Vagal Maneuvers

Purpose: Outline purpose of Valsalva maneuver.

Indications

1. Narrow complex tachycardia. See **Narrow Complex Tachycardia** and **Pediatric Narrow Complex Tachycardia** protocols.

Contraindications

1. Patient < 8 years old unable to attempt the maneuver.

Equipment Needed

1. ECG Monitor

<u>Pre-Medical Control</u>

PARAMEDIC

1. Ensure that patient has oxygen, and is on a cardiac monitor. Run ECG strip during procedure.
2. Instruct the patient to cough forcefully several times, if this is ineffective:
    A. Explain Valsalva's Maneuver to the patient.
    B. Instruct the patient to perform Valsalva's Maneuver:
    C. Have patient take a deep breath and bear down.
    D. Maintain this maneuver for as long as possible.

Documentation

1. Results of initial assessment, indications for procedure and results of maneuver.