

**BITESIZED**  
TEACHING



# Bradycardia

BITESIZED  
TEACHING

## Bradycardia

Bradycardia is when the heart beats more slowly. The average human heart rate is between 60 and 100 beats per minute. A heart rate under 60 beats per minute is bradycardia. It is more common in people over the age of 65 or in physically fit people.

**Signs and Symptoms**

- Drop in blood pressure
- Dizziness
- Tiredness
- Fainting
- Shortness of breath
- Chest pain or palpitations
- Confusion or trouble concentrating

**Causes**

Some people can be born with bradycardia. However, it can be caused by other factors:

- Heart attack
- Diseases such as coronary heart disease
- Hypothyroidism
- Medications such as beta blockers
- Congenital heart problems

**Ward Based Management**

- Manual recordings of heart rate and rhythm
- Other clinical observations
- Blood sugars
- Monitoring general health presentation
- Organise an ECG
- Inform a doctor