



# History of palpitation

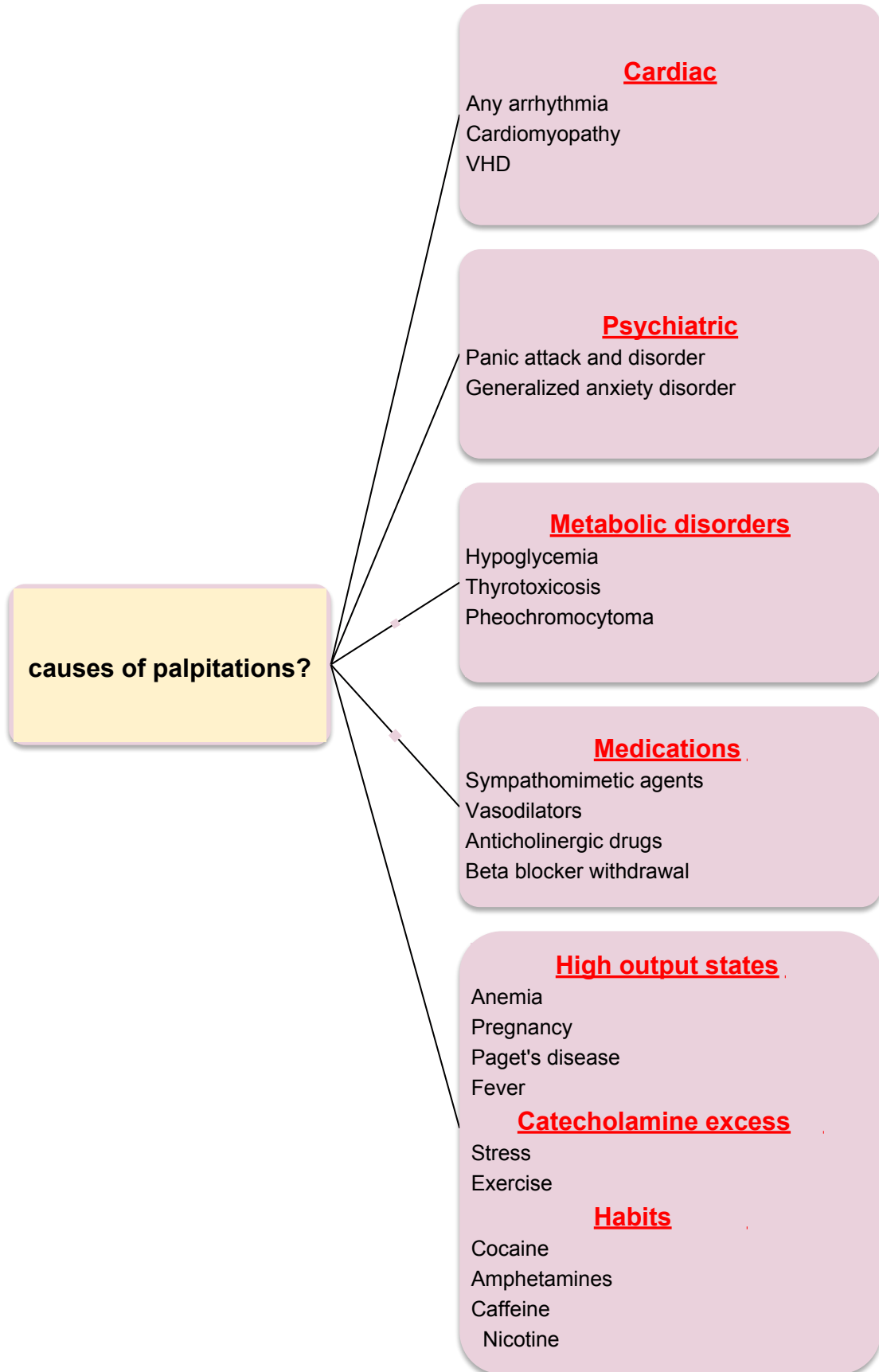
Color index :

**Important**

Further explanation

[Editing link](#)

**Palpitations:** are a sensory symptom. They are defined as an unpleasant awareness of the forceful, rapid, or irregular beating of the hear



## A. Arrhythmias

(Management: B-Blockers or Digoxin or Ca channel Blocker )

