

EB Medicine Holiday

“HEARTS AND HEARTBREAKS”



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ER REALITY CHECK



PEOPLE DON'T WANT TO GO

Time Magazine: 9/5/18 Visits to Urgent Care up 119% for commercial insured citing cost and wait times as a big factor

**ALL THE GIFTS YOU DIDN'T
WANT.**



CARDIAC MORTALITY IS HIGHER AROUND **CHRISTMAS** AND **NEW YEAR'S** THAN AT ANY OTHER TIME THE HOLIDAYS AS A RISK FACTOR FOR **DEATH**



EMOTIONAL STRESSES ASSOCIATED WITH HOLIDAYS

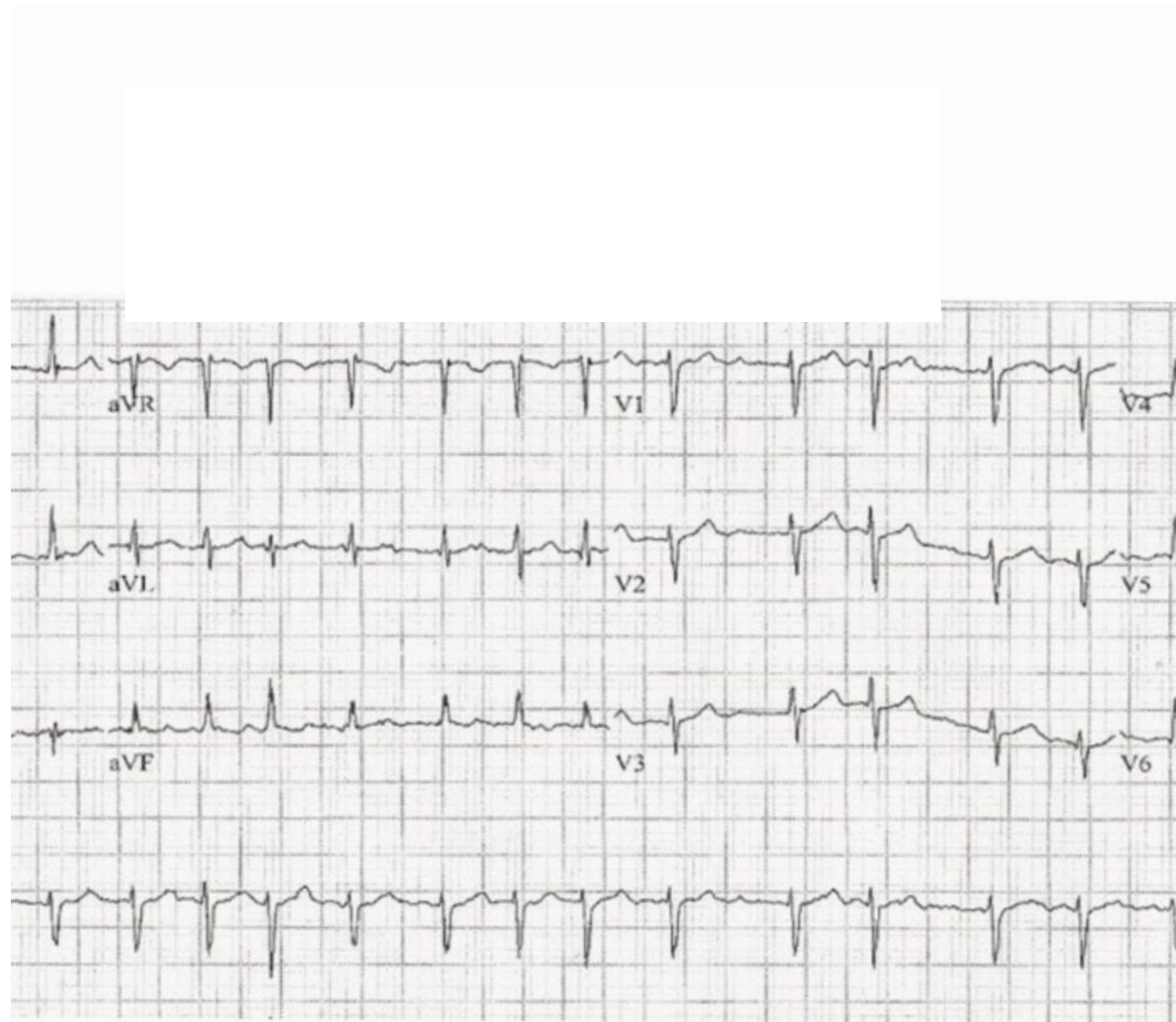
MORE **ALCOHOL** CONSUMPTION

WINTER ILLNESSES PLUS MORE PEOPLE CONDENSED INTO HOMES AND
IF IT CLOSED THERE IS **LITTLE VENTILATION**

PEOPLE DON'T WANT TO GO TO THE ER AS THEY DON'T WANT TO **MISS**
OUT ON HOLIDAY TIME

[HTTPS://WWW.AHAJOURNALS.ORG/DOI/FULL/10.1161/01.CIR.0000151424.02045.F7](https://www.ahajournals.org/doi/full/10.1161/01.CIR.0000151424.02045.F7)

COMPLAINTS TO COVER



LOW THRESHOLD TO GET EKG

CHEST PAIN

DYSPNEA

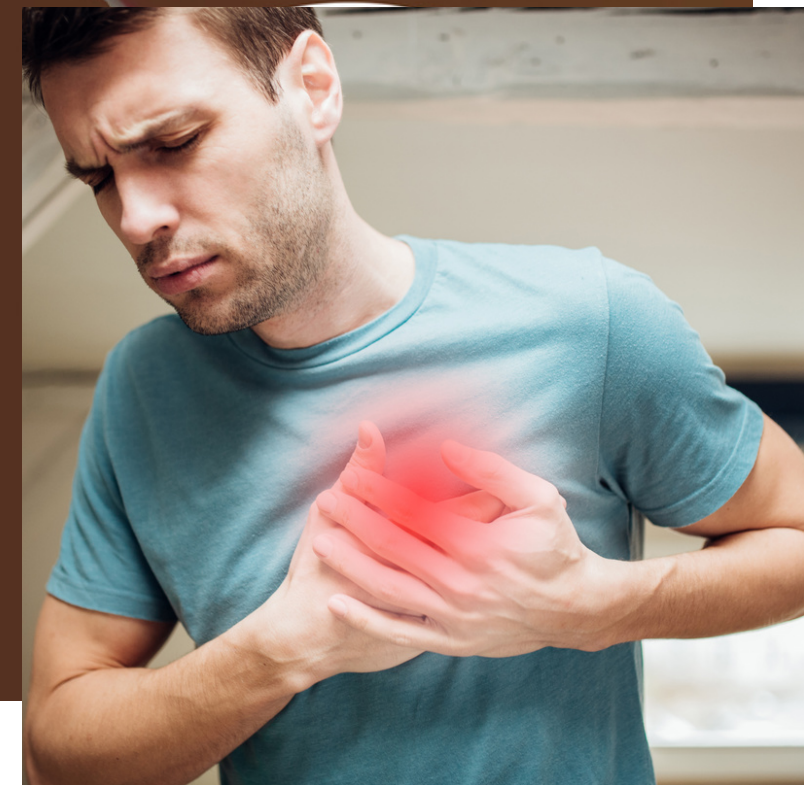
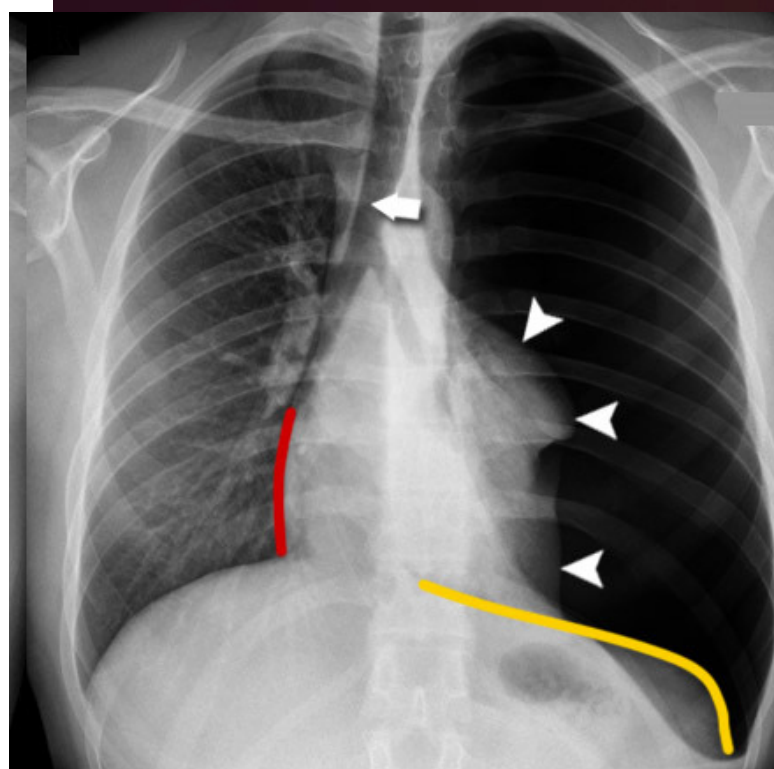
PALPITATIONS

SYNCOPE

CASES

LET'S TALK ABOUT THE KILLER CAUSES FIRST.





