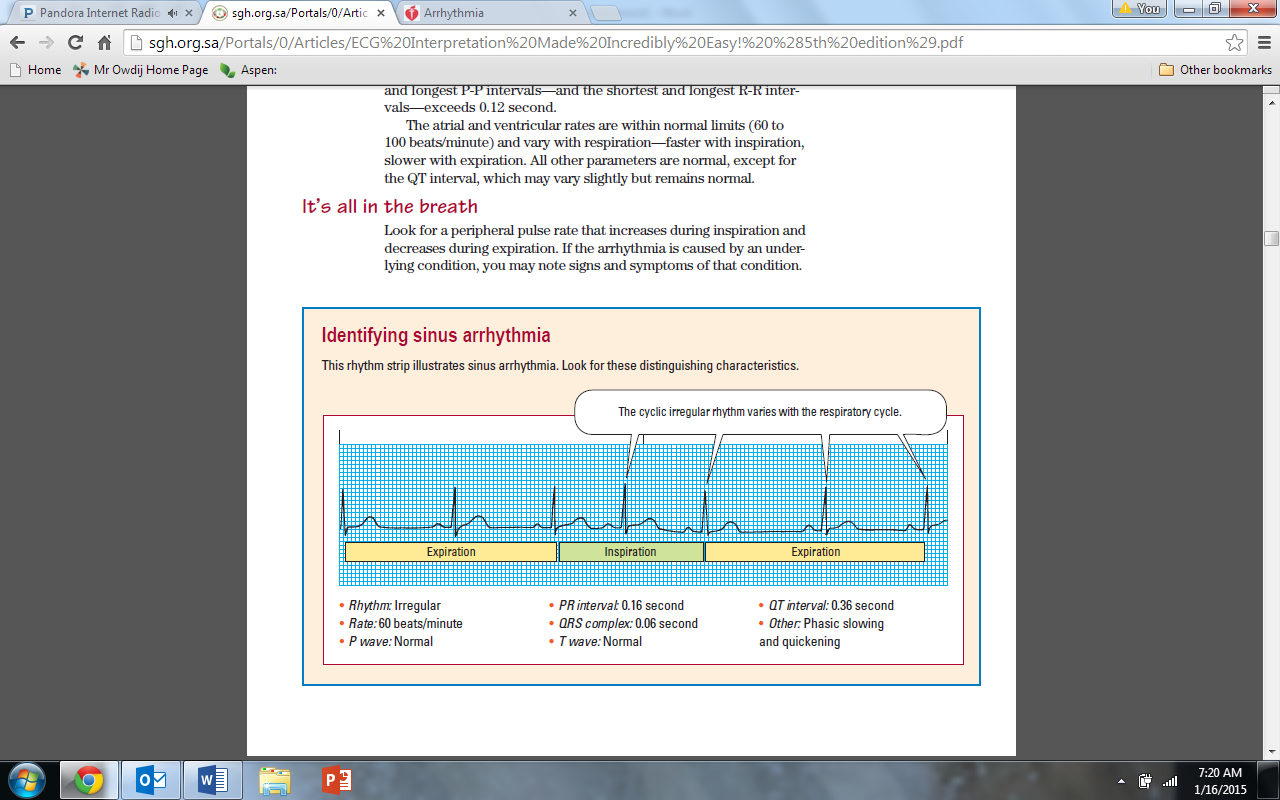
An arrhythmia is an irregular heart rhythm. We can determine different types of arrhythmias based on how they present on an ECG. This sheet is designed to help you identify a few different types of arrhythmias.

