EKG STRIP COUNTING PRACTICE SHEET

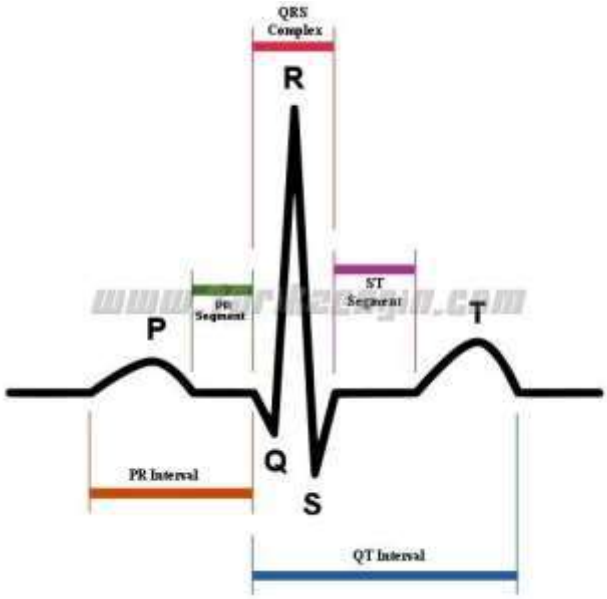
Guide
1 mini box = 0.04 seconds
5 mini boxes = 1 box
1 Box = 0.20 seconds

