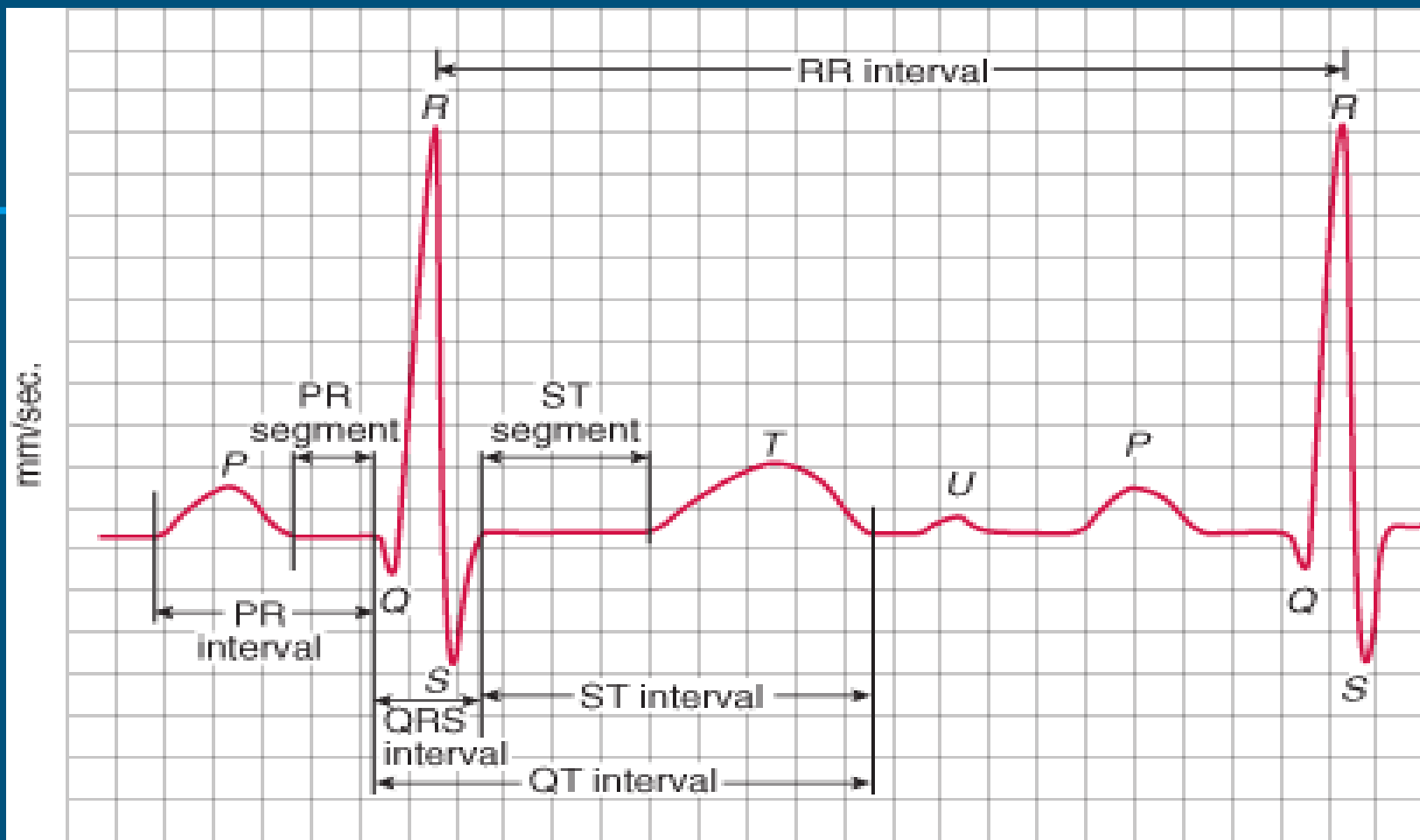# Waveforms and Rhythms
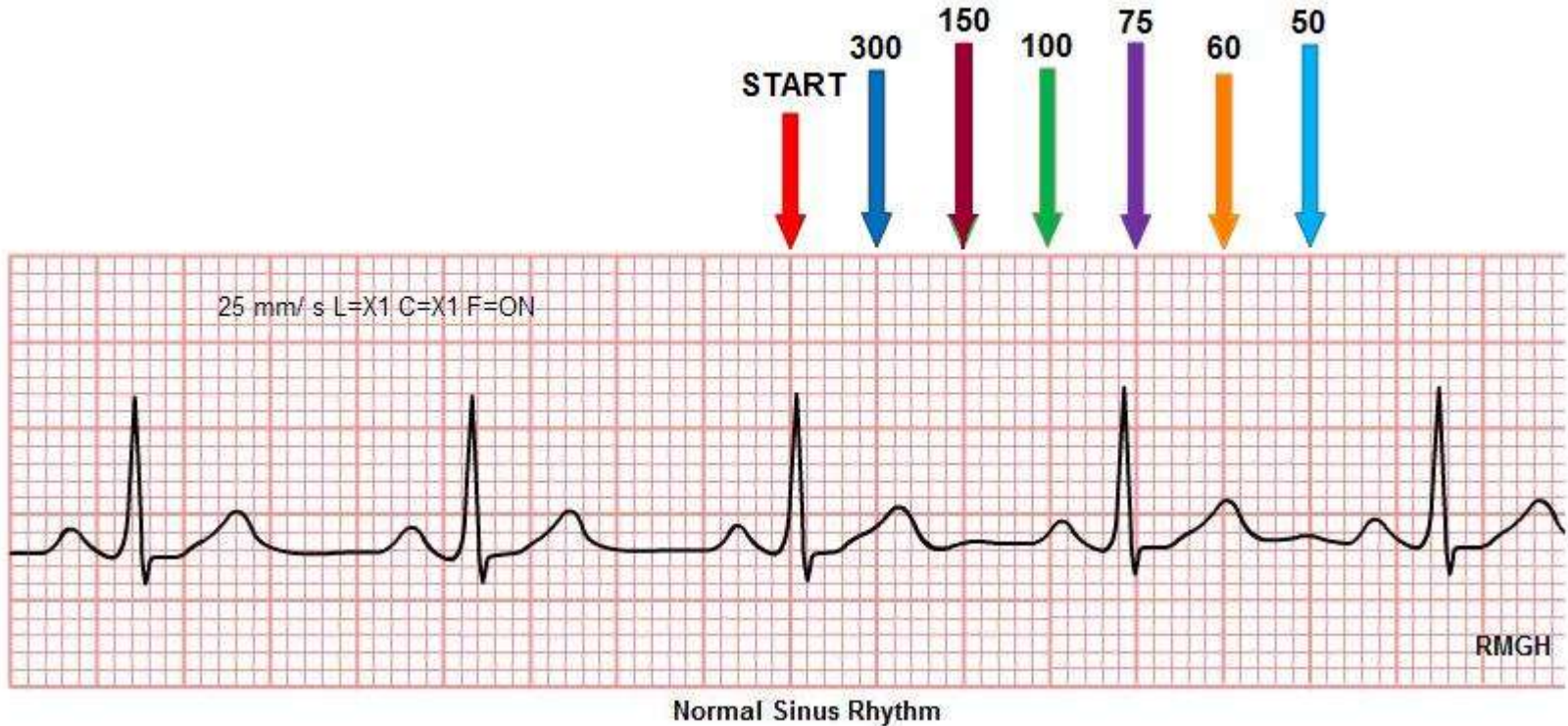
mm/mV   1 square = 0.04 sec/0.1mV

1500 Method

- Count the number of small blocks between two consecutive R waves and divide that number into 1500

- For example if the number of small boxes between two R waves is 30, the rate is 1500/30 = 50

9

300 Method (Sequence method)

6 second rule (gold standard for irregular rate)

3 second marks

Heart rate =7 x 10 = 70/min