



Steps to Obtain a Better 12-Lead

12-leads must be obtained within 10 minutes of initial patient contact.

Ideal patient positioning is flat to 30 degrees head elevation.

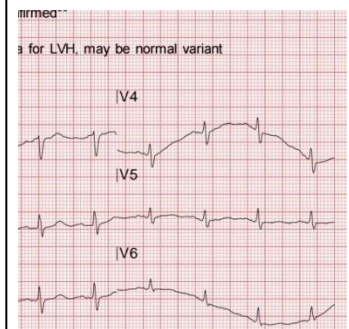


Good Skin Contact

- Use new electrodes. Ensure the gel is not dry. If there is artifact, consider changing the electrodes.
- Hair interferes with good contact. Consider shaving the area.
- Lotions, dead/dry skin and sweat can interfere with good contact. Wipe the area with a towel or gauze. Consider wiping the area with an alcohol pad to remove oils or lotions.
- Consider the location of the electrodes. If it is on a bony, fatty or very muscular area, consider relocating the electrode slightly.

Minimize Motion

- Ensure the ambulance is stopped.
- Ensure the patient is still and relaxed. Their arms and legs should be supported and their head resting. Muscle tension from holding their head up or arms in a particular way can increase artifact.
- The patient should not be talking while the 12 lead is being obtained.
- If breathing is causing artifact, have them hold their breath for a few seconds.
- If the patient is shivering or shaking, keep them warm or consider treating their pain



Eliminate Interference

- Sources of interference can include cell phones, power lines, equipment and implanted stimulators.
- Either turn the item off or move the patient further away from the source.
- If an implanted device is the source, you may not be able to obtain a good tracing.



Culprit Electrode	Will show artifact in
Right Arm (RA)	Leads I and II (but not III)
Left Arm (LA)	Leads I and III (but not II)
Left Leg (LL)	Leads II and III (but not I)
The specific V lead with artifact	Individual V lead