PR: 0.12 – 0.20 sec = 3-5 mini boxes

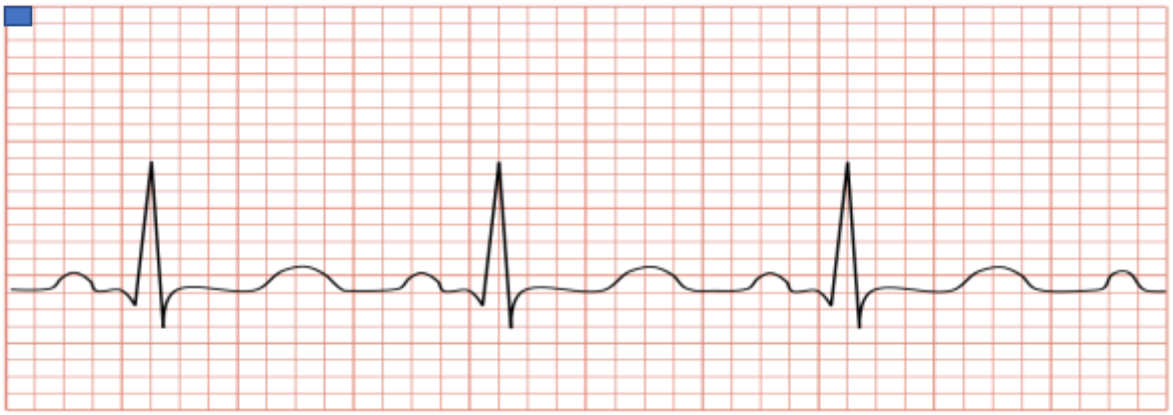
QRS: 0.06 – 0.10 sec = 1-2.5 mini boxes

QT: <0.44 seconds = Approx. 10 mini boxes or less

1 box = 5 mini boxes = 0.20 seconds



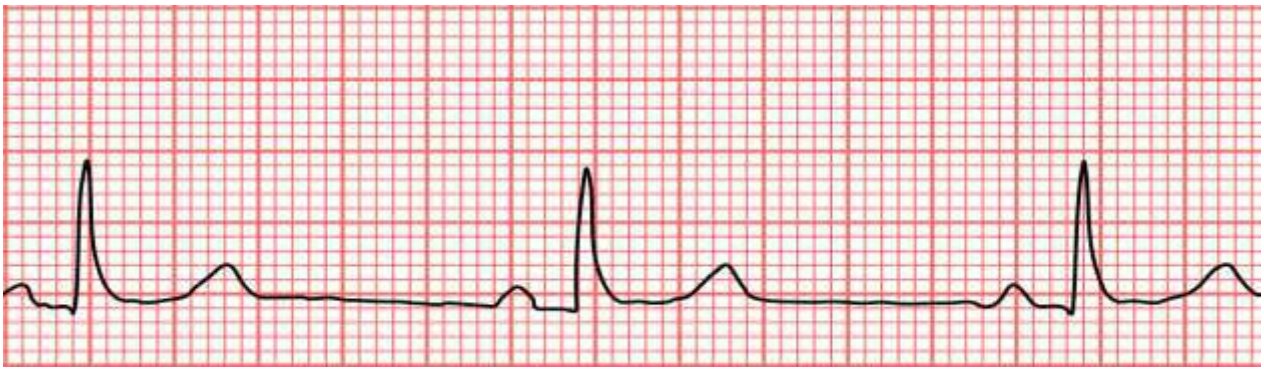
#1



Rate: _____PR Interval: _____QRS: _____QT: _____ Rhythm: _____

QRS is often shorter in Sinus Tachycardia
QT can be prolonged in hypokalemia, certain drug overdoses, and bradycardia
Longer than normal PR interval that is consistent may indicate Heart Block of 1st Degree

#2



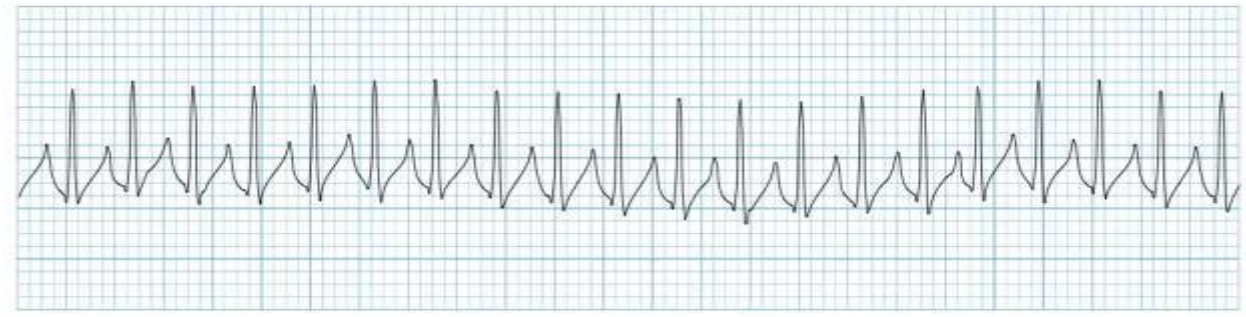
Rate: _____PR: _____ QRS: _____ QT: _____ Rhythm: _____

#3

Rate: _____ PR: _____ QRS: _____ QT:_____ Rhythm: _____

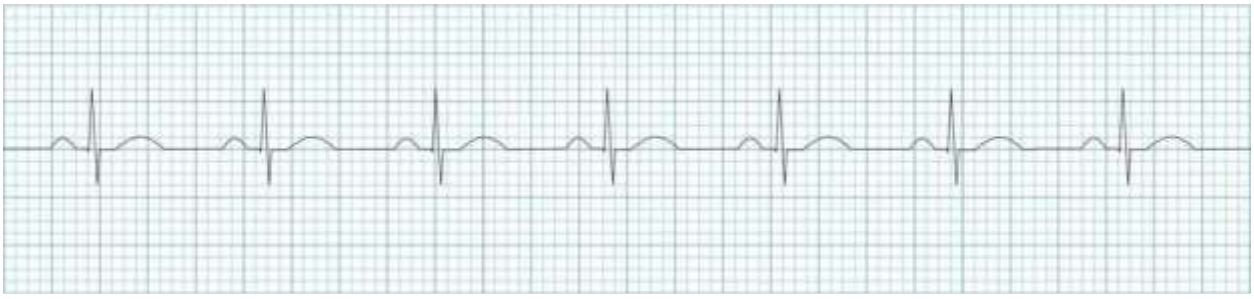
This Rhythm contains PVCs

#4



Rate: _____ PR:_____ QRS: _____ QT: _____ Rhythm: _____

#5



Rate: _____PR: _____ QRS: _____ QT: _____ Rhythm: _____

STOP!

Are you having trouble?

Remind yourself to always look for the P wave first and to evaluate all intervals. ALWAYS count your strip and use the counting guides above to help you.

