

A second method of determining heart rate is shown below:



- ✧ The heart rate is 300 beats/min when 2 consecutive QRS complexes are one 5-mm-division (200 ms) apart.
- ✧ By the same token, the heart rates are 150, 100, 75, 60, and 50 beats/min when 2 consecutive QRS complexes are two, three, four, five, and six 5-mm-divisions (400, 600, 800, 1000, 1200 ms) apart respectively.
- ✧ If the distance between 2 consecutive QRS complexes does not equal to a whole number of 5-mm-divisions, a rough estimate of the heart rate will have to be made as shown in the tracing.

This method is particularly useful in determining heart rates at different times in a tracing in which the rhythm is irregular:

