

Question: What are some common vagal maneuvers?

Answer: Breath holding, Valsalva maneuver (bearing down as if having a bowel reflex, squatting, pressure on the eyeballs, and immersing the face in cold wa

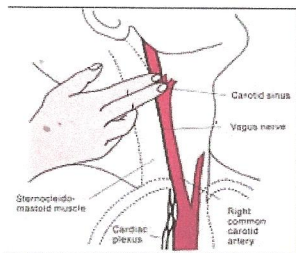
Valsalva's maneuver: - The patient is asked to inhale, hold their breath, and bear down while tightening the chest and abdominal muscles as if they were straining while having a bowel movement. The patient is then instructed to suddenly release and breathe out. An increase in vagal (parasympathetic) tone decreases the heart rate, which averts the need to administer adenosine or other medications. nstruct the patient to inhale and hold their breath and: - Bear down as if to have a bowel movement, and to hold this position for 20-30 seconds.

OR

- Blow forcefully through a straw (or IV catheter/similar device) for as long as possible (at least 20 seconds)



Carotid sinus pressure: Turn the patient's head to the left side. Gentle and steady pressure over the right carotid artery and hold for 5-10 seconds OR Gentle and steady massaging motion over the right carotid artery for 5-10 seconds Pressure should be firm but should not totally occlude blood flow.



http://www.heartwisepatienteducation.com/titles_pdf/svt.pdf (Essential reading : read pages 3-9 and 22-24 and page 30)

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