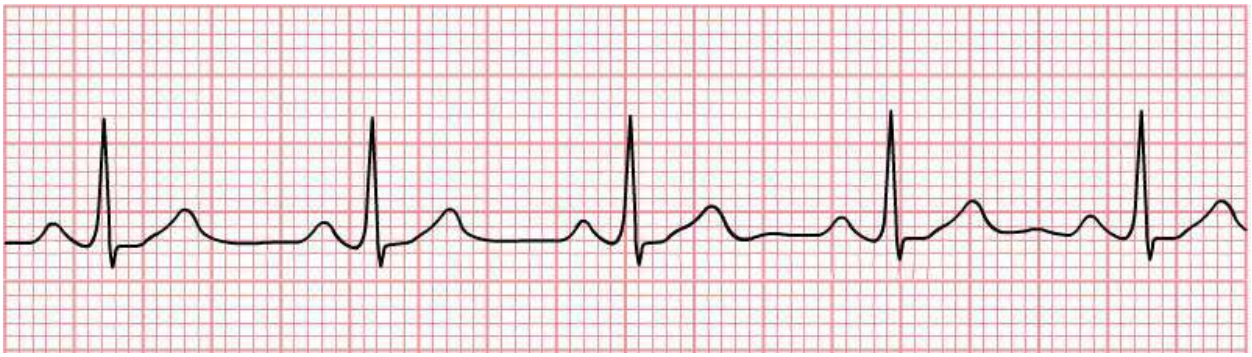
Know what each wave and interval is significant of. If there are no regular P waves but many irregular waves, think about how a P wave is atrial contraction. Many atrial contractions are significant of atrial fibrillation.

#6

Rate: _____PR: _____ QRS: _____ QT: _____ Rhythm: _____

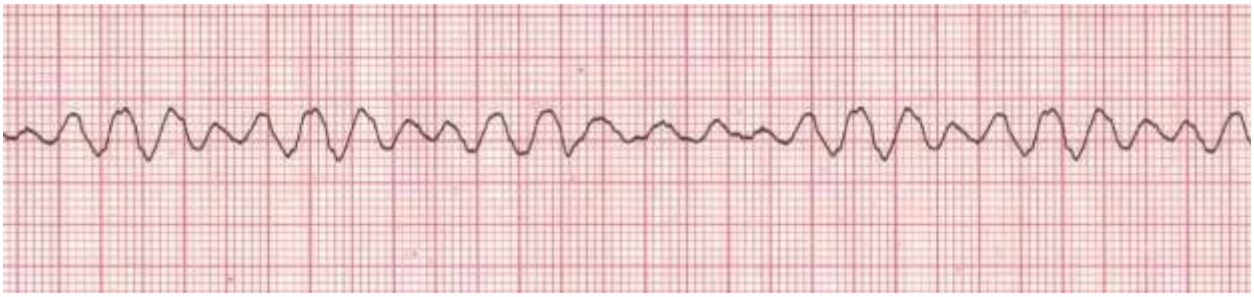
There is no PR interval for a-fib

#7



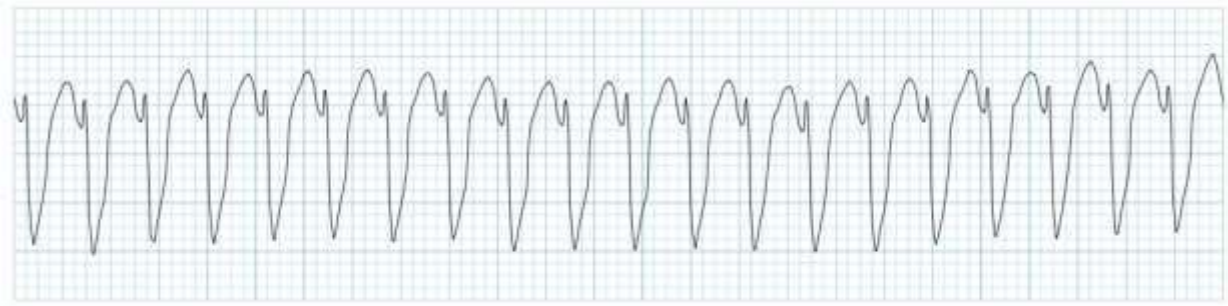
Rate: _____PR: _____ QRS: _____ QT: _____ Rhythm: _____

