

### Arrhythmias

**Definition:**

- Irregular heartbeat → electrical signals that coordinate the heart's beats don't work properly
- *Tachycardia*: fast heartbeat/over 100BP (★)
- *Bradycardia*: slow heartbeat/under 60BPM

**Risk factors/causes:**

- *Structural*: increasing age, males, hypertension, valvular heart disease, heart failure, cardiomyopathies, congenital heart disease, hyperthyroidism, diabetes, myocarditis, pulmonary disease, post-surgical state, obesity, alcohol
- *Electrical*: Channelopathies, genetic factors, lone (idiopathic) AF, autonomic imbalance

**Pathophysiology & mechanism:**

- ↓ in effectiveness of heart contractions
- Deficient or altered blood flow & tissue perfusion

**Signs & symptoms:**

- Light headedness
- Fainting (possible)
- Palpitations
- Cardiac arrest (if severe)
- Fatigue
- SOB
- Chest discomfort

**Treatment:** Medication, lifestyle change, invasive therapies, electrical devices, or surgery

### Valvular disease

**Definition:****Risk factors/causes:****Pathophysiology & mechanism:****Signs & symptoms:****Complications:****Treatment:**

### Arrhythmias (copy)

**Definition:****Risk factors/causes:****Pathophysiology & mechanism:****Signs & symptoms:**

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**Complications:****Treatment:**