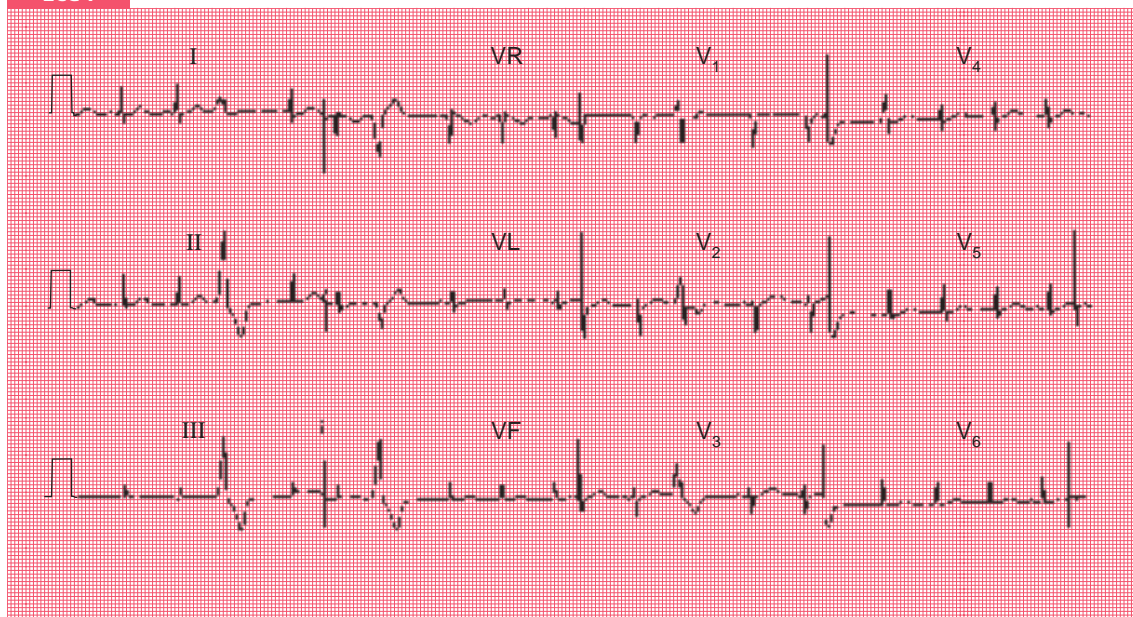




# ECG 1

## ECG 1



This ECG was recorded from a 20-year-old student who complained of an irregular heartbeat. Apart from an irregular pulse, her heart was clinically normal. What do the ECG and chest X-ray show and what would you do?

## ANSWER 1

The ECG shows:

- Sinus rhythm, rate 100 bpm
- Ventricular extrasystoles
- Normal axis
- Normal QRS complexes and T waves

The chest X-ray is normal.

### Clinical interpretation

The extrasystoles are fairly frequent, but the ECG is otherwise normal.

### What to do

Ventricular extrasystoles are very common. In large groups of people, there is a correlation between the presence of extrasystoles and heart disease of many types. However, in young people who are otherwise asymptomatic and whose hearts are otherwise normal, the chances of a significant cardiac problem are very low.

Occasional extrasystoles in this context do not require investigations. With more frequent extrasystoles, an echocardiogram to confirm a structurally normal heart provides additional reassurance. Specific treatment is not usually required beyond avoidance of alcohol and caffeine.

### SUMMARY

Sinus rhythm with ventricular extrasystoles.



See *ECG Made Easy*, 9th edition, Chapter 4