**Helper: Recognizing Arrhythmias**

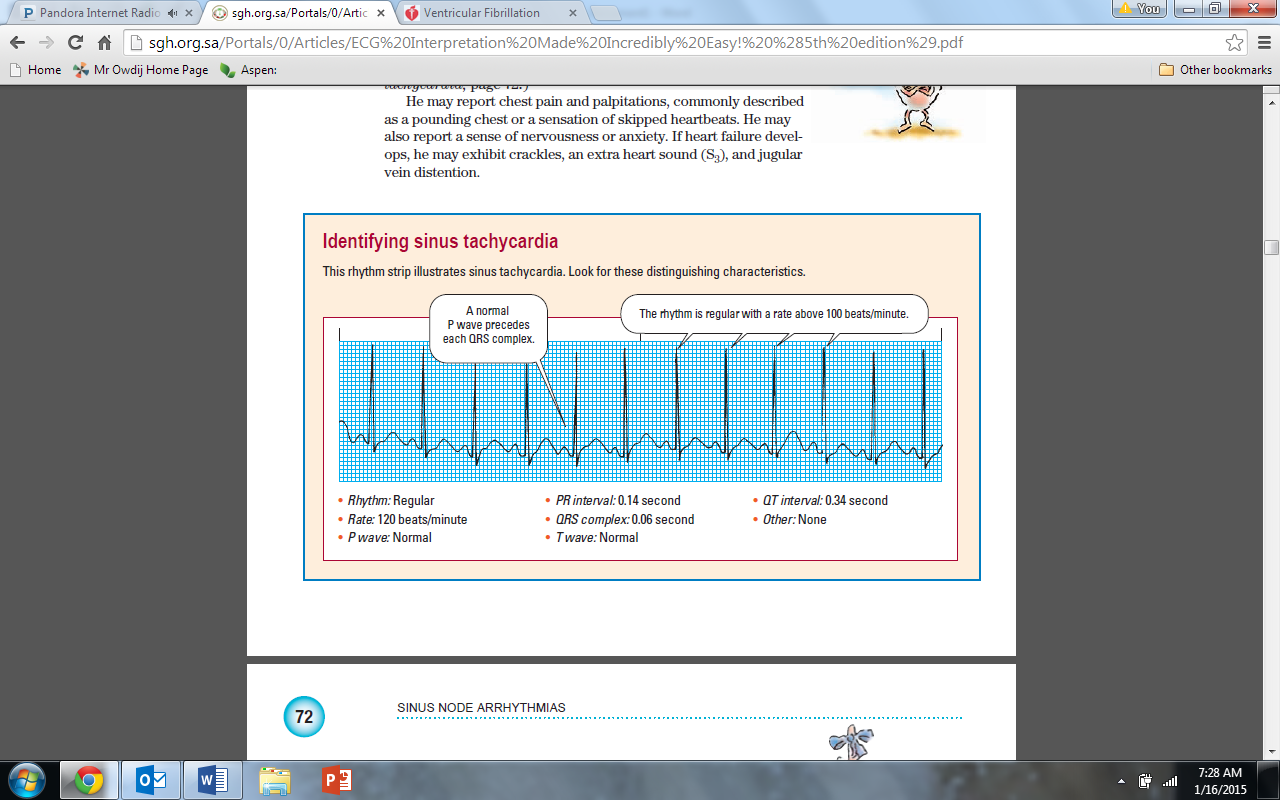
**Sinus Arrhythmia**

A sinus arrhythmia is when the pacemaker cells in the SA node fire irregularly. Generally the rate of heart beats per minute are within a normal range, however the rhythm of the heart is irregular. Generally the heart beat rhythm is connected with respiration.