#8



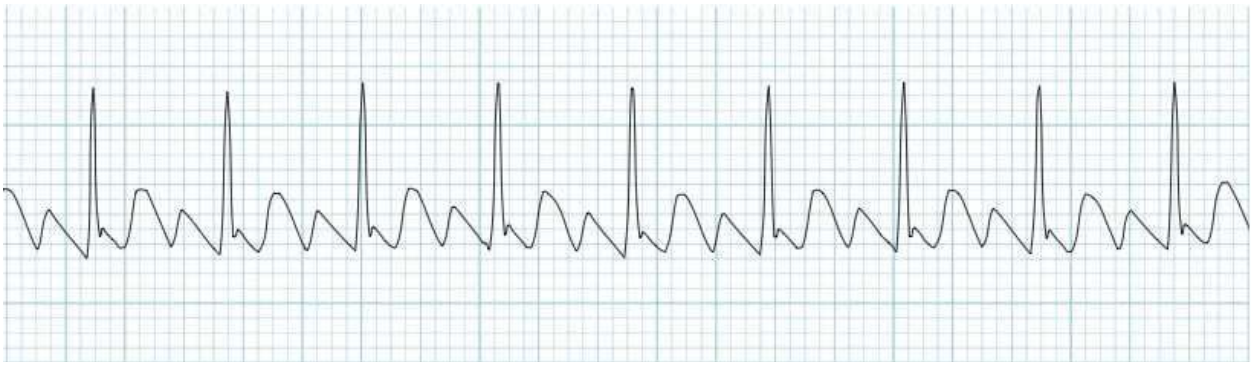
Rate: _____PR: _____ QRS: _____ QT: _____ Rhythm: _____

#9



Rate: _____PR: _____ QRS: _____ QT: _____ Rhythm: _____

#10

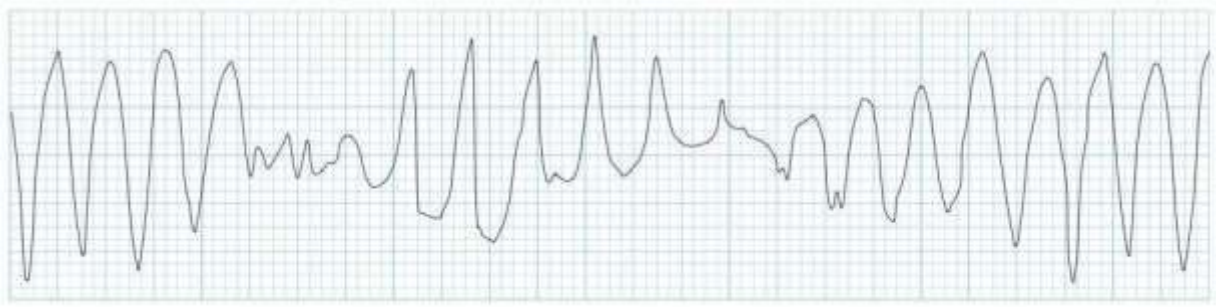


Rate: _____PR: _____ QRS: _____ QT: _____ Rhythm: _____

#11

Rate: _____PR: _____ QRS: _____ QT: _____ Rhythm: _____

#12



Rate: _____PR: _____ QRS: _____ QT: _____ Rhythm: _____

Answer Key

1. Rate 30; PR: 0.12; QRS: 0.06; QT: 0.32; Sinus Bradycardia
2. Rate 30; PR: 0.20; QRS: 0.08; QT: 0.40; 1st Degree Heart Block
3. Rate 80-90; PR: 0.08; QRS: 0.06; QT: n/a; Sinus Rhythm w/ unifocal PVCs
4. Rate: 200; PR: n/a; QRS: 0.04; QT: n/a; SVT
5. Rate: 70; PR: 0.16; QRS: 0.04; QT: 0.24; Normal Sinus Rhythm
6. Rate: 170; PR: n/a: QRS: 0.04; QT: n/a; aFib w/ RVR (Rapid ventricular rate)
7. Rate: 50; PR: 0.16; QRS: 0.08; QT: 0.32; Sinus Bradycardia
8. Coarse vFib – rate, no intervals
9. Ventricular Tachycardia (VTACH)
10. Rate: 90; PR: 0.16; QRS: 0.04; QT: n/a; Atrial Flutter
11. Double testing what you know – check #5 – SAME!
12. Torsades de Pointes