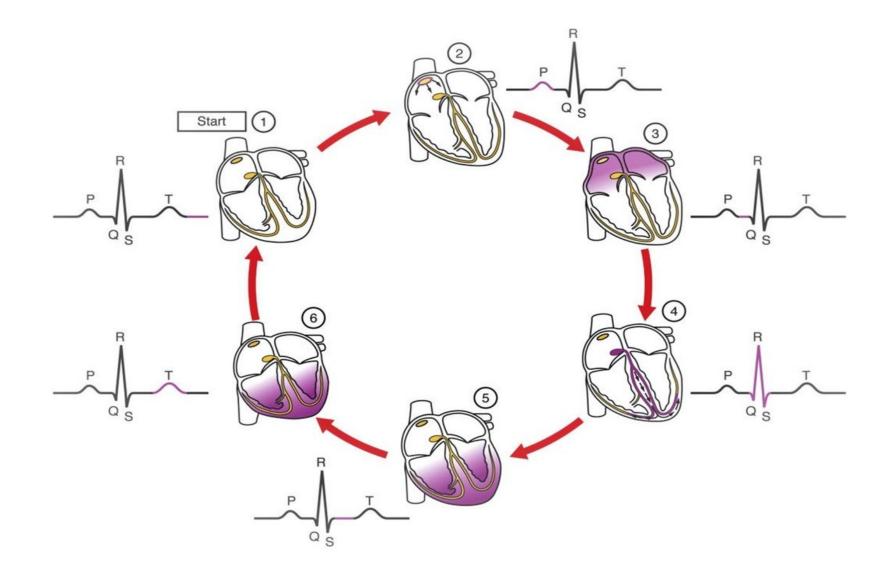
Chapter 19 (3)

### The Cardiac Cycle



### **Learning Objectives**

- Describe the Cardiac Cycle
- Describe events that occur during the systolic phase and diastolic phase of the cardiac cycle

# **Cardiac Cycle**

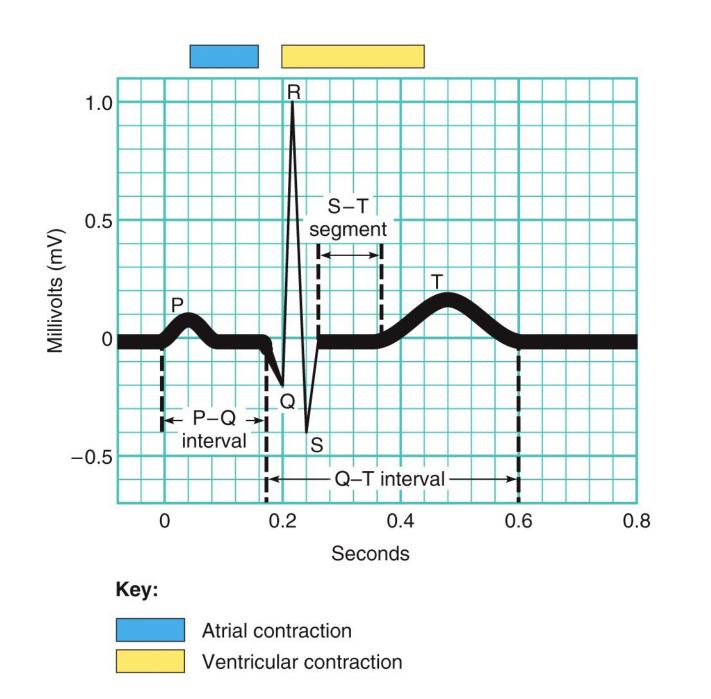


- Cardiac cycle one complete contraction and relaxation of all four chambers of the heart (0.8 sec)
- Atrial systole (atrial contraction) occurs during ventricles diastole (ventricle relaxation)
- Ventricular systole (ventricle contraction) occurs during atrial diastole (atrial relaxation)
- Quiescent period occurs when all four chambers are relaxed at same time (diastolic phases)

# **Timing of Cardiac Cycle**



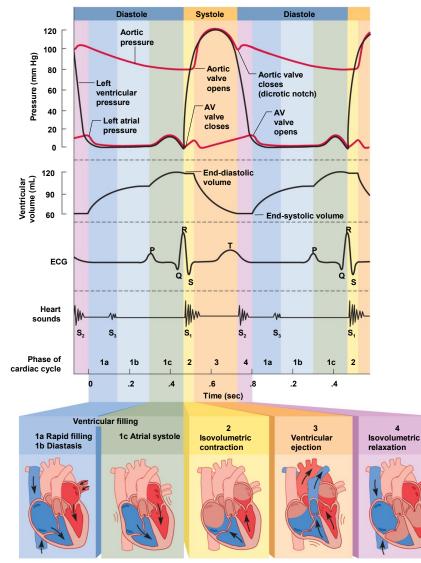
- In a resting person
  - atrial systole last about 0.1 sec
  - ventricular systole about 0.3 sec
  - quiescent period, when all four chambers are in diastole, 0.4 sec
- Total duration of the cardiac cycle is therefore 0.8 sec // 75 bpm
- To analyze these events which occur in all four chambers, it is best to follow the events that occur in a single chamber.
- We will focus on events which occur in a ventricle.



Four Phases of the Cardiac Cycle (events occurring in one ventricle)



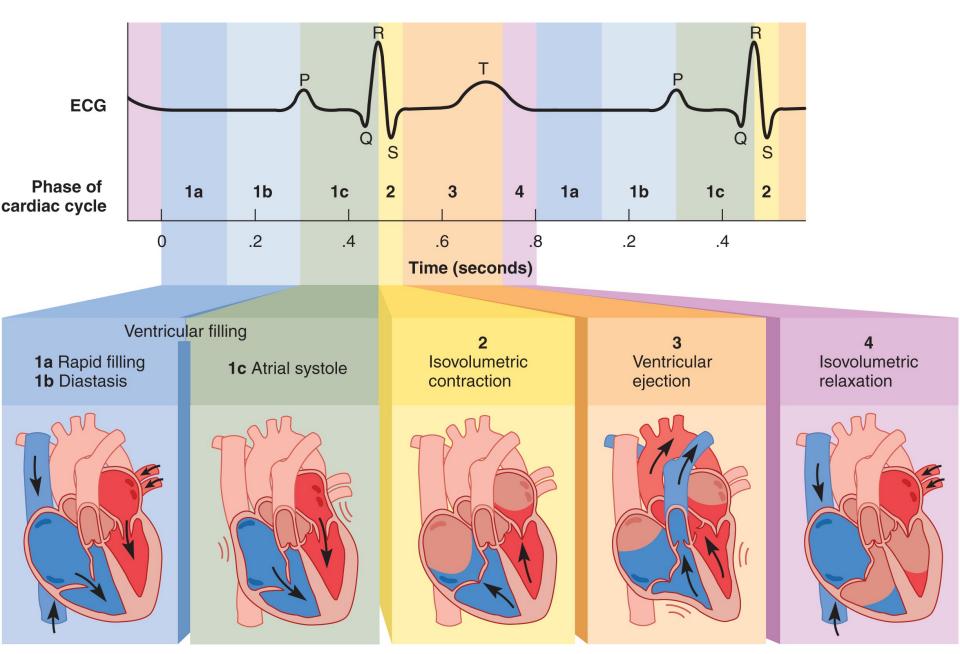


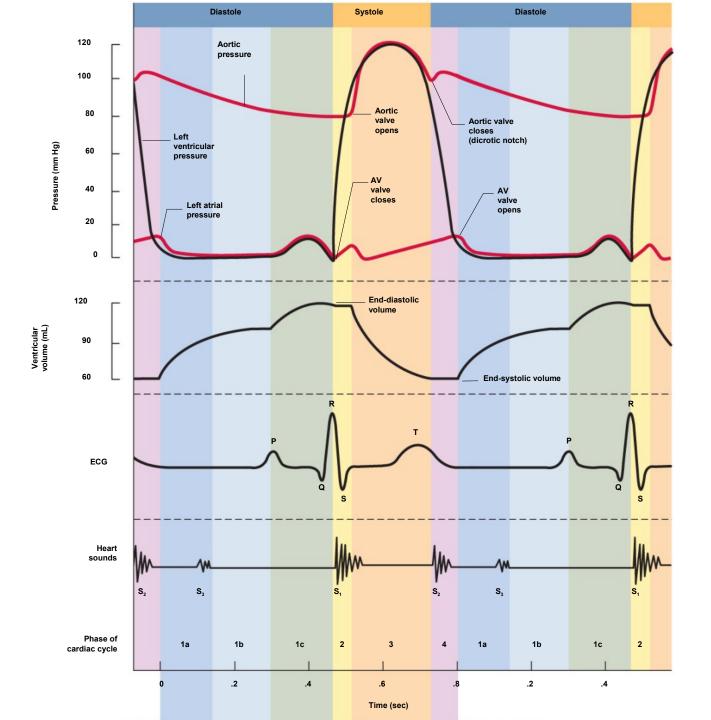


- ventricular filling
- isovolumetric contraction
- ventricular ejection
- isovolumetric relaxation