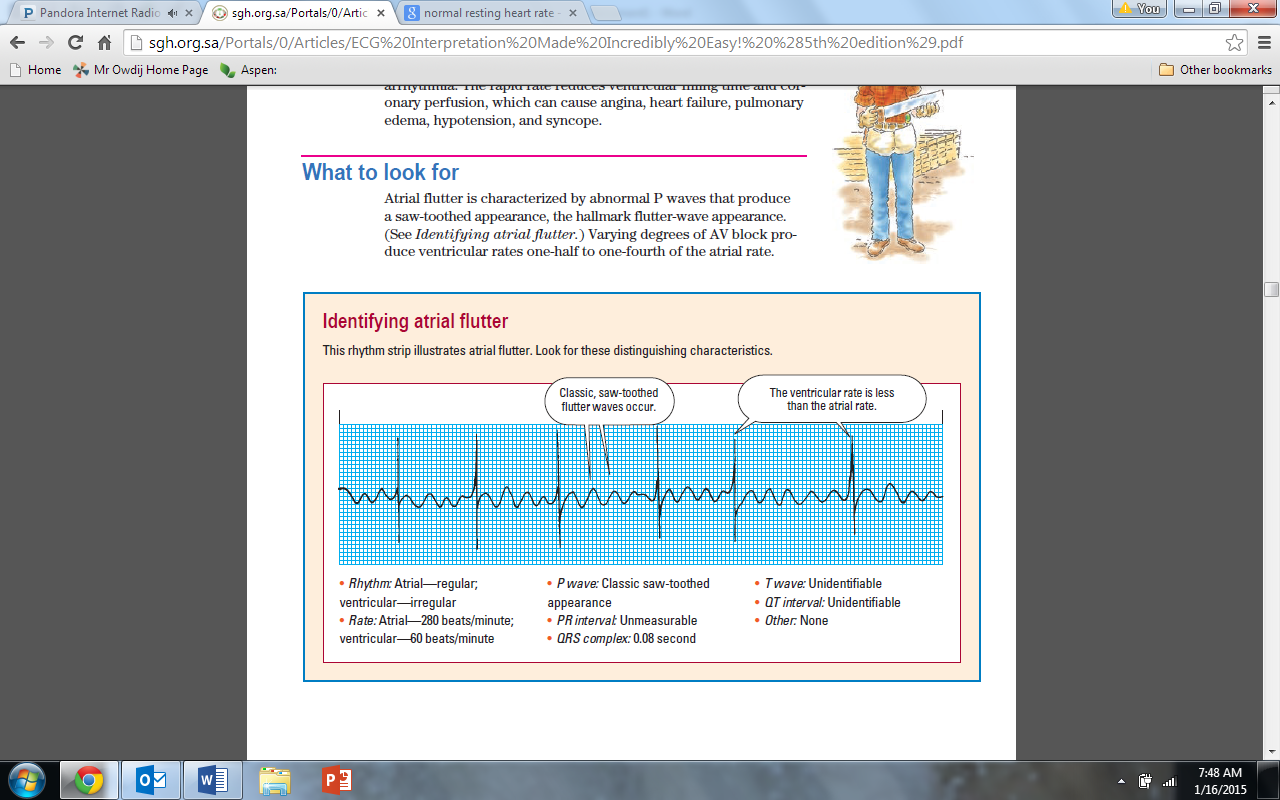
**Sinus Tachycardia**

The resting heart rate is generally between 50 – 80 beats a minute. When the resting heart rate increases above 100 beats per minute, it is a sign of Sinus Tachycardia



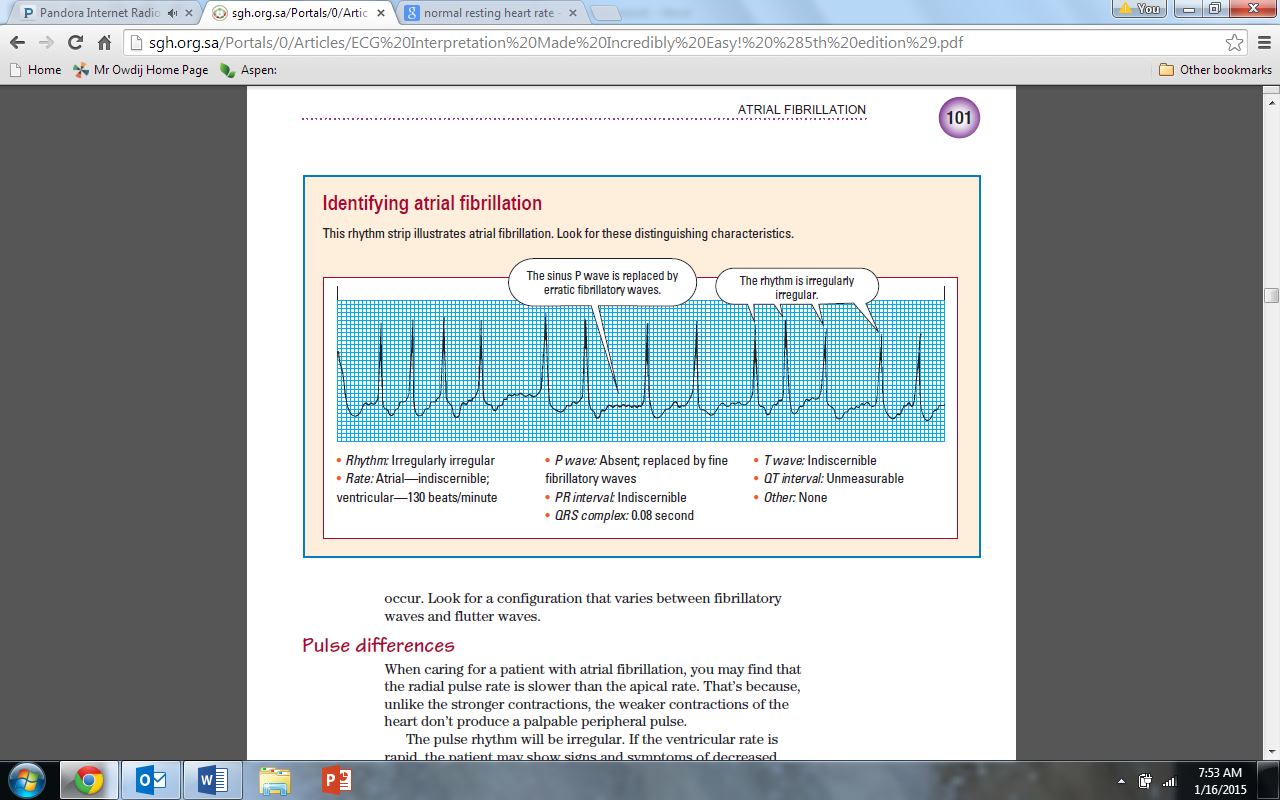
**Atrial Flutter**

Atrial flutter is when the atria will contract at rapid rates and the ventricular rate will stay below the atrial rate.