CHEST PAIN

PNEUMOTHORAX

PNEUMONIA

ACS

PERICARDITIS

AAA

AND RED FLAG COMPLAINTS

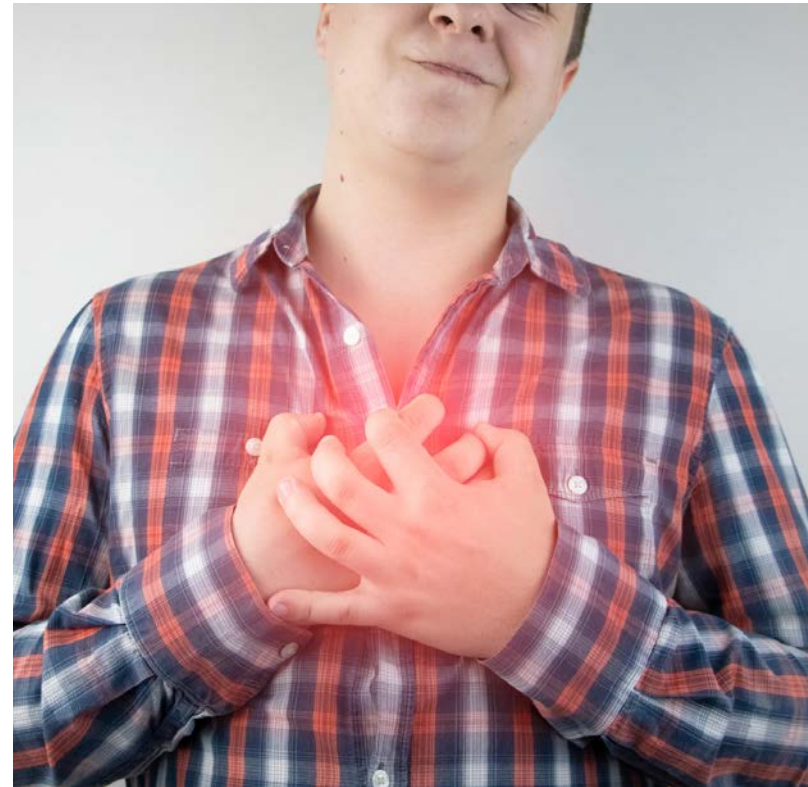


What is something a patient
can say that will
stop you in
your tracks?

RED FLAGS



Can't lie flat



Substernal pain



One leg swollen



Pain that is localized

CHEST PAIN

AND THE DIFFERENTIALS!



DYSPNEA

- ACS
- AFL/AL
- BRADYCARDIA
- CHF
- PE
- PNEUMONIA
- COVID
- ASTHMA
- ALLERGIES
- ANEMIA



CHEST PAIN

- ACS
- CHF
- AAA
- PE
- PNEUMONIA
- COVID



SYNCOPE

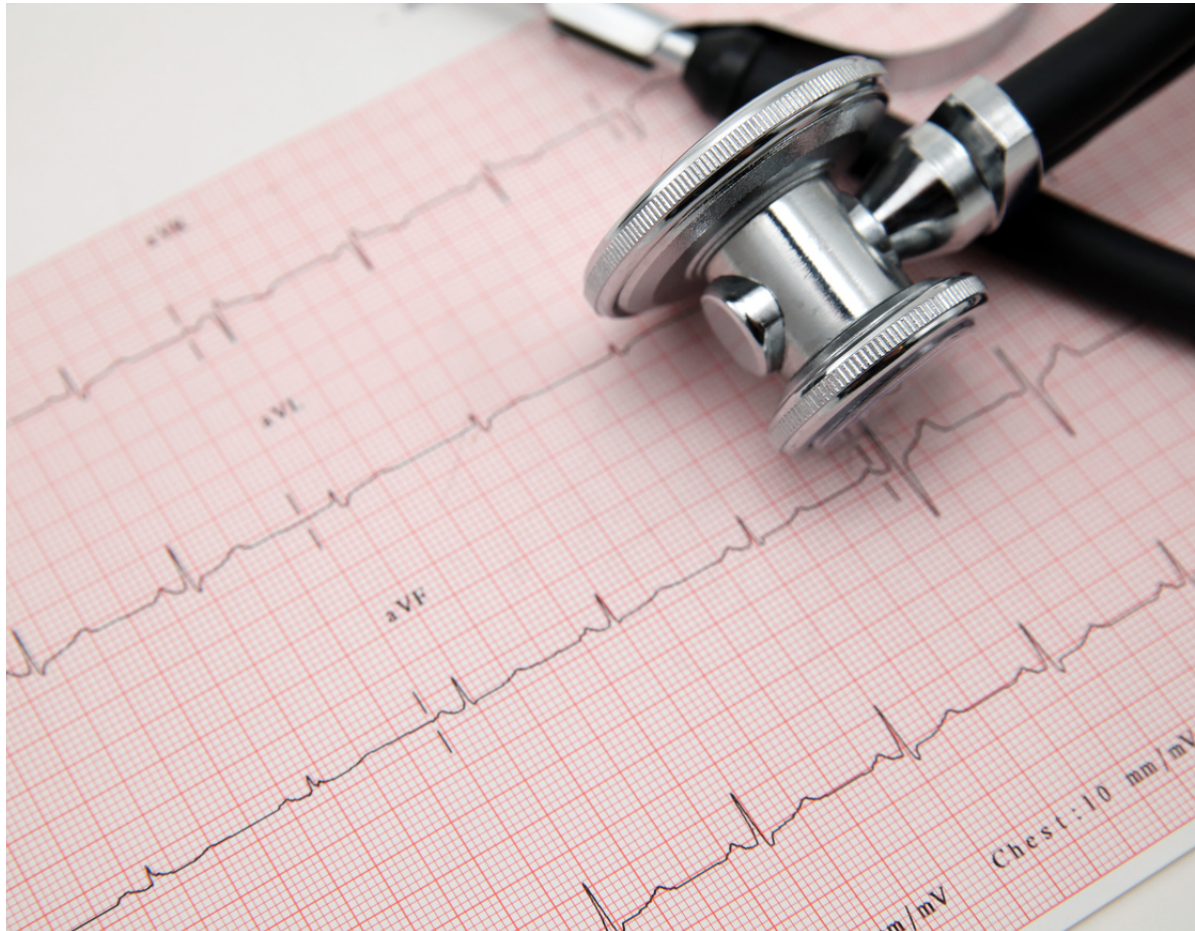
- ACS
- ARRHYTHMIA
- HOCM
- BRUGADA
- PROLONGED QT
- LOW VOLTAGE

- AAA
- ANEMIA
- HYPOTENSION



SYNCOPE

EKG LIST



HOCM
Brugada
Very slow
Pauses
Short PR, delta wave
Low Voltage
Very fast
Long qt



PALPITATIONS

- ACS
- ARRHYTHMIA
- HOCM
- BRUGADA
- PROLONGED QT
- LOW VOLTAGE

- AAA
- ANEMIA
- HYPOTENSION



LET'S DO SOME CASES!



I HAVE CHEST PAIN.



