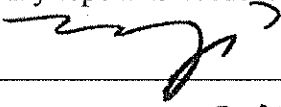


Subject: Scope of Practice/Procedure – ALS  
Valsalva Maneuver

Associated Policies:

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- I. Indications
  - A. Stable supraventricular tachycardias without signs of decreased cardiac output (hypotension and decreased level of consciousness).
- II. Therapeutic Effects
  - A. Vagal stimulation causes slowing of the sinus node and decreased AV conduction.
- III. Contraindications
  - A. None.
- IV. Equipment
  - A. Heart Monitor/Defibrillator.
  - B. Patent IV if time allows
  - C. 10 ml syringe.
- V. Procedure
  - A. Administration of oxygen per Policy # 6030.
  - B. Place the patient on the heart monitor.
  - C. Start an IV TKO if time allows.
  - D. Obtain 12 Lead for diagnostic purposes if available and patient is stable.
  - E. Run a continuous rhythm strip throughout the procedure.
  - F. Use the “REVERT” method:
    - 1. Place patient in a reclined position at 45%.
    - 2. Ask the patient to take a deep breath and blow into the tip of a 10 ml syringe strong enough to move the plunger for 15 seconds or bear down against a closed glottis, much like straining for a bowel movement.
    - 3. Following the 15 seconds, lay the patient supine and raise their legs to 45% for an additional 15 seconds. Maintain their legs straight during this process. Then lower their legs and return patient to the semi-reclined position.
  - G. Observe monitor for changes for an addition 30 seconds.
  - H. Reassess vital signs.
  - I. May repeat as needed.

Approved:  Date: 4-16-20

Approved as to Form: 2 Karst Date: 4-16-20