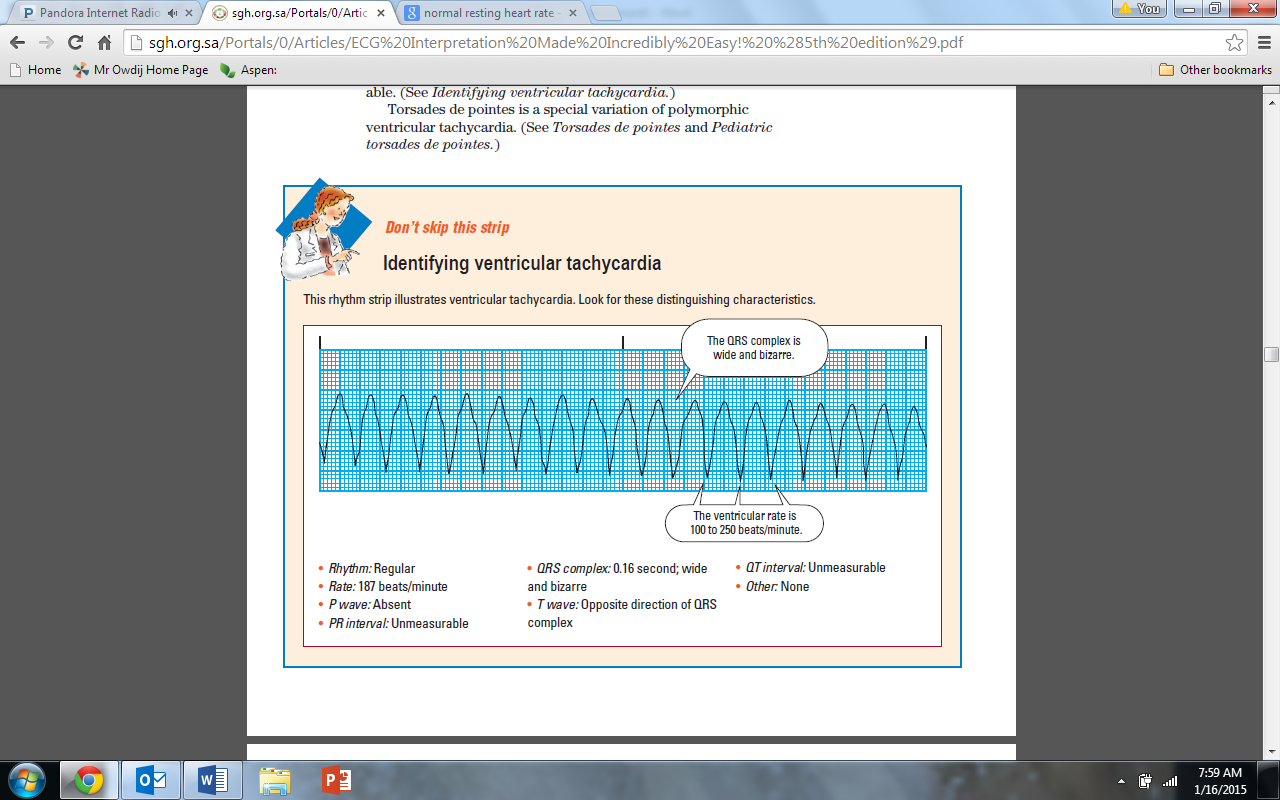
**Atrial Fibrillation**

Atrial fibrillation is the most common arrhythmia in America. It is when the atria have a chaotic asynchronous activity. These activities lead to the atria quivering instead of contracting.



**Ventricular Tachycardia**

During ventricular tachycardia, the ventricles will accelerate their firing. The ventricular rates will exceed 100 beats per minute. It can be a sign that other forms of ventricular arrhythmia are coming.



**Ventricular Fibrillation**

Ventricular fibrillation is a condition where the ventricles of the heart fire at high speed and irregular rates. This creates scenarios where the ventricles quiver. When this happens, the heart does not effectively pump blood to the lungs and body. Ventricular fibrillation is the most dangerous type of arrhythmia to have because it can lead to rapid cardiac death.