“But I am fine. I will just take some more nitro. My fifth one today”

BP: 144/110

HR: 80

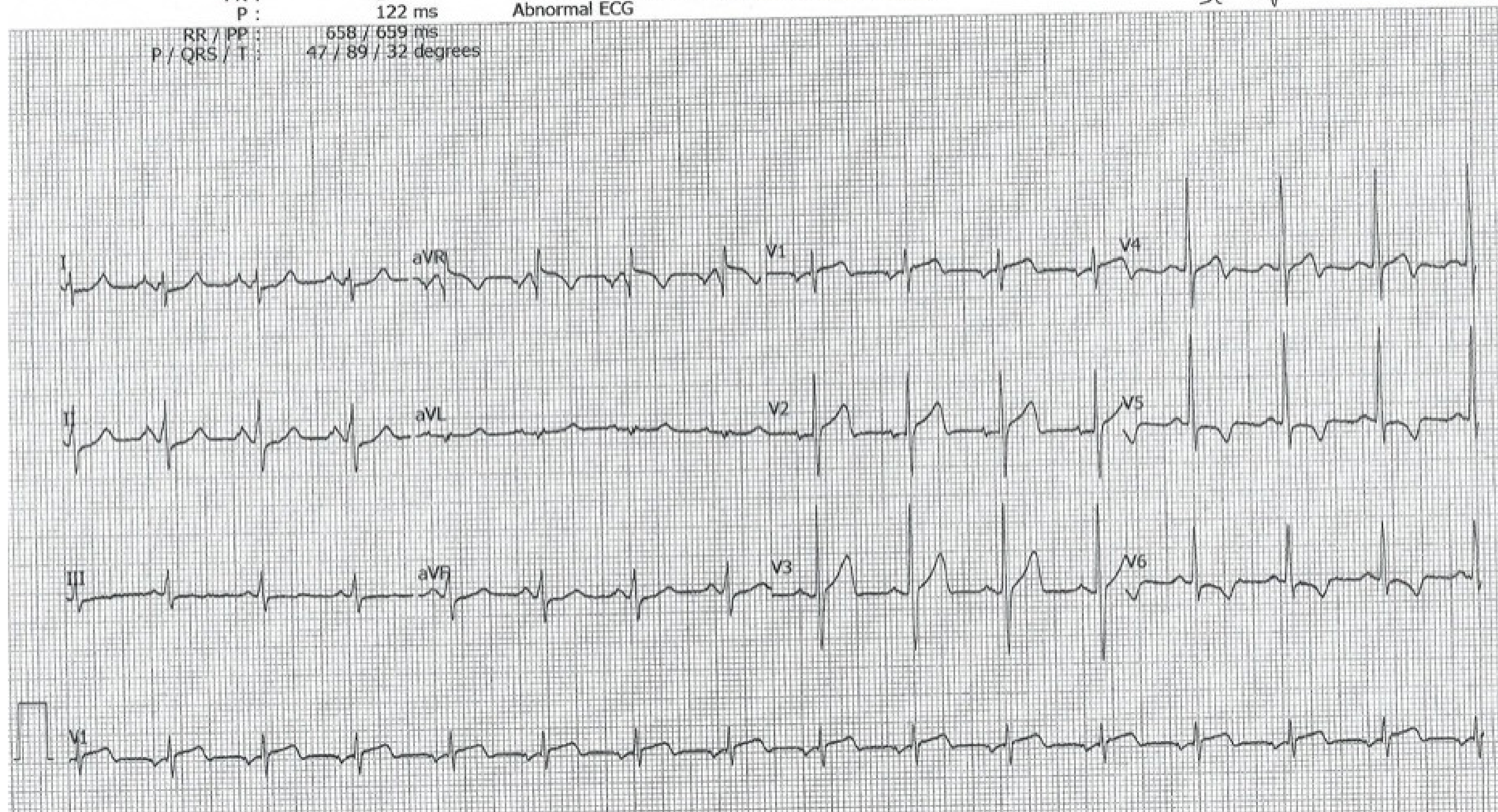
Temp: 98.7

QRS : 80 ms
QT / QTcBaz : 348 / 428 ms
PR : 144 ms
P : 122 ms
RR / PP : 658 / 659 ms
P / QRS / T : 47 / 89 / 32 degrees

Normal sinus rhythm
Possible Left atrial enlargement
ST & T wave abnormality, consider lateral ischemia
Abnormal ECG



Waves V5 V6 S1
ST depression S1



DOES THIS MAKE YOU WORRY?



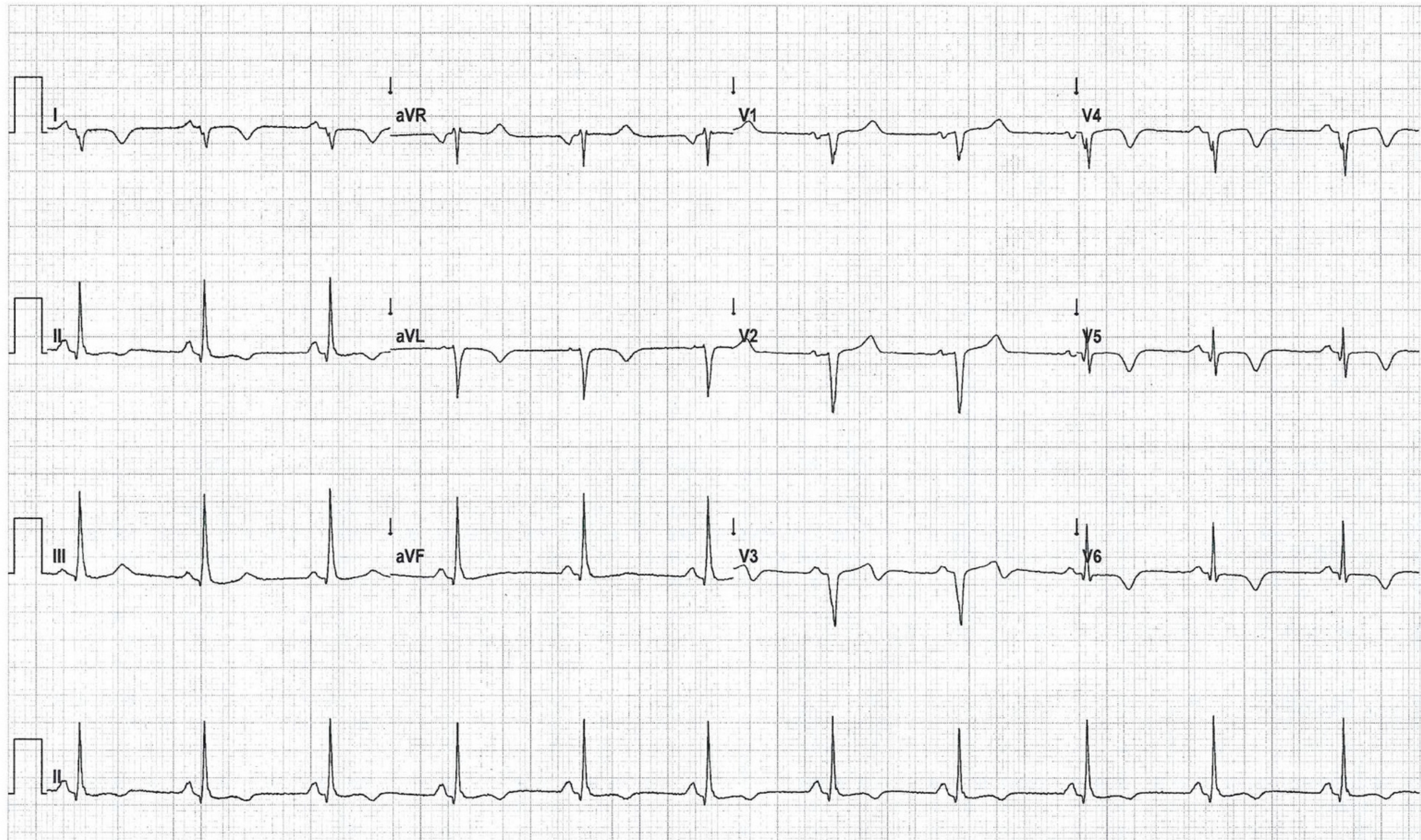
“I ate a lot of turkey
“Pain goes to my back”
“I’m just too full”