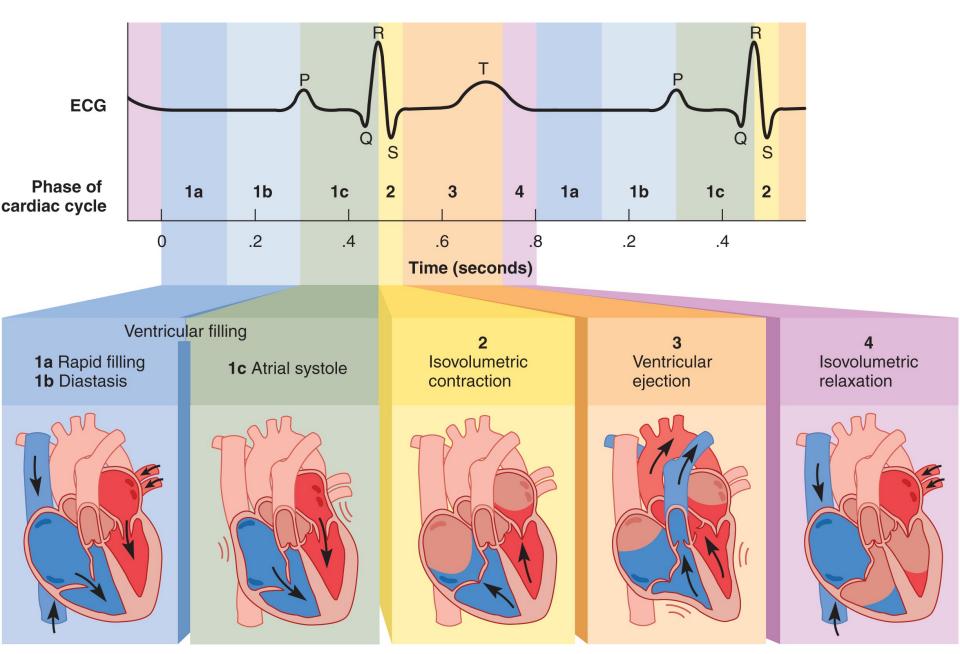
 The right and left ventricles eject the same volume of blood. Why?

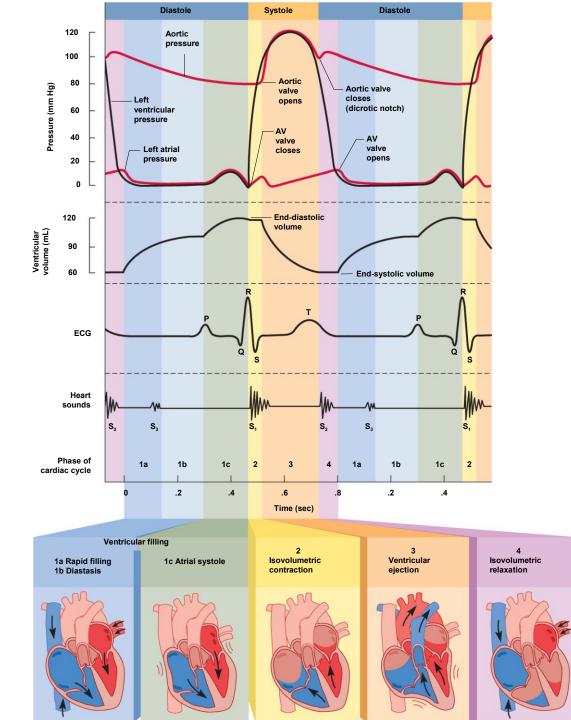
#### **Phases of Cardiac Cycle**





#### **Phases of Cardiac Cycle**









- Occurs during ventricular diastole
  - Ventricles relax and expand
  - Ventricular pressure drops below pressure in atria
  - AV valves open and blood flows into the ventricles

