



Isolated arrhythmia, bradycardia, syncope and antiarrhythmic drugs

We know that the normal heart rate is between 60 and 100 beats per minute. Occasionally, it is normal to find figures below or above these, depending on an individual's characteristics or personal situation.

Arrhythmia is **any alteration to the heart rate**, whether due to a change in its characteristics or **due to inadequate variations in heartbeat**.

Some keys

- 1** The **extra isolated atrial and ventricular beats**, and a wandering atrial pacemaker are benign arrhythmias that do not require treatment, unless they are quite symptomatic or lead to more severe arrhythmias.
- 2** A **vasovagal syncope** is a process common in younger persons when neurovegetative symptoms trigger vasodilation, bradycardia, hypotension and, finally, loss of consciousness. It is preceded by other symptoms like nausea, vomiting, yawning, sense of being hot, abdominal pain, paleness, sweating, etc.
- 3** **Bradycardias** are slower heart rates, under 60 beats per minute, which may occasionally cause symptoms. These may be manifested by syncope, shortness of breath with exertion, tiredness and heart failure.
- 4** **Antiarrhythmic drugs** play an essential role in most arrhythmias, but with limitations. Certain precautions must be taken, as these may even worsen or favor the appearance of other arrhythmias.

Road safety recommendations for drivers with arrhythmias



General advice

Though, in general, they feel well, it is advisable for them to refrain from driving for their own safety and that of others while control has not yet been achieved and the risk of adverse reactions to medication exist.



Isolated atrial beats

- Eliminate stimulants, like coffee and tobacco.
- Do not drive if taking sedative drugs that decrease reflexes and cause drowsiness.
- Those cases associated with a higher risk of sudden death should not drive.



Bradycardias

- Refrain from driving until their cause is diagnosed and treatment is effective.
- In case of having an adapted pace maker, you may drive once a doctor report confirms its effectivity.



Avoid excessive heat in the car,

Stop every hour to drink plenty of water and urinate when feeling the urge to.



If premonitory symptoms arise while driving,

Park as soon as possible in an area to avoid the risk of an accident, relax, lay down with the feet raised, and if the symptoms persist and it is feasible, request aid.



The insecurity of a driver who fears fainting incapacitates him or her for driving,

And this fear may even cause a syncope. If under treatment for this anguish with anxiolytics, these drugs may cause sleepiness and prevent driving.