BP: 180/110

HR: 110

RR: 12

72 y.o F with chest pain

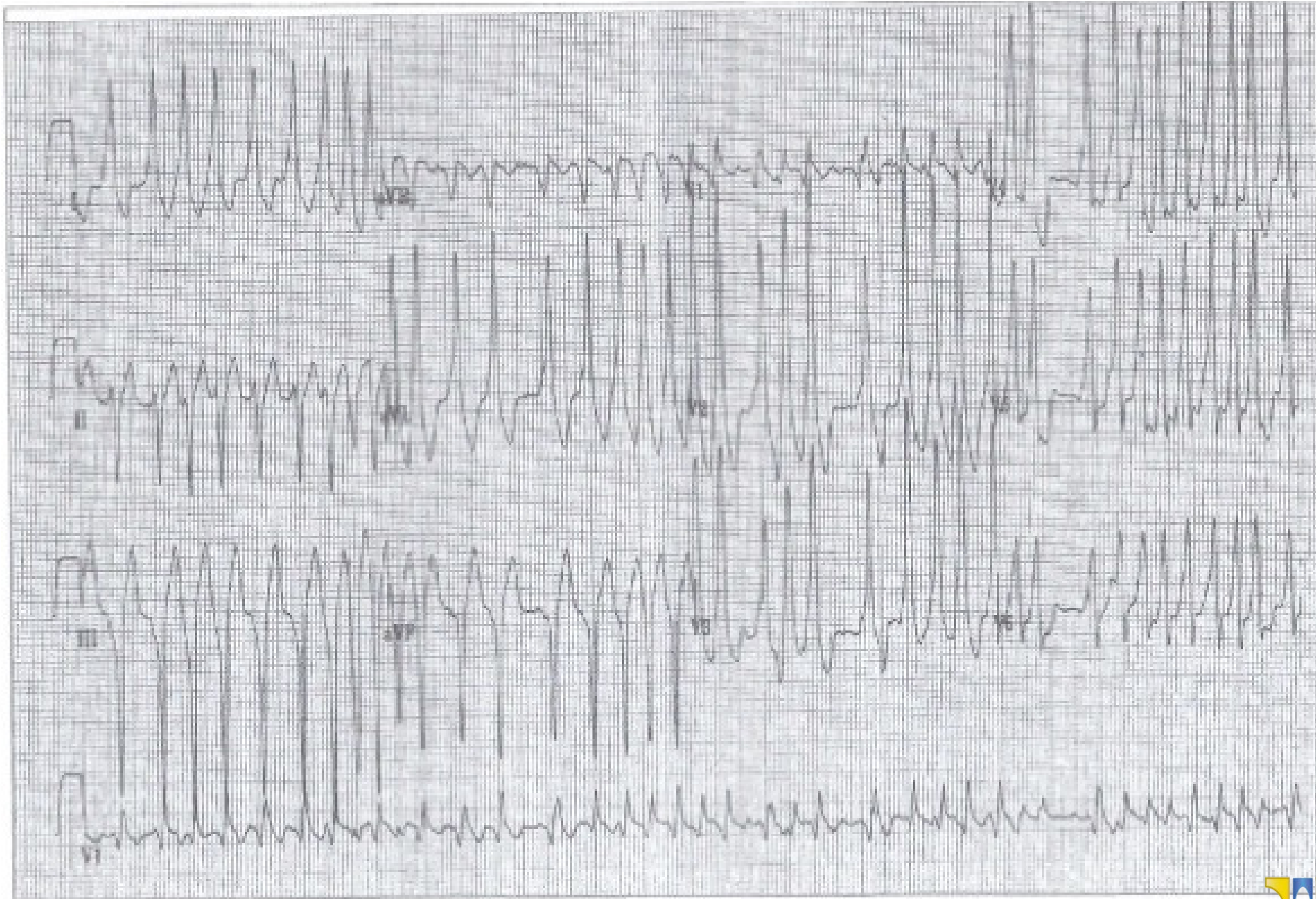


WHAT SHOULD WE WORRY ABOUT?



“I have palpitations”
“We had our holiday party
last night”

42 y.o M with palpitations



DOES THIS MAKE YOU WORRY?

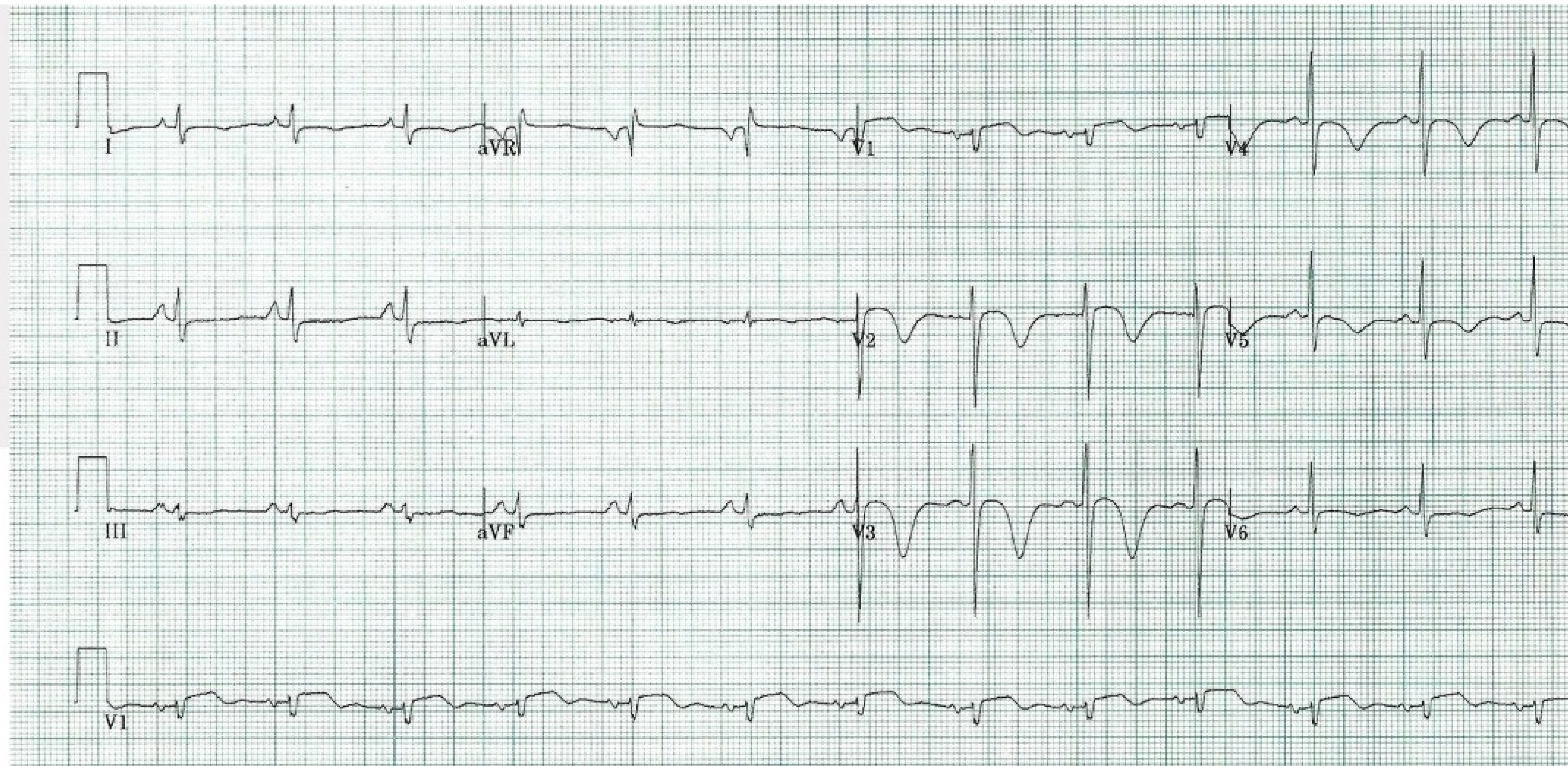


“I’m just tired”
“I was rushing around
shopping and wrapping gifts”

BP: 100/50

HR: 64

Here is her ekg:



DOES THIS MAKE YOU WORRY?

