

# PALPITATIONS

## Causes:

- Awareness of normal SR
- Sinus tachycardia
- Ectopic beats
- Arrhythmiae.g. SVT/ VT
- atrial fibrillation / flutter

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| <p>Is there</p> <ul style="list-style-type: none"> <li>• sustained tachycardia (based on symptoms, examination or ECG)</li> <li>• Is the ECG normal or abnormal?</li> <li>• high risk features e.g.             <ul style="list-style-type: none"> <li>○ history of IHD</li> <li>○ previous MI</li> <li>○ Abnormal ECG</li> <li>○ FH of sudden cardiac death</li> <li>○ Exertional symptoms</li> <li>○ Syncope and presyncope</li> </ul> </li> </ul> | <p>Y/N</p> <p>If yes to any<br/><b>REFER</b> cardiology<br/>Or admit urgently if compromised</p>                               |
| <p>Ensure these investigations been done</p> <ul style="list-style-type: none"> <li>• ecg</li> <li>• bloods- FBC, U+Es, TFTs</li> </ul>  | <p>y/n</p> <p>Consider 24 hour tape in patients with frequent (preferably daily) symptoms or EVENT RECORDER (if available)</p> |
| <p>Is arrhythmia Atrial Fibrillation/ flutter?<br/>Management:</p> <ul style="list-style-type: none"> <li>• ECG</li> <li>• ECHO</li> <li>• Risk assessment</li> <li>• Anticoagulation discussion</li> <li>• Rate control</li> </ul>  | <p>Refer to NICE guidance—see below</p>  |
| <p>Have lifestyle factors been addressed?</p> <ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Caffeine</li> <li>• Other drugs</li> <li>• Anxiety</li> <li>• Deconditioning (lack of physical fitness)</li> <li>• Raised BMI</li> </ul>   | <p>y/n</p>   |
| <p>References:<br/>AF<br/><a href="http://www.nice.org.uk/guidance/cg180">http://www.nice.org.uk/guidance/cg180</a></p>  |  |