

## Palpitations Guidelines

This is a guide to the clinician in primary care to aid in decision making around further investigation and referral.

Management In Primary Care	Refer to Cardiology*		Refer to A&E
<ul style="list-style-type: none"> <li>• Skipped beats</li> <li>• Thumping beats</li> <li>• Short fluttering</li> <li>• Slow pounding and</li> <li>• Normal ECG and</li> <li>• No family history and</li> <li>• No structural heart disease</li> <li>• Ectopics</li> </ul>	<b>General Cardiology</b> <ul style="list-style-type: none"> <li>• History suggests recurrent tachyarrhythmia</li> <li>• Palpitations with associated symptoms</li> </ul> <p>AND/OR</p> <ul style="list-style-type: none"> <li>• Abnormal ECG</li> </ul> <p>AND/OR</p> <ul style="list-style-type: none"> <li>• Known Structural heart disease</li> </ul>	<b>Specialist Arrhythmia</b> <ul style="list-style-type: none"> <li>• Patients with T-Loc plus; <ul style="list-style-type: none"> <li>• FH of SCD &lt;40yrs</li> <li>• Significant heart disease</li> <li>• Abnormal ECG</li> <li>• T-Loc with exercise</li> </ul> </li> <li>• Sudden Cardiac Death (SCD) screening</li> <li>• Treatment for PAF and persistent AF plus; <ul style="list-style-type: none"> <li>• Symptomatic</li> <li>• Congestive HF</li> </ul> </li> <li>• Paroxysmal Tachycardia</li> </ul>	<b>Patients presenting acutely unwell with:</b> <ul style="list-style-type: none"> <li>• Palpitations</li> <li>• 2<sup>nd</sup>/3<sup>rd</sup> degree heart block</li> <li>• Syncope with injury</li> <li>• Syncope with known structural heart disease</li> <li>• Myocardial infarction / cardiomyopathy / LVH / heart failure</li> </ul>

\*Provider will depend on what service has been locally commissioned