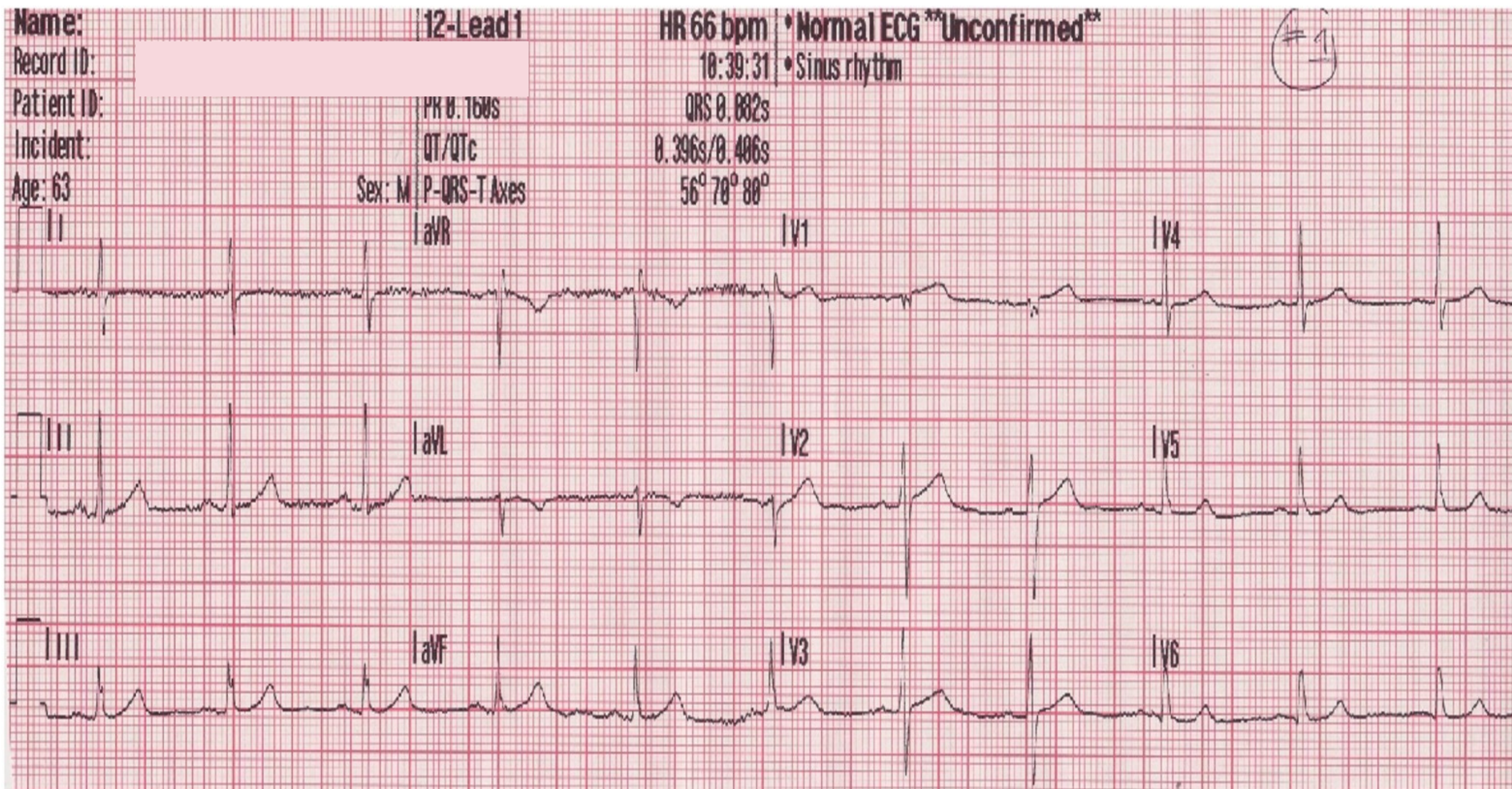


“I was shoveling the snow and my chest hurt”

BP: 176/80

HR: 88

67 y.o M with chest pain



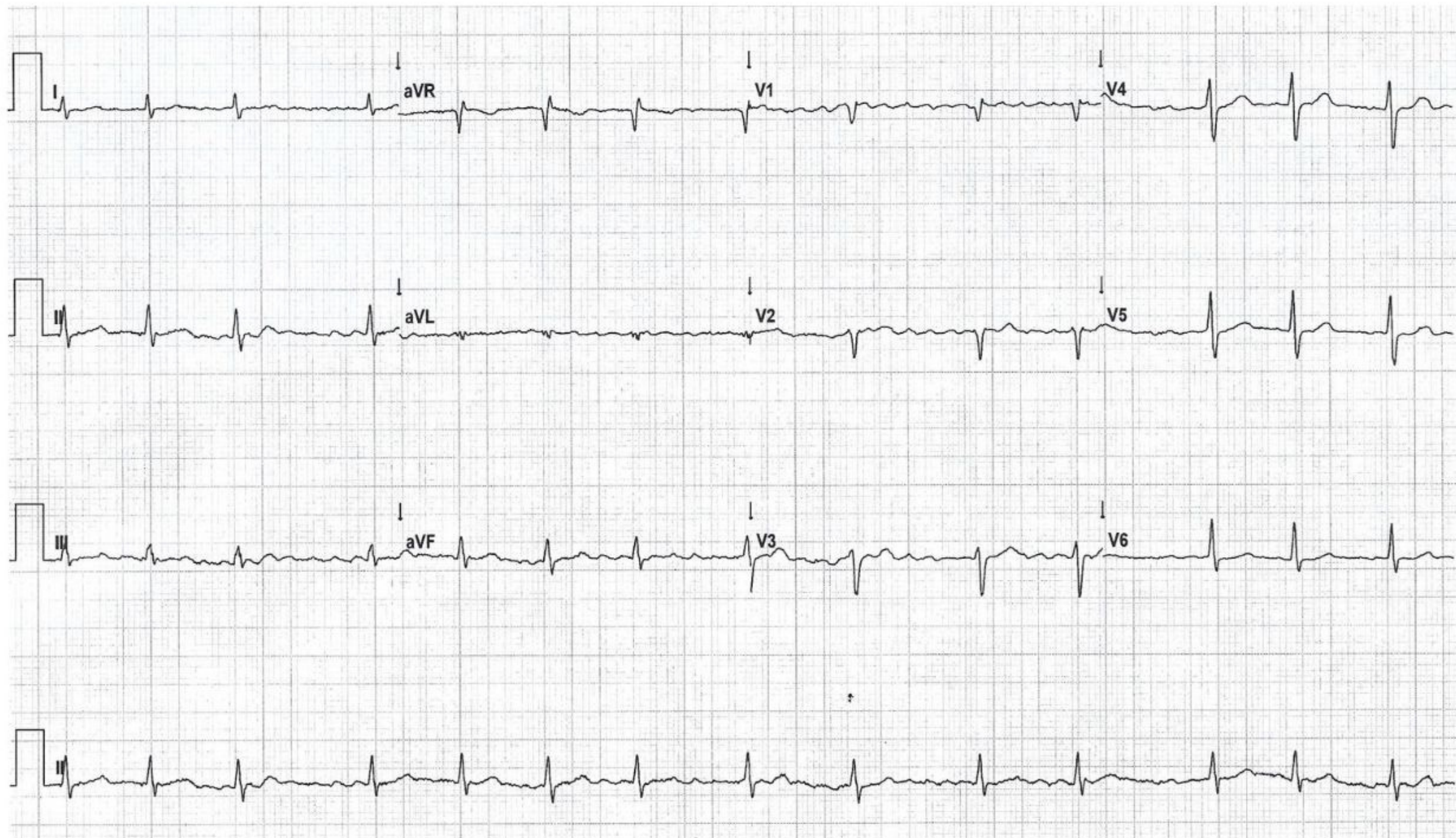
DOES THIS MAKE YOU WORRY?



“I am so stressed out. I have people coming over and I still need to clean the house. But my heart is racing. Am I just anxious?”

BP: 132/80

HR: 82



DOES THIS MAKE YOU WORRY?

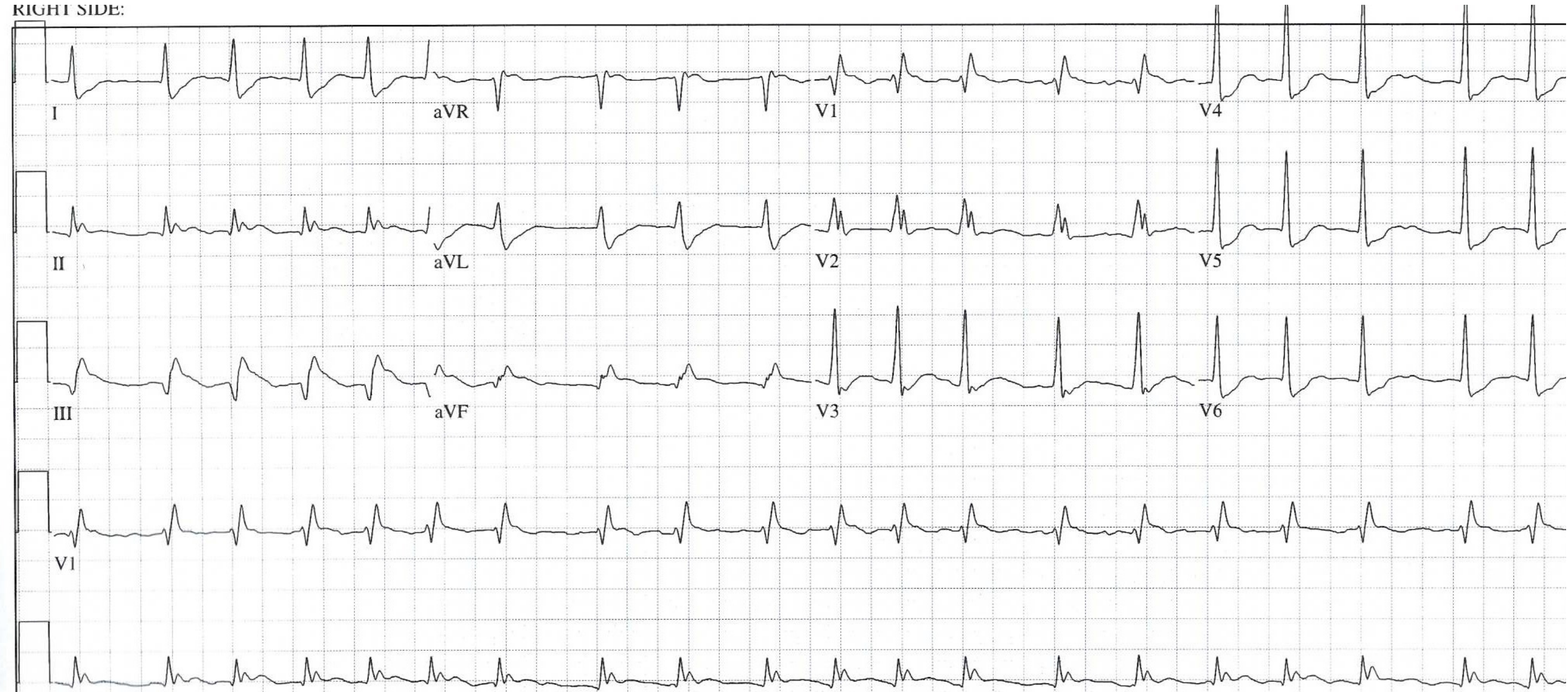


“I was watching football with my dad
and we got into a big argument
Now my chest hurts”

BP: 104/80

HR: 56

RIGHT SIDE:



DOES THIS MAKE YOU WORRY?

