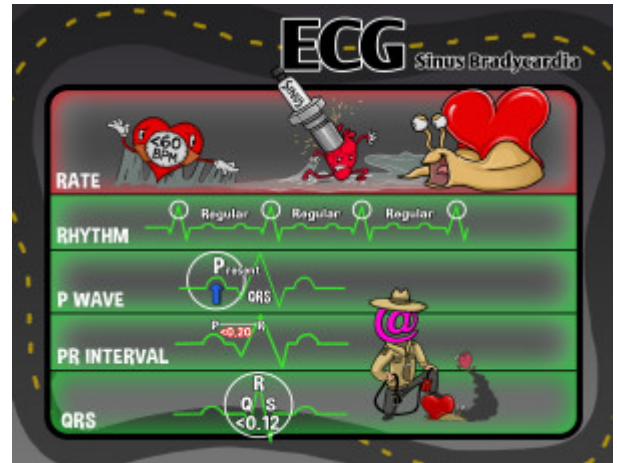


ECG: Sinus Bradycardia

Sinus bradycardia is characterized by a normal conduction pathway with the SA node firing at a regular rate of less than 60 bpm. The ECG will show one upright P wave before every QRS. The PR interval is between 0.12-0.20 seconds while the QRS interval is less than 0.12 seconds. Causes of sinus bradycardia include myocardial infarction, vagal stimulation, carotid massage, and hypoxia. Increased intracranial pressure, hypothermia, hypothyroidism, hypoglycemia, medications such as beta adrenergic blockers and calcium channel blockers may also lead to sinus bradycardia. To treat symptomatic sinus bradycardia, atropine may be administered to increase the heart rate. Sinus bradycardia may be a normal assessment finding in athletes.



PLAY PICMONIC

Rate

< 60 bpm

[Less than \(60\) Second Heart-timer](#)

The heart rate of an individual with sinus bradycardia is less than 60 bpm.

Rhythm

Regular

[Regular rhythm](#)

The SA node is the pacemaker in individuals with sinus bradycardia and fires at a regular rhythm.

P Wave

Present, Upright, Every QRS

[Present with Up-arrow and before QRS](#)

Like normal sinus rhythm, there is one upright P wave before every QRS in the individual with sinus bradycardia.

PR Interval

< 0.20 seconds

[Less-than 0.20](#)

Like normal sinus rhythm, the PR interval of individuals with sinus bradycardia is between 0.12 to 0.20 seconds, or for simplicity less than 0.20 seconds.

QRS Interval

< 0.12 seconds

[Less-than 0.12](#)

Like normal sinus rhythm, the QRS interval of individuals with sinus bradycardia is less than 0.12 seconds.

Treatment

Atropine

[@-trooper](#)

If the patient with symptomatic sinus bradycardia experiences symptoms, such as hypotension, weakness, shortness of breath, or confusion, atropine may be administered to increase heart rate. The anticholinergic drug increases the firing of the SA node. Serious cases may require transcutaneous pacing or a permanent pacemaker.