

VAGAL MANEUVERS

1. Level: Paramedic, RN
2. Purpose: To slow down the heart rate secondary to patients in stable narrow complex SVT.
3. Clinical Indications: The treatment of stable tachycardia due to cardiac conduction disturbances with no serious signs and symptoms.
 - 3.1. Heart rate > 150 BPM
 - 3.2. Hemodynamically stable
4. Contraindications:
 - 4.1. Heart rate < 150 BPM
 - 4.2. Systolic blood pressure < 90
 - 4.3. Altered mental status
5. Complications:
 - 5.1. Syncope
 - 5.2. Altered mental status
 - 5.3. CVA
 - 5.4. Prolonged asystole
 - 5.5. Ventricular tachycardia in patients with digitalis toxicity
6. Procedure:
 - 6.1. Ensure patient is being self-oxygenated
 - 6.2. Establish a patent IV access
 - 6.3. Continuous ECG monitoring
 - 6.4. Explain the vagal maneuver to the patient.
 - 6.5. Patient should be sitting in the up-right position.
 - 6.6. Have the patient take a deep breath and bear down.
 - 6.7. Maintain this maneuver for at least 15 seconds.
 - 6.8. Quickly release and breathe out.
 - 6.9. Reassess vital signs
7. Documentation: Document all changes on the electronic Patient Care Report.