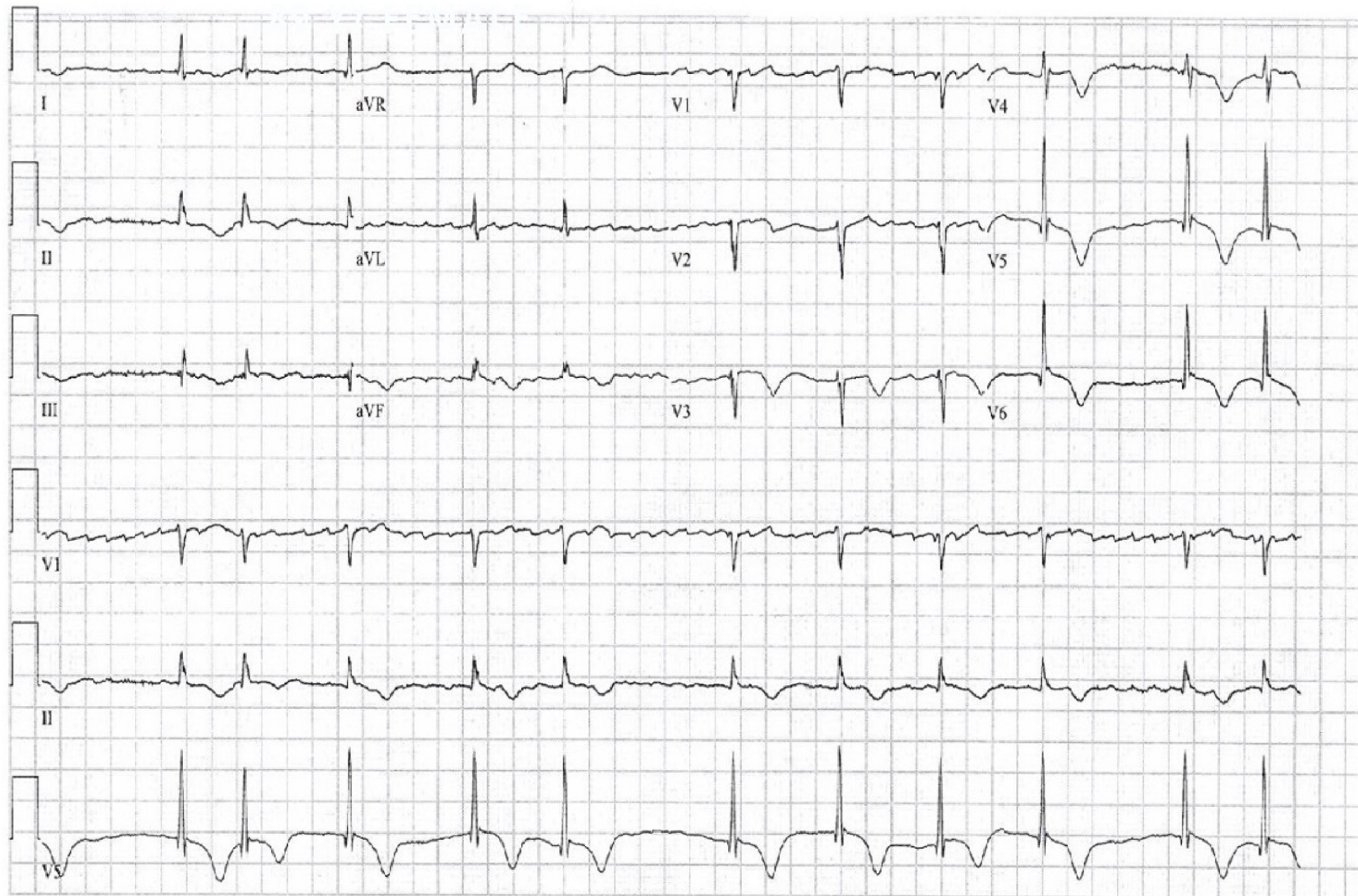


“I lost my husband a week ago and now I have to spend thanksgiving alone.

I just don't have much steam and my legs are swollen.”

BP: 134/60

HR: 88



MY DOCTOR PUT ME ON BYSTOLIC.



“I know I shouldn’t eat salt but I
couldn’t help it.
My mom made her biscuits and
gravy...”

BP: 180/80

HR: 42

His ekg

Vent rate 42 BPM
PR int * ms
QRS dur 149 ms
QT/QTc 545/488 ms
P-R-T axes * -79 71

RIGHT BUNDLE BRANCH BLOCK [120+ ms QRS DURATION, UPRIGHT V1, 40+ ms S IN I/aVL/V4/V5/V6]
POSSIBLE ANTERIOR MYOCARDIAL INFARCTION [30 ms Q WAVE IN V3/V4, OR R < 0.2 mV IN V4], OF
INDETERMINATE AGE
INFERIOR MYOCARDIAL INFARCTION [40+ ms Q WAVE AND/OR ST/T ABNORMALITY IN II/aVF],
PROBABLY OLD
ABNORMAL ECG

UNCONFIRMED REPORT



WHAT MIGHT WE SEE ON HIS EKG?

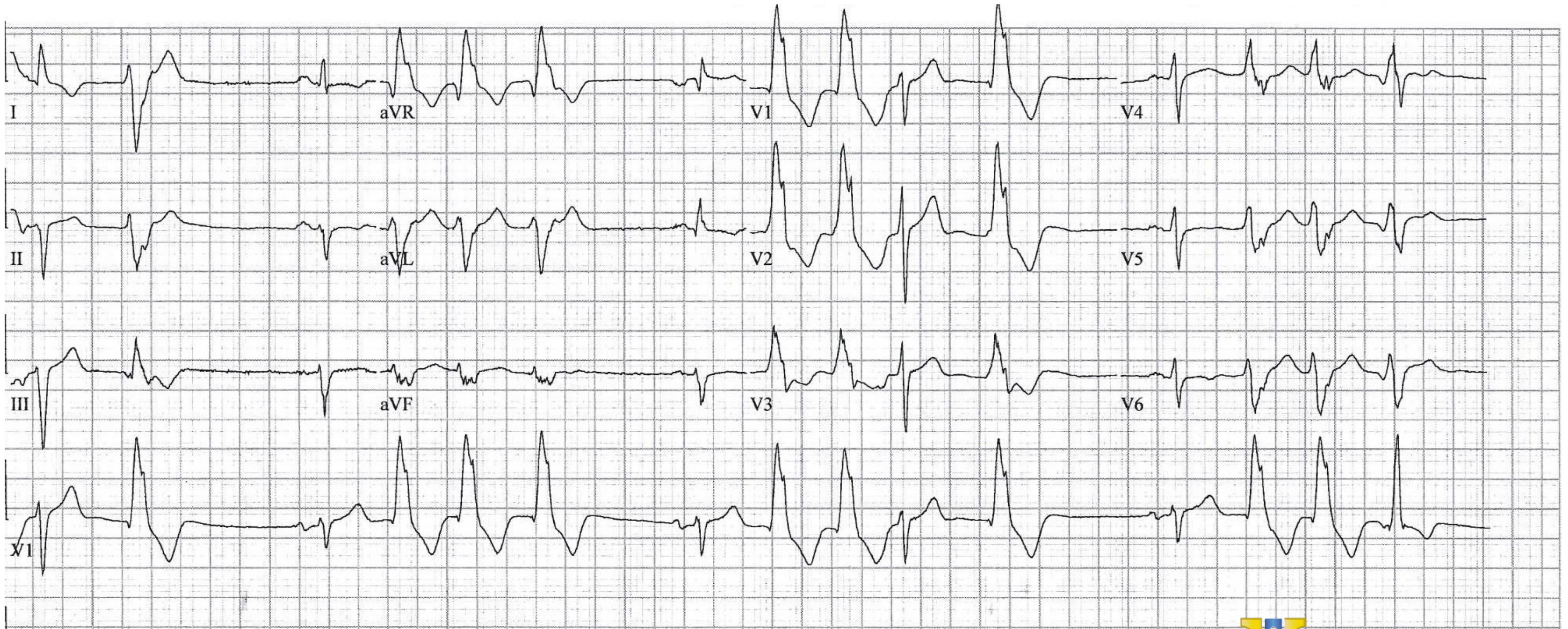


“I was so happy the pumpkin lattes were back at starbucks. I had a **few** of them.”