Suggests	Feature
<b>Ectopic beats (Atrial or ventricular)</b> Extrasystoles Premature beats	<b><u>same arrhythmic symptoms</u></b> <ul style="list-style-type: none"><li>→ Missed beat followed heavy or strong beat</li><li>→ Palpitation worse at rest</li></ul>
<b>SVT=supraventricular tachycardia</b>	<b>Symptoms</b> <ul style="list-style-type: none"><li>→ Very fast</li><li>→ Regular</li><li>→ Instantaneous onset</li><li>→ Offset with vagal manoeuvres*</li><li>→ Polyuria</li></ul>
<b>AF=atrial fibrillation</b>	<b>Symptoms</b> <ul style="list-style-type: none"><li>→ Fast</li><li>→ Irregular (irregularly irregular pulse)</li></ul> <b>Complication:</b> <ul style="list-style-type: none"><li>→ Stroke</li><li>→ Systemic embolism</li></ul>
<b>VT = ventricular tachycardia</b>	<b>Risk factor :</b> Electrolyte disturbance( hypokalemia, hypocalcemia , hypomagnesaemia )  <b>Symptoms</b> <ul style="list-style-type: none"><li>→ <b>Fast</b></li><li>→ <b>Regular</b></li><li>→ Syncope</li><li>→ Pre-existing heart failure</li></ul> <b>Complication:</b> <ul style="list-style-type: none"><li>→ Sudden death (Rarely)</li></ul>

Atrial flutter	<p>Risk factors: Open heart surgery</p> <p>Symptoms :</p> <ul style="list-style-type: none"> <li>→ Fast</li> <li>→ Regular</li> </ul>
B. other	
Hyperthyroidism	<p>Risk factors: Family history of thyroid condition Typical</p> <p>Symptoms ;</p> <ul style="list-style-type: none"> <li>→ Palpitation</li> <li>→ Tremor</li> <li>→ Irritability</li> <li>→ Emotional lability</li> <li>→ Dyspnea</li> <li>→ Fatigue</li> </ul> <p>Complication :</p> <p>Atrial fibrillation, Thyroid storm</p>

\*\*People can terminate their palpitation by increasing vagal tone with **Valsalva manoeuvre** by coughing or swallowing cold or ice cubes .

# History of palpitation

Personal data	
1- Chief Complaint: "Palpitation"	
Question	Suggests
A.Duration	
When did you first notice ? (Age of onset) How long did it last?	<ul style="list-style-type: none"> <li>- Rapid palpitation Since childhood (SVT) → particularly one that uses a bypass tract</li> <li>- In contrast, arrhythmia that occur in older patient → associated with structural heart disease = Afib, VT</li> </ul>
B.Onset (ask the patient to tap out the rhythm with the fingers)	
1: Does it come and terminate suddenly ?	→ (SVT,VT)
2:Does it occur randomly and episodically and last for an instant	→ premature beats
3: Does it come gradually or continuous ?	<ul style="list-style-type: none"> <li>→ (sinus tachycardia )</li> <li>→ continues (Anemia , Anxiety Valve disease )</li> </ul>
4:Was the heartbeat felt as fast, slow, or some other pattern?	<ul style="list-style-type: none"> <li>→ Fast &amp; <b>Regular</b> (SVT, VT)</li> <li>→ Slow palpitations are likely to be due to drugs such as beta-blockers</li> <li>→ Fast &amp; completely <b>Irregular</b> (Atrial fibrillation)</li> </ul>
5-Does the heartbeat seem regular or irregular?	
6- Is this the feeling of normal heartbeats interrupted by missed or strong beats?	→ Normal hearts beats interrupted by or irregular missed or strong beats <b>((ectopic beats))</b>
7- Does the heart seem fast or Not fast BUT Forceful and Regular	→ ((Anxiety ))
8- What was the patient doing when the palpitations started?	Ask when it occurs
9- Has this ever happened before? If so, what were the circumstances?	
10- Has an episode ever been recorded on an ECG?	

### C. Aggravating and Relieving Factors

1- is heartbeat faster than it ever goes at any other time e.g. exercise or rest ?	Dropped or missed beats related to rest, recumbency, or eating are likely to be atrial or ventricular ectopics
2- Is there any relationship to, eating or drinking ( tea , coffee)	
3- Can you terminate the episodes by deep breathing or holding it (Valsalva maneuver)* ?	SVT
Have you had other heart problems such as heart failure or heart attack in the past ?	

### D. Associated symptoms

1- Have you lost consciousness during an episode ?	((VT + SVT)) → sufficiently rapid to reduce the CO and cause syncope or presyncope
2- Are there any associated symptoms? (Chest pain, shortness of breath, syncope, nausea, dizziness, polyuria, ankle swelling,intermittent claudication)	((VT))
3- polyuria ?	((SVT))

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