

Marquette County EMS Medical Control Authority

Vagal Maneuvers Procedure

Part 1, Section 2
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Purpose: Outline the purpose of Valsalva Maneuvers. ALS procedure only.

I. Indications

- A. Narrow Complex Tachycardia
- B. Stable Supraventricular Tachycardia

II. Contraindications

- A. Patient < 8 years old.

III. Equipment Needed

- A. EKG Monitor
- B. Patent vascular access
- C. Oxygen
- D. Blood Pressure Monitor (Automatic or Manual)

IV. Procedure

- A. Ensure that patient has oxygen applied, a patent IV, and is on a cardiac monitor and a blood pressure monitor. Run an EKG strip during the procedure. Monitor blood pressure at one-minute intervals before, during, and immediately following the procedure.
- B. Instruct the patient to cough forcefully several times.
- C. If this is ineffective:
 - 1. Explain the Valsalva Maneuver to the patient.
 - 2. Instruct the patient to perform the Valsalva Maneuver:
 - a. Have patient take a deep breath and bear down (i.e. straining) while sitting with the upper body bent forward.
 - b. Maintain this maneuver for as long as possible.

V. Documentation

- A. Document the results of initial assessment, indications for procedure, and resolution, if any.
- B. Include the EKG recording of the entire procedure.

AUTHENTICATION AND APPROVAL



Marquette County EMS Medical Director
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