BP: 144/82

HR: 48

42 y.o m with palpitations



DOES THIS MAKE YOU WORRY?



“I just don’t feel good.
I am weak and dizzy.”

BP: 128/60

HR: 56

28 y.o M with syncope



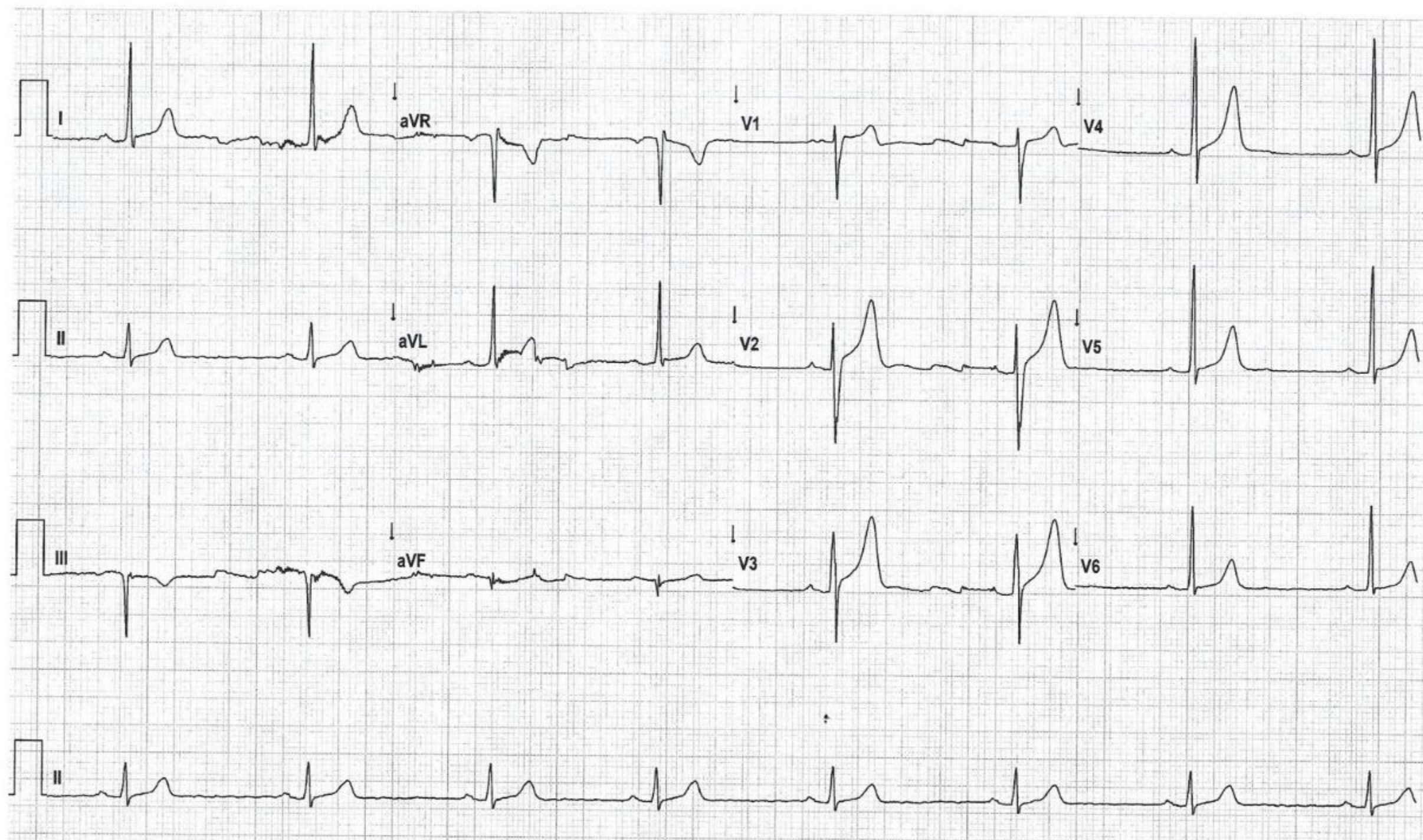
DOES THIS MAKE YOU WORRY?



**“I missed my dialysis.
And I really wanted that extra
gravy!”**

BP: 104/80

HR: 56



DOES THIS MAKE YOU WORRY?

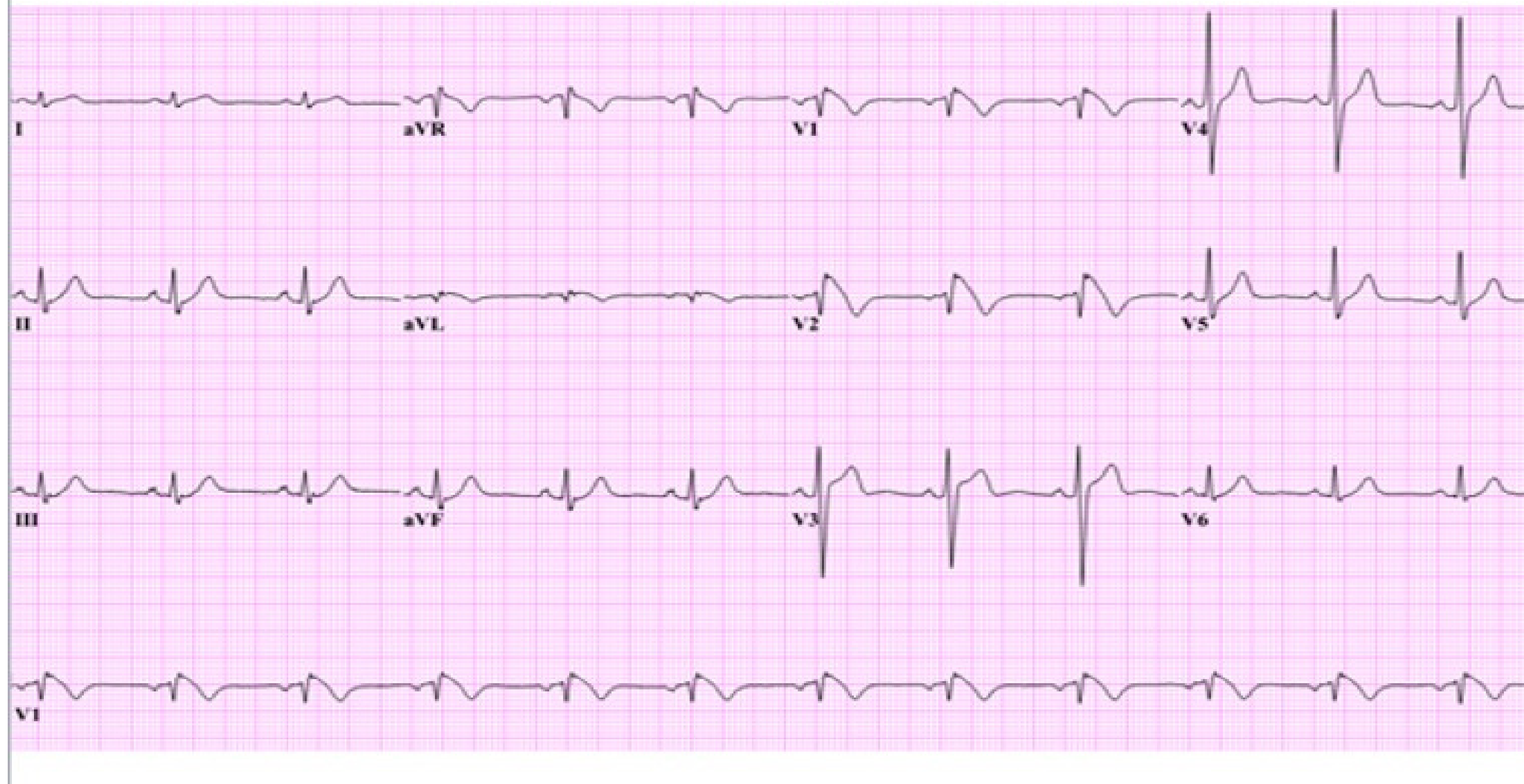


“I passed out.
Maybe I just drank too much
egg nog.”

BP: 126/70

HR: 63

26 y.o M s/p syncope



DOES THIS MAKE YOU WORRY?



“I ran out of my lasix. The pharmacy is closed for the day. And i’m short of breath.”

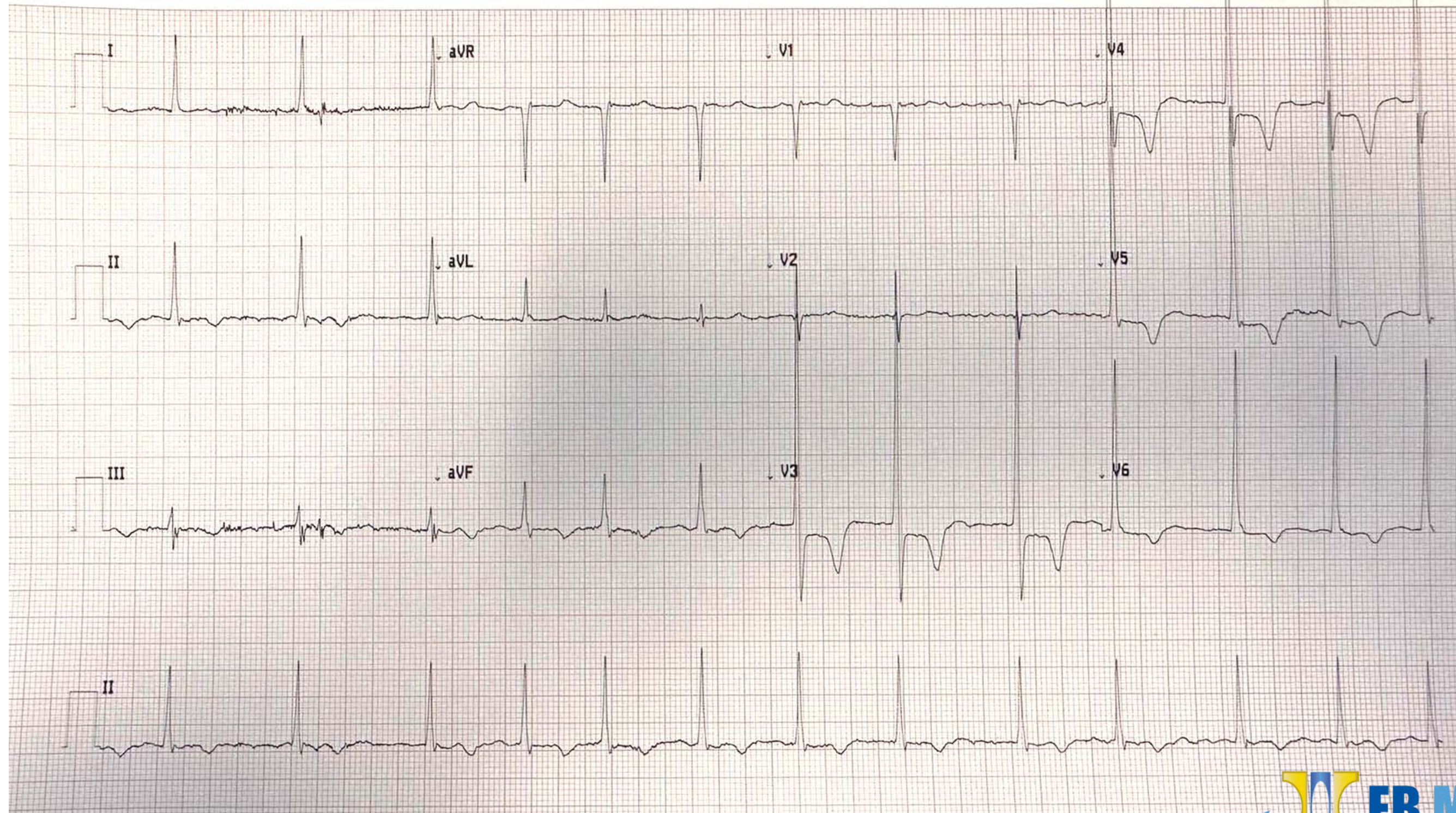
BP: 168/80

HR: 75

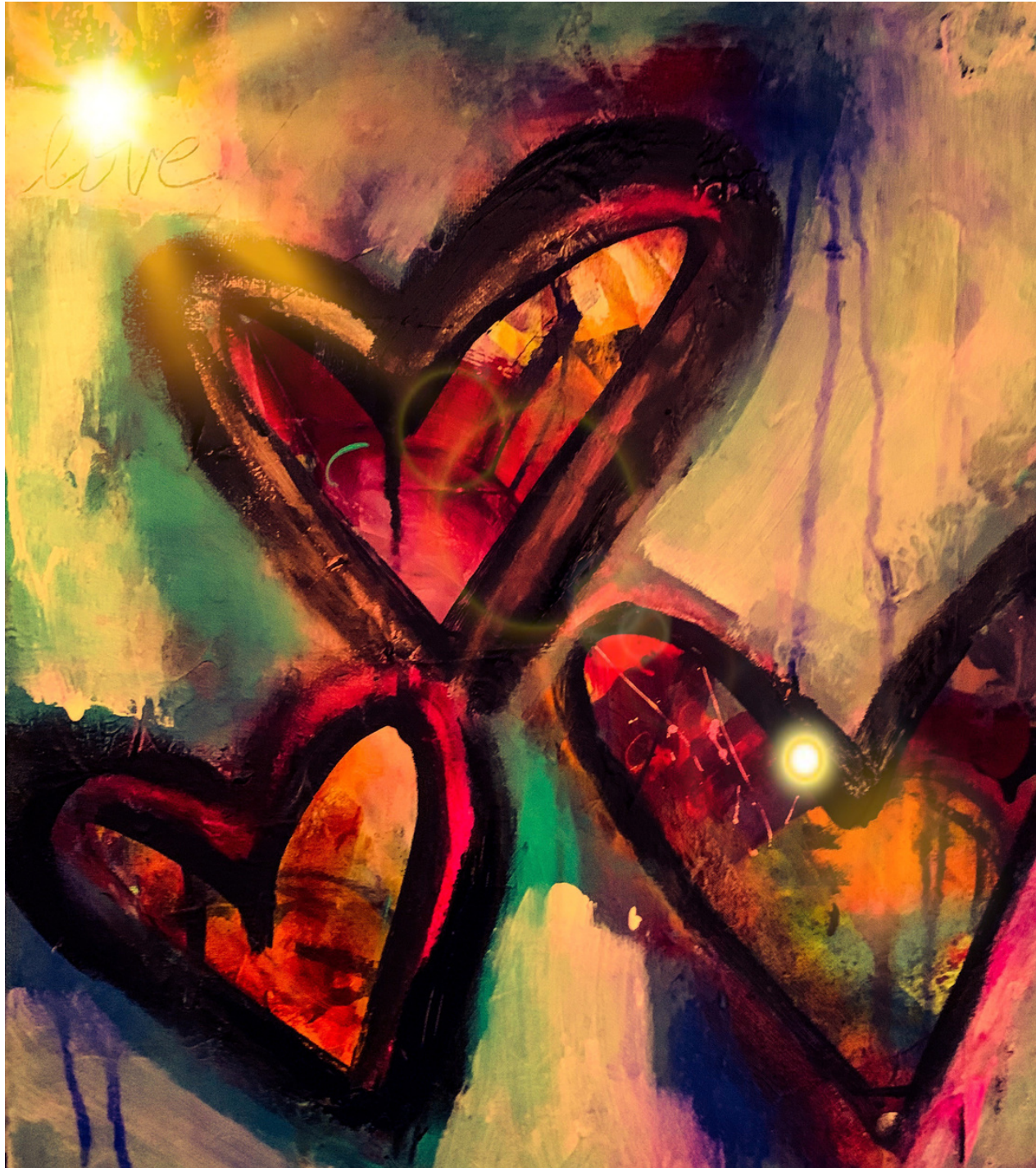
O2 sat: 95%

Vent rate 75 BPM
PR int * ms
QRS dur 93 ms
QT/QTc 427/456 ms
P-R-T axes * 37 258

ATRIAL FIBRILLATION
VOLTAGE CRITERIA FOR LVH [MEETS CRITERIA IN ONE OF: R(aVL), S(V1), R(V5),
R(V5/V6)+S(V1)]
MARKED ST DEPRESSION, CONSIDER SUBENDOCARDIAL INJURY [0.2+ mV ST DEPRESSION]
ABNORMAL ECG
UNCONFIRMED REPORT



THANK YOU FOR COMING!



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