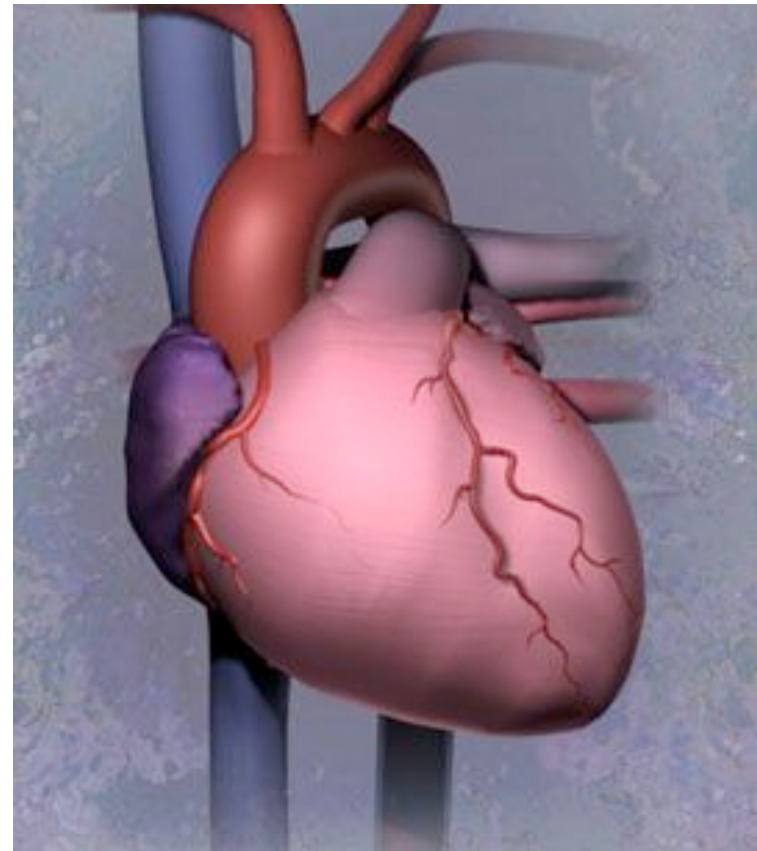
Arrhythmia

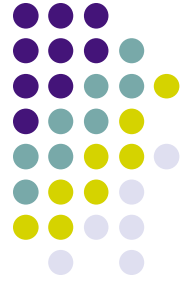
Objectives

- Students should be able to define arrhythmia
- Students should be able to identify ways to prevent arrhythmia
- Students should be able to identify some causes of arrhythmia
- Students should be able to identify treatments for arrhythmia

Arrhythmia

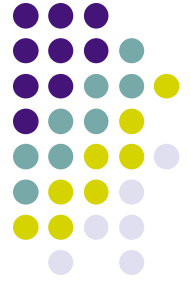
The sensation of a rapid or an irregular heartbeat is called palpitations and is most often caused by cardiac arrhythmias or anxiety.





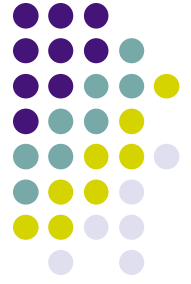
Etiology of Arrhythmia

- What must be determined: the reason, occurrence and variable of factors that make the disease appear.
 - causes
 - contribution
 - correlation and what each term refers to



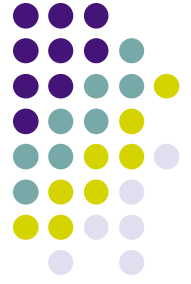
Etiology con't

- The cause of an illness is simple to understand and shows cause and effect or the relationship between two factors.
- Such as when Z happens we observe the X happens too because Z contributes all the necessary ingredients for X to occur.



Etiology con't

- Contribution is when a factor, in the presence of other factors, can lead to the condition.
- For example, when Z happens, X sometimes happens because of Z, when added to the other factors in combination, may lead to X.

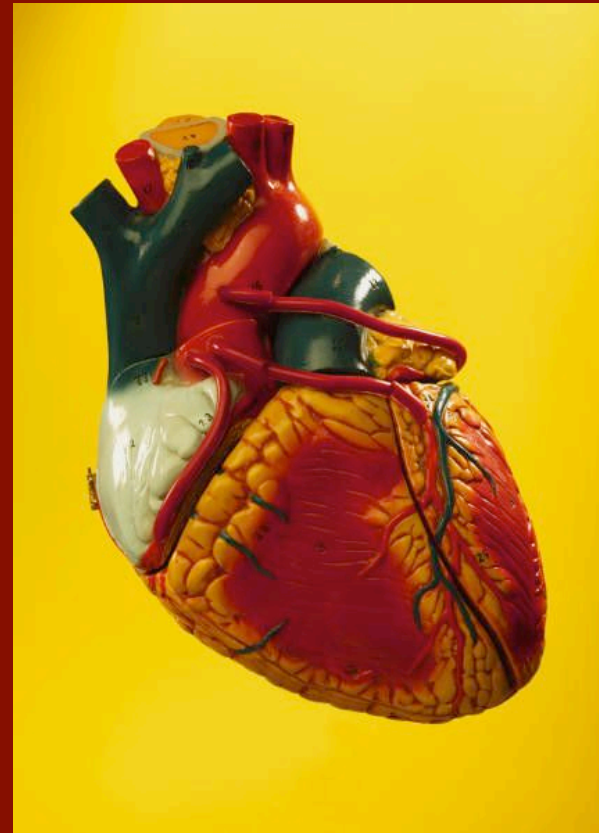


Etiology con't

- Correlation of factors to the condition. The two may not be related, but they are both related to a third factor.
- For example when Z happens, X often happens because Y is present and related to both Z and X. Simply stated a runny nose and a sore throat caused by a cold virus but not by each other.

