

High Yield Associations Cardio for Step 1

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EKGs

- Irregularly irregular with no p waves and inconsistent RR intervals
 - High Yield new onset
 - MC risk factors
- Regular PP intervals and RR intervals but no association between P and R
 - High Yield associations (2)
- Greater than 3 distinct P morphologies
 - High Yield association
- Short PR interval with prolonged QRS
 - High yield medication and side effects
- Undulating QRS
 - High yield causes (6), treatment
- Atrial fibrillation
 - Hyperthyroidism
 - CAD, HTN
- Third Degree Heart Block
 - Lyme Disease, Baby from Lupus mom
- Multifocal Atrial Tachycardia
 - COPD
- Wolff Parkinson White
 - Procainamide, SLE
- Torsades
 - Ondansetron, macrolides, FQN, haloperidol, IA antiarrhythmics, TCA
 - Magnesium for treatment

EKGs

- Low amplitude with beat variation, pulsus paradoxus and distant heart sounds, JVD
- Disorder of repolarization leads to prolonged QT
 - W/ deafness, Mode of inheritance
 - W/o deafness, Mode of inheritance
- Pseudo RBBB
 - MC, mode of inheritance
- Diffuse STE
- Cardiac tamponade
- Long QT
 - Jervell and Lange-Nielsen syndrome, AR
 - Romano Ward, AD
- Brugada
 - Asian males, AD
- Pericarditis

Murmurs

(bolded phrases words are essentially pathognomonic)

- Systolic, crescendo-decrescendo, **radiates to carotids**, louder with squatting, quieter with valsalva
 - MC pathology, earlier onset
- Systolic, louder with valsalva, quieter with squatting, S4 auscultated
 - Path, MC genetics
- Holosystolic murmur that **radiates to the axilla**
- Late systolic murmur with **midsystolic click**, louder with valsalva
- Aortic Stenosis
 - Calcification aortic valve, bicuspid valve
- HOCM (subset of hypertrophic)
 - Myofibril disarray, AD
- MR
- MVP

Murmurs

(bolded phrases words are essentially pathognomonic)

- **Continuous machine-like murmur**
 - High yield infection
- **Wide, fixed and split S2**
- Holosystolic, harsh-sounding murmur
 - High yield association
- Diastolic murmur with **opening snap**
- Blowing diastolic murmur
 - PE findings
 - High yield associations
- Late systolic/continuous murmur, may radiate to back
- PDA
 - Rubella
- ASD
- VSD
 - Down Syndrome, Alcohol
- MS
- AR
 - Widened pulse pressure, **head bobbing, bounding pulses in nails**
 - Aortic root dilation in setting of connective tissue disorders, syphilis (tree bark)
- Coarctation of the Aorta
 - Turner Syndrome
 - **High BP in upper extremities, low BP in lower extremities, notched ribs on CXR**

Post-MI

- MC death cause of death post MI (first 24 hours)
- New friction rub (1-3 days)
- New holosystolic murmur radiates to axilla (2-7)
 - Cause, arterial supply
- Hypotension, JVD, low voltage EKG (5-14 days)
- Step-up in O₂ concentration, holosystolic murmur
 - Cause
- Low fever, CP, friction rub weeks after MI
- Arrhythmia
- Fibrinous pericarditis
- MR
 - Rupture of papillary muscle, posterior descending artery
- Ventricular free wall rupture (leads to tamponade)
- VSD
 - Rupture interventricular septum
- Dressler

CHF

- Causes systolic HF (reduced EF)
 - DCM causes
 - Type of hypertrophy
- Causes diastolic HF (preserved EF)
 - HCM type of hypertrophy
 - RCM causes
- MI or dilated CM
 - Coxsackie B, wet beriberi, Chagas, Doxorubicin, hemochromatosis, sarcoidosis, peripartum CM
 - Eccentric
- Hypertrophy or restrictive CM
 - Concentric hypertrophy
 - Postradiation fibrosis, Loffler, amyloidosis, sarcoidosis, endocardial fibroelastosis, hemochromatosis

CHD

- Treatment early cyanotic CHD
 - Drug of choice
- Embryology failure truncus arteriosus
- Transposition of great vessels embryology
 - MC association
- Kid playing and all of a sudden squats
 - How does this work?
- Association Ebstein anomaly
- High yield coarctation of aorta
- Surgery and maintenance of PDA
 - PGE
- Failure of aorticopulmonary septum formation
- Failure of spiraling aorticopulmonary septum
 - Babies of diabetic mothers
- Tetralogy of Fallot
 - Exercising increased R to L shunting, squatting increased resistance in systemic system so that R sided circulation to the lungs became the lower pressure system
- Lithium
- Turners

CHD

- VSD associations
- Marfan cardiac manifestations
- 22q11 syndromes
- Alcohol, Down syndrome
- MVP, thoracic aortic aneurysm, aortic regurgitation, aortic dissection
- Truncus arteriosus, tetralogy of Fallot