

Five step rhythm analysis worksheet

Use on any rhythm strip. Write the five findings first, the interpretation last, then the decision.

Patient / date / time		Speed 25 mm/s Gain 10 mm/mV Calibration pulse checked ☐
Clinical question		Lead: II ☐ V1 ☐ other _____

Step	How	Finding
1. Rate	Six seconds × 10 (any rhythm) or 300, 150, 100, 75, 60, 50 (regular only)	_____ per minute
2. Regularity	Paper edge marked at two R waves, slide along	regular ☐ occasionally irregular ☐ regularly irregular ☐ irregularly irregular ☐
3. P waves	Present? Alike? Regular? One P per QRS and one QRS per P? Upright in II?	normal ☐ different ☐ absent ☐ sawtooth ☐ inverted ☐ ratio P:QRS _____
4. PR interval	Start of P to start of QRS. Normal 0.12 to 0.20 s (3 to 5 small boxes)	_____ s constant ☐ lengthening ☐ none ☐
5. QRS duration	First deflection to return to baseline. Normal under 0.12 s (under 3 boxes)	_____ s narrow ☐ wide ☐

Interpretation

Decision

treat ☐ refer ☐ repeat ☐ reassure ☐ Informed: _____ Time: _____

Alarm numbers

Finding	Think of
Regular narrow at exactly 150	Atrial flutter with 2:1 block
Wide QRS tachycardia over 150	Ventricular tachycardia until proven otherwise
Irregularly irregular, no P	Atrial fibrillation, stroke risk plan
Rate under 40 with symptoms	Atropine, pacing pads, find the cause
P waves marching through slow wide QRS	Complete heart block, pace