

Cardiology Mnemonics

No apex beat

DOPEs

Dextrocardia (don't say this first!), Obesity, Pleural/Pericardial effusion, Emphysema, Shock.

3rd Heart Sound

FIPPY

Failure, Incompetence (mitral/tricuspid), Pregnancy/Pill/PE/Pericarditis, Youth

4th Heart Sound

HITS

Hypertension/Heart Block, Ischaemic HD, Tamponade, Stenosis (aortic/pulmonary)

Arrhythmias

ARRHYTHMIAL 4PC

Atrial Myxoma, Rh heart dis, HYpertension, THyrotoxicosis, Mitral valve dis, IHD, ALcohol
Pneumonia / PE / Pericardial eff, cardiomyopathy

Atrial Fibrillation

ARITHMATIC

Alcohol, Rh fever, IHD, Thyrotoxicosis, Hypertension, Mitral stenosis / MI /
/ Myxoma (atrial), ASD, Toxins, Idiopathic/Infective endocarditis
Cardiomyopathy/Constrictive pericarditis

Bradycardia, regular

PAD HIM

Physiological (athlete, sleep) / paroxysmal, AV block (2°II, 3°), Drugs (β , dig, amiodarone)
Hypothyroid / hypothermia, Icteric (severe), MI

Dominant R wave in VI

WORD

WPW, Old MI, RBBB / RV Hypertrophy, Dextrocardia / Duchenne MD

EMD Arrest

4Hs 4Ts

Hypothermia, Hypo & hyper-electrolytes, Hypovolaemia, Hypoxia
Toxic (including drugs), Trauma, Tamponade, Tension pneumothorax

JVP (characteristics of)

MOP HAIR

Multiple wave form, Occludable, Postural changes
Hepatojugular reflux, Above (fills from), Impalpable, Respiratory changes

LVF, Management of

FOAM

Furosemide 40mg iv, Oxygen, Atrovent (& Ventolin) nebs, Morphine 2.5 - 5 mg

Mitral Stenosis, Complications

PASTRI

Pulm \uparrow BP, A fib, Systemic embolism, Tricuspid regurg, Right heart failure, Infective endocarditis

Myocardial infarct, complications

ABCDE x2

Arrhythmias / Aneurysm
Bradycardia / ↓BP
Cardiac failure / cardiac tamponade
Dresslers / Death!
Embolism / Extra (VSD, pap muscle rupture)

Pericarditis

DRUMSTICX

Dresslers, Rh fever / RA, Uraemia, MI, SLE, Trauma, Idiopathic, Coxsackie, X-ray

Postural Hypotension

HANDI

Hypovolaemia / hypopituitarism, Addisons, Neuropathy (autonomic), Drugs (vasodilators / TCADs, diuretics, antipsychotics), Idiopathic

Rheumatic fever:

Major criteria

CASES

Carditis, Arthritis (migratory), Subcut nodules, Erythema marginatum, Sydenhams chorea

Minor criteria

4PA

Pyrexia, prolonged PR, past Hx, positive (ie ↑)ESR/CRP, Arthralgia

Occlusive arterial disease

6Ps

Pain, pallor, pulseless, parasthesia. Paralysis, perishing with cold

Splinter haemorrhages

TRIP SAM

Trauma, RA, Infective Endo, PAN
SLE / Sepsis, Anaemia (profound), Malignancy (haematological)

ST elevation

ELEVATION

Electrolytes, LBBB, Early Repolarization, Ventricular hypertrophy, Aneurysm, Treatment (eg pericardiocentesis), Injury (AMI, contusion), Osborne waves (hypothermia), Non-occlusive vasospasm (prinzmetal's)

SVT Causes

SNAP

Sinus tachy, nodal tachy, a fib, paroxysmal atrial tachy

Symptoms of aortic stenosis

ASD

Angina	2 years	}
Syncope	1 year	}
Dyspnoea	6/12	}

} prognosis (i.e approx time to death)