

Recurrent episodes of paroxysmal supraventricular tachycardia can be treated by catheter ablation, or prevented with drugs such as diltiazem hydrochloride, verapamil hydrochloride, beta-blockers including sotalol hydrochloride p. 115, flecainide acetate or propafenone hydrochloride.

### Arrhythmias after myocardial infarction

In patients with a paroxysmal tachycardia or rapid irregularity of the pulse it is best not to administer an anti-arrhythmic until an ECG record has been obtained. Bradycardia, particularly if complicated by hypotension, should be treated with an intravenous dose of atropine sulfate p. 1404 the dose may be repeated if necessary. If there is a risk of asystole, or if the patient is unstable and has failed to respond to atropine sulfate, adrenaline/epinephrine p. 236 should be given by intravenous infusion, and the dose adjusted according to response.

For further advice, refer to the most recent recommendations of the Resuscitation Council (UK) available at [www.resus.org.uk](http://www.resus.org.uk).

### Ventricular tachycardia

Pulseless ventricular tachycardia or ventricular fibrillation should be treated with immediate defibrillation (see Cardiopulmonary resuscitation).

Patients with unstable sustained ventricular tachycardia, who continue to deteriorate with signs of hypotension or reduced cardiac output, should receive direct current cardioversion to restore sinus rhythm. If this fails, intravenous amiodarone hydrochloride should be administered and direct current cardioversion repeated.

Patients with sustained ventricular tachycardia who are haemodynamically stable can be treated with intravenous anti-arrhythmic drugs. Amiodarone hydrochloride is the preferred drug. Flecainide acetate, propafenone hydrochloride, and, although less effective, lidocaine hydrochloride p. 109 have all been used. If sinus rhythm is not restored, direct current cardioversion or pacing should be considered. Catheter ablation is an alternative if cessation of the arrhythmia is not urgent. Non-sustained ventricular tachycardia can be treated with a beta-blocker.

All patients presenting with ventricular tachycardia should be referred to a specialist. Following restoration of sinus rhythm, patients who remain at high risk of cardiac arrest will require maintenance therapy. Most patients will be treated with an implantable cardioverter defibrillator. Beta-blockers or sotalol hydrochloride (in place of a standard beta-blocker), or amiodarone hydrochloride (in combination with a standard beta-blocker), can be used in addition to the device in some patients; alternatively, they can be used alone when use of an implantable cardioverter defibrillator is not appropriate.

### Torsade de pointes

*Torsade de pointes* is a form of ventricular tachycardia associated with a long QT syndrome (usually drug-induced, but other factors including hypokalaemia, severe bradycardia, and genetic predisposition are also implicated). Episodes are usually self-limiting, but are frequently recurrent and can cause impairment or loss of consciousness. If not controlled, the arrhythmia can progress to ventricular fibrillation and sometimes death. Intravenous infusion of magnesium sulfate p. 1112 is usually effective. A beta-blocker (but not sotalol hydrochloride) and atrial (or ventricular) pacing can be considered. Anti-arrhythmics can further prolong the QT interval, thus worsening the condition.

### Anti-arrhythmic drugs

Anti-arrhythmic drugs can be classified clinically into those that act on supraventricular arrhythmias (e.g. verapamil hydrochloride), those that act on both supraventricular and ventricular arrhythmias (e.g. amiodarone hydrochloride),

and those that act on ventricular arrhythmias (e.g. lidocaine hydrochloride).

Anti-arrhythmic drugs can also be classified according to their effects on the electrical behaviour of myocardial cells during activity (the Vaughan Williams classification) although this classification is of less clinical significance:

- Class I: membrane stabilising drugs (e.g. lidocaine, flecainide)
- Class II: beta-blockers
- Class III: amiodarone; sotalol (also Class II)
- Class IV: calcium-channel blockers (includes verapamil but not dihydropyridines)

The negative inotropic effects of anti-arrhythmic drugs tend to be additive. Therefore special care should be taken if two or more are used, especially if myocardial function is impaired. Most drugs that are effective in countering arrhythmias can also provoke them in some circumstances; moreover, hypokalaemia enhances the arrhythmogenic (pro-arrhythmic) effect of many drugs.

### Supraventricular arrhythmias

Adenosine p. 114 is usually the treatment of choice for terminating paroxysmal supraventricular tachycardia. As it has a very short duration of action (half-life only about 8 to 10 seconds, but prolonged in those taking diprydamole p. 132), most side-effects are short lived. Unlike verapamil hydrochloride p. 175, adenosine can be used after a beta-blocker. Verapamil hydrochloride may be preferable to adenosine in asthma.

Oral administration of a **cardiac glycoside** (such as digoxin p. 116) slows the ventricular response in cases of atrial fibrillation and atrial flutter. However, intravenous infusion of digoxin is rarely effective for rapid control of ventricular rate. Cardiac glycosides are contra-indicated in supraventricular arrhythmias associated with accessory conducting pathways (e.g. Wolff-Parkinson-White syndrome).

Verapamil hydrochloride is usually effective for supraventricular tachycardias. An initial intravenous dose (**important**: serious beta-blocker interaction hazard) may be followed by oral treatment; hypotension may occur with large doses. It should not be used for tachyarrhythmias where the QRS complex is wide (i.e. broad complex) unless a supraventricular origin has been established beyond reasonable doubt. It is also contra-indicated in atrial fibrillation or atrial flutter associated with accessory conducting pathways (e.g. Wolff-Parkinson-White syndrome). It should not be used in children with arrhythmias without specialist advice; some supraventricular arrhythmias in childhood can be accelerated by verapamil hydrochloride with dangerous consequences.

Intravenous administration of a **beta-blocker** such as esmolol hydrochloride p. 166 or propranolol hydrochloride p. 162, can achieve rapid control of the ventricular rate.

Drugs for both supraventricular and ventricular arrhythmias include amiodarone hydrochloride p. 112, **beta-blockers**, disopyramide p. 110, flecainide acetate p. 110, **procanamide** (available from 'special-order' manufacturers or specialist importing companies), and propafenone hydrochloride p. 111.

### Supraventricular and ventricular arrhythmias

Amiodarone hydrochloride is used in the treatment of arrhythmias, particularly when other drugs are ineffective or contra-indicated. It can be used for paroxysmal supraventricular, nodal and ventricular tachycardias, atrial fibrillation and flutter, and ventricular fibrillation. It can also be used for tachyarrhythmias associated with Wolff-Parkinson-White syndrome. It should be initiated only under hospital or specialist supervision. Amiodarone hydrochloride may be given by intravenous infusion as well as by mouth, and has the advantage of causing little or no myocardial depression. Unlike oral amiodarone