



Valsalva Maneuver

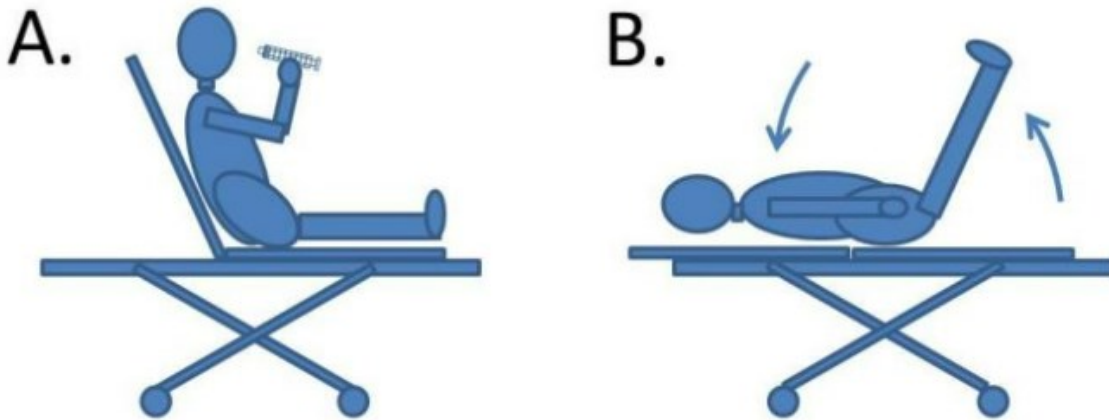
Advanced EMT

Paramedic

PROCEDURE

- Modified Valsalva Maneuver should be attempted on all patients who can follow instructions:
 - Place patient in Fowler's position
 - Supply patient with an empty 10cc syringe
 - Instruct the patient to take a full deep breath and exhale forcefully into the hub end of the syringe
 - As the patient is near the end of exhalation, do the following rapidly and simultaneously:
 - Drop the head of the stretcher to supine position
 - Lay the patient down fully
 - Raise the patient's legs from the ankles until they are as perpendicular with the ground as possible
- If a patient cannot follow instructions:
 - Place the patient supine and apply an ice pack to the face for 30 seconds

REFERENCE GRAPHICS



KEY POINTS

- Valsalva maneuvers should only be attempted on stable patients
- If patient is unstable, or Valsalva maneuver is unsuccessful, refer to Tachycardiac with Pulses Practice Guideline (or other appropriate Practice Guideline)

Modified Valsalva



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