Causes of Arrhythmia

- Sinoatrial Node
- Coronary Heart Disease
- Atherosclerosis
- High Blood Pressure
- Diabetes
- Stress
- Caffeine
- Cold Medicines
- Smoking



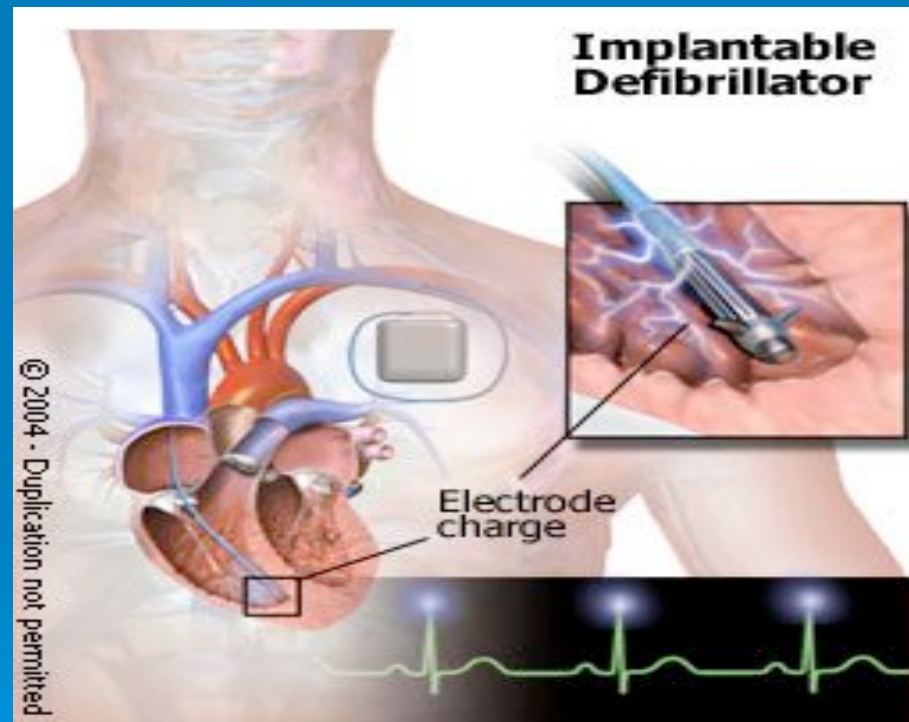
Treatments

Many arrhythmias require no treatment whatsoever. Serious arrhythmias are treated in several ways depending on what is causing the arrhythmia. Sometimes the heart disease is treated to control the arrhythmia, or the arrhythmia itself may be treated by one or more of the following treatments.

- Drugs
- Cardioversion

Treatments Cont'd

➤ Automatic Implantable Defibrillators



Treatments Cont'd

- Artificial Pacemaker
- Ablation
- Surgery

Preventions

If heart disease is not causing the arrhythmia, the doctor may suggest that you avoid what is causing it.

What lifestyle changes should be made?

- If you notice that your irregular heart rhythm occurs more often with certain activities, you should avoid them.
- If you smoke, stop.
- Limit your intake of alcohol.
- Limit or stop using caffeine. Some people are sensitive to caffeine and may notice more symptoms when using caffeine products, such as, tea, coffee, colas, and some over-the-counter medications.
- Stay away from stimulants used in cough and cold medications. Some medications contain ingredients that promote irregular heart rhythms. Read the label or ask your doctor or pharmacist to determine which medication may be best for you.

Non-controllable Risk Factors

- Family history of heart disease
 - Advancing age
 - Gender
 - Heart surgery
-

Controlled Risk Factors

- Stress
 - Tobacco
 - Drug or alcohol abuse
 - Excess weight
 - Cough and cold medicines
-

Statistics of Arrhythmia

- ❑ How many people get arrhythmia
 - ❑ What is arrhythmia's death per year in the U.S
 - ❑ What gender is most likely to have arrhythmia.
 - ❑ What is the death rate of arrhythmia in the U.S
-

Arrhythmia Interventions

- ◆ Congenital Condition



Other Interventions

- ◆ Avoid Caffeine
- ◆ Stress
- ◆ Heart Complications
- ◆ Exercise

Review

- Tobacco and stress are risk factors for arrhythmia T F
- Inheritance can be a risk factor in arrhythmia T F
- By not using caffeine you can prevent arrhythmia T F
- Diabetes is not a cause for arrhythmia T F