
VALSALVA MANEUVER

1. **INTRODUCTION:** The Valsalva maneuver may be used to convert SVT to a normal sinus rhythm or to differentiate between differing types of supraventricular tachyarrhythmias in stable, cooperative patients in a supraventricular rhythm
2. **ACTION:** Release of acetylcholine by stimulation of the vagus nerve causing a slowing of the heart rate by depressing activity of the pacemaker site
3. **CONTRAINDICATIONS:**
 - 3.1 pediatric patients
 - 3.2 unstable patients
 - 3.3 uncooperative patients
4. **PROCEDURE:**
 - 4.1 Establish IV access
 - 4.2 Forced expiration against a closed glottis
 - 4.3 Have the patient hold his/her breath and bear down