BASIC ARRHYTHMIA TEST MODULE TWO

PREPARATION FOR TESTING

Competency in Basic Arrhythmia Recognition is required for your position because you work in an area where patients undergo cardiac monitoring. You will be expected to complete the BASIC ARRHYTHMIA TEST MODULE ONE to demonstrate this competency.

IN ADDITION, because you are employed in a unit/area requiring more complete arrhythmia knowledge, you also will be expected to complete the BASIC ARRHYTHMIA TEST MODULE TWO which includes CARDIAC ELECTROPHYSIOLOGY, RHYTHM DESCRIPTIONS/RECOGNITION, AND PATIENT MANAGEMENT. The following information outlines what you should do in preparing for the Basic Arrhythmia Test Module Two.

**Step One.** Complete the two-day basic arrhythmia class. Information about the class can be found on the Vanderbilt Nursing website:

www.vanderbiltnursing.com
Click on Spotlights and Events
Click on Educational Offerings Index
Click on Basic Arrhythmia Class
Click on BA Course Registration through LMS

Log on to LMS, then:
Click on Search Box (on the far left)
Type in Basic Arrhythmia Class
Click on Basic Arrhythmia Class
Select desired class date
Click Register

The basic arrhythmia course manual is required for the class. It is distributed to new employees at clinical orientation. The manual is also available from Nursing Education and Development.

If you want to “test-out” of the two-day basic arrhythmia class, you should obtain the basic arrhythmia course manual to study and prepare for the BASIC ARRHYTHMIA TEST MODULE ONE AND BASIC ARRHYTHMIA TEST MODULE TWO. You may attempt to “test-out” of one or both of these modules only with the approval of your unit educator and/or manager.

**Step Two.** Read and study the basic arrhythmia course manual. BE SURE TO FOLLOW THE INSTRUCTIONS BELOW.
1. Review the overall course objectives on page 1 of the course manual.
2. Focus on Chapter 1, including completion of the practice activities on p. 14.
3. You will be expected to accurately determine:
   - PP interval
   - RR interval
   - Atrial rate (for both regular and irregular rhythms)
   - Ventricular rate (for both regular and irregular rhythms)
   - PR interval
   - QRS composition
   - QRS width
   - QT interval
4. Review signs and symptoms indicative of decreased cardiac output that can result from rhythm disturbances.

5. For Chapters 2-8, review the descriptions of all arrhythmias presented in the manual and learn the identifying features. These features are summarized on pp. 64-65 of the basic arrhythmia course manual.

**Step Three.** Complete the review questions for each chapter. The questions are located on pp. 134-146 of the manual.

**Step Four.** Study the treatment of specific arrhythmias, including:
- Sinus Bradycardia
- Sinus Tachycardia
- Premature Ventricular Beat
- Junctional Rhythm
- Supraventricular Tachycardia
- Ventricular Tachycardia
- Ventricular Fibrillation
- Asystole
- Idioventricular rhythm
- Second Degree Block – Type 1
- Second Degree Block – Type 2
- Complete (Third Degree) Block
- Pacing malfunctions (Loss of Capture, Loss of Sensing)

**Step Five.** Work at least 30-40 of the 117 practice tracings in the basic arrhythmia course manual (pp. 66-111). Note that a complete key is provided for all 117 practice tracings.

**Step Six.** When you are ready to test, register for a test time and date:
- [www.vanderbiltnursing.com](http://www.vanderbiltnursing.com)
  - Click on **Spotlights and Events**
  - Click on **Educational Offerings Index**
  - Click on **Basic Arrhythmia Testing**
  - Click on **BA Testing Registration** through LMS

Log on to LMS, then:
- Click on **Search Box** (on the far left)
- Type in **Basic Arrhythmia Test**
- Click on **Basic Arrhythmia Test**
- Select desired class date and time
- Click **Register**

Basic Arrhythmia Test Module Two consists of 30 questions (multiple choice and true/false) and included 5-10 rhythm tracings. Each question has only one correct answer. You should anticipate 1-1½ hours to complete the test. A score of 85% is the required passing score.

**ARE YOU READY TO TEST YOUR BASIC ARRHYTHMIA SKILL AND KNOWLEDGE WITH FOCUS ON ELECTROPHYSIOLOGY, RHYTHM DESCRIPTIONS, AND PATIENT MANAGEMENT?**

To assess your readiness to test, answer the three sample questions that follow. The correct answers are given at the end of the sample questions.
1. The monitor alarms sounds, and the following rhythm is noted. The patient is unresponsive and pulseless. The most appropriate initial treatments include:
   a. Administer atropine 1 mg intravenously
   b. Call for help and intubate
   c. Begin CPR and prepare to defibrillate
   d. Sedate the patient with Versed and perform synchronized cardioversion

![Heart rate monitor image]

2. The monitor shows regular QRS complexes with a constant QRS width of 0.08 second. The ventricular rate is 68/minute, and no P wave are visible. This rhythm is:
   a. Idioventricular rhythm
   b. Atrial fibrillation
   c. Accelerated junctional rhythm
   d. Junctional tachycardia

3. The following tracing can be described as:
   a. Sinus rhythm with one premature atrial beat
   b. Sinus bradycardia with sinus block
   c. Junctional bigeminy
   d. Sinus rhythm with sinus arrhythmia

![Heart rate monitor image]

Answers:
1. c
2. c
3. a