### **Events of Ventricular Filling (2 of 3)**

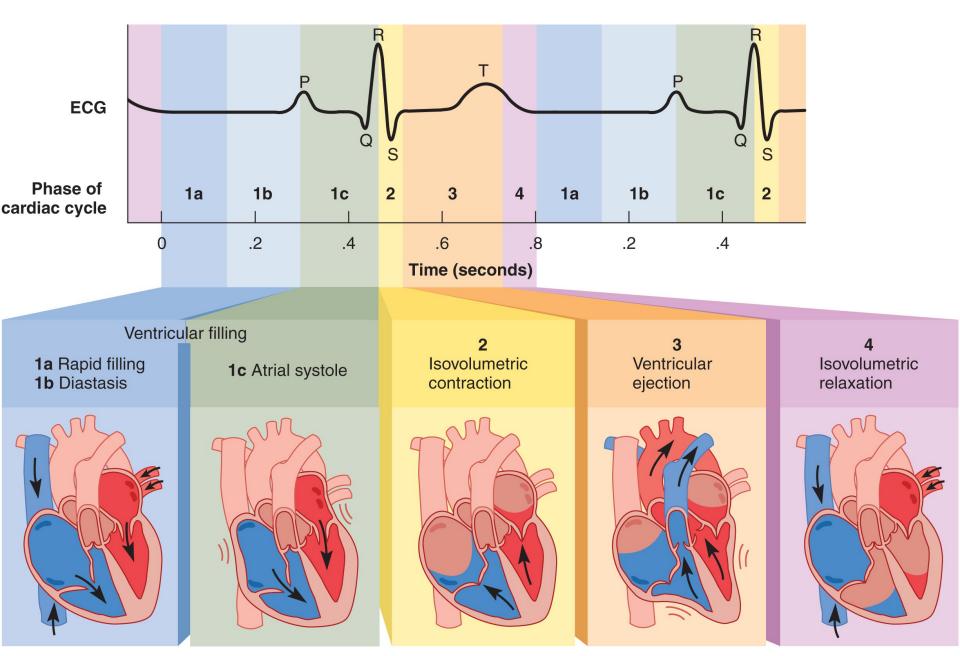
- Ventricular filling occurs in three phases:
  - rapid ventricular filling first one-third
    - blood enters very quickly / passive and occurs before atrial systole begins
  - diastole continues in atria second one-third
    - marked by slower filling
    - P wave occurs (depolarization occurs)at the end of diastasis
  - atrial systole final one-third occurs with atria contraction
- What is the clinical significance for a patient with with atrial fibrillation (Afib)?
   Ventricular fibrillation?



### **Events of Ventricular Filling (3 of 3)**

- End-diastolic volume occurs when ventricles stop filling with blood (EDV)
  - this is the amount of blood contained in ventricles at the end of ventricular filling
  - same volume will be in the right and left ventricle // must never be different
  - 130 mL of blood in each ventricle at end of ventricular diastole in resting state

#### **Events of Ventricular Filling**



### **Events of Iso-volumetric Contraction (1 of 2)**



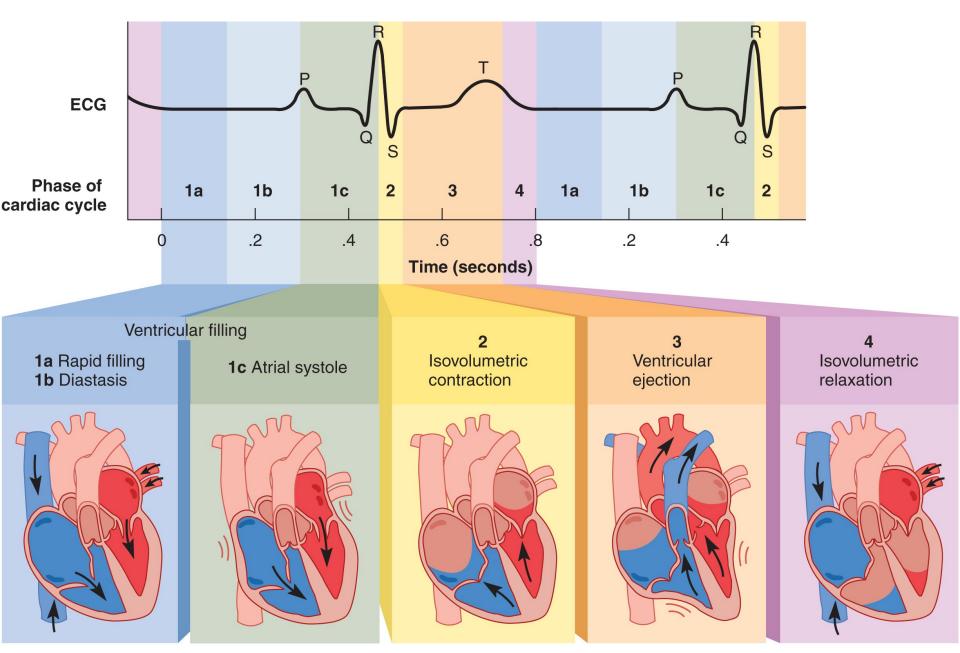
- Iso-volumetric describes condition in ventricles when both semilunar valves and atrial-ventricular valves are both closed
- During isovolumetric contraction the atria repolarize and they are in diastole // remain in diastole for the rest of the cardiac cycle
- Now ventricles depolarize (enter systole contraction)
  - this initiates the QRS complex
  - depolarization followed by the contraction
  - pressure in ventricles start to increase
- AV valves close as ventricular blood pressure increases // forcing blood to surge back against the AV cusps /// heart sound S<sub>1</sub> occurs at the beginning of this phase // closing of AV valves
- Semilunar values are still closed from previous cycle /// therefore both AV values and semilunar values are both closed!

### **Events of Iso-volumetric Contraction (1 of 2)**



- Now entering the 'isovolumetric' contraction phase
- Ventricles contracting but they do not eject blood
- Why? --- both AV and semilunar values are BOTH STILL CLOSED
  - Semilunar valves are closed because pressure in the aorta (80 mm Hg) and in pulmonary trunk (10 mm Hg) is still greater than in the pressure in the two ventricles
- Cardiocytes exert force, but with all four valves closed, the blood cannot go anywhere // This results in rapid increase in ventricular pressure

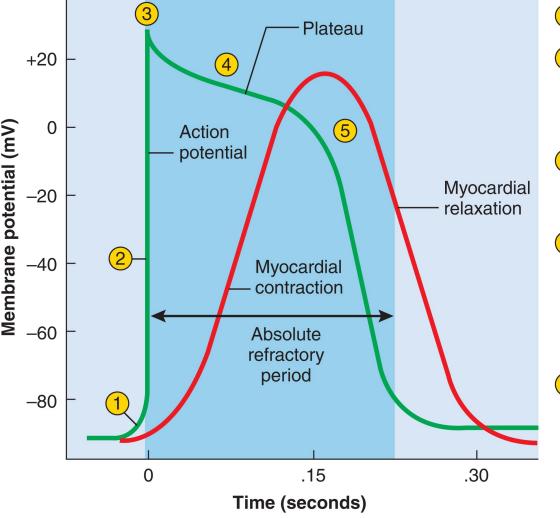
#### **Events of Iso-volumetric Contraction**



### **Events of Ventricular Ejection (1 of 2)**

- Ejection of blood begins when the <u>ventricular pressure</u> <u>exceeds afterload in pulmonary trunk and aorta and</u> forces <u>semilunar valves open</u>
  - pressure peaks in left ventricle at about 120 mm Hg and 25 mm Hg in the right
- Blood ejected out of each ventricle rapidly at first rapid ejection
- Followed by slower rate of blood ejection because reduced pressure – reduced ejection
- Ventricular ejections last about 200 250 msec // this corresponds to the plateau phase of the cardiocyte action potential

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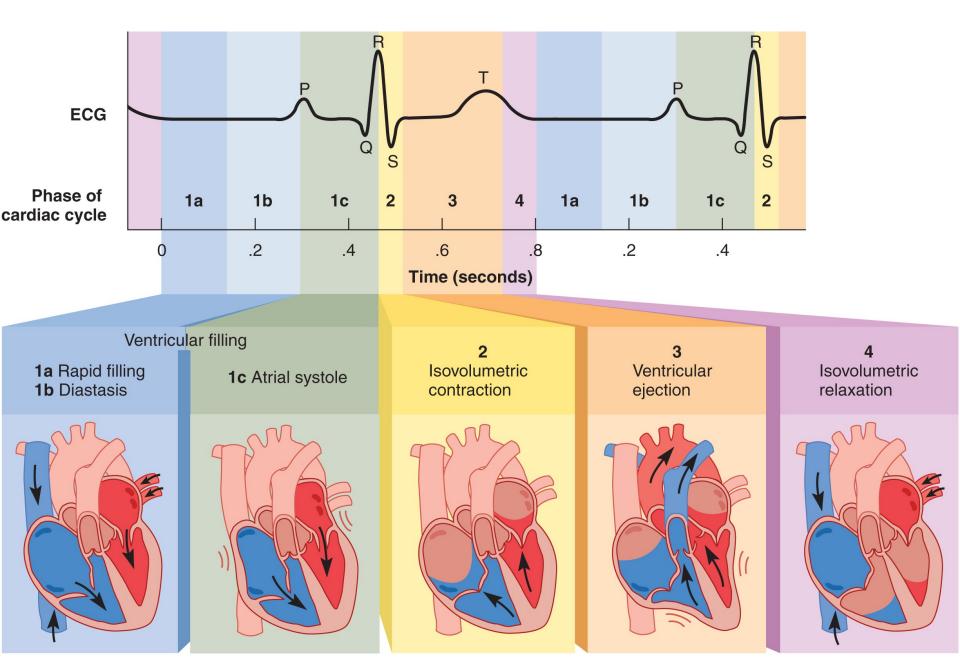


1) Voltage-gated Na<sup>+</sup> channels open.

- 2 Na<sup>+</sup> inflow depolarizes the membrane and triggers the opening of still more Na<sup>+</sup> channels, creating a positive feedback cycle and a rapidly rising membrane voltage.
  - 3 Na<sup>+</sup> channels close when the cell depolarizes, and the voltage peaks at nearly +30 mV.
- 4 Ca<sup>2+</sup> entering through slow Ca<sup>2+</sup> channels prolongs depolarization of membrane, creating a plateau. Plateau falls slightly because of some K<sup>+</sup> leakage, but most K<sup>+</sup> channels remain closed until end of plateau.
- 5 Ca<sup>2+</sup> channels close and Ca<sup>2+</sup> is transported out of cell. K<sup>+</sup> channels open, and rapid K<sup>+</sup> outflow returns membrane to its resting potential.

- Stroke volume (SV) = 70 mL of blood from the 130 mL of blood in each ventricle (resting state volumes)
  - ejection fraction of about 54%
  - as high as 90% in vigorous exercise
  - long prolonged contraction of ventricles associated with slow calcium channels // the plateau of the myocardiocyte action potential
- End-systolic volume (ESV) // 60 mL of blood left behind
- T wave occurs at the end of this phase as ventricles repolarize and then enter diastole

#### **Events of Ventricular Ejection**



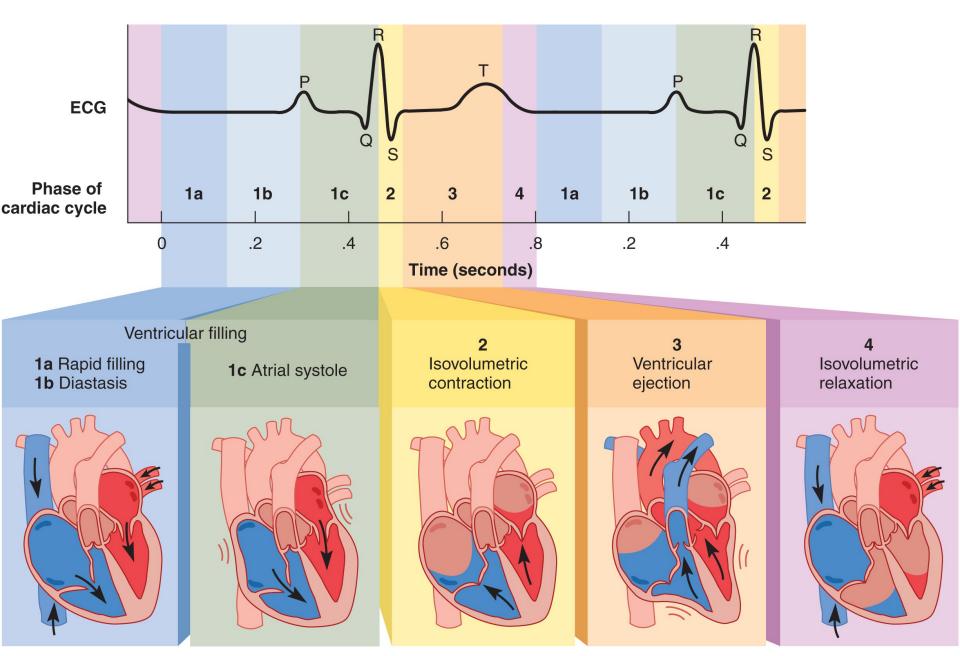
### **Isovolumetric Relaxation**

- Occurs during early ventricular diastole /// when T wave ends and the ventricles enter diastole (muscle relaxes)
- Diastole of ventricles cause pressure to drop in ventricles
  - due to elastic recoil from blood inside the aorta and pulmonary truck- now the blood in these vessels starts to flow towards the ventricles
  - this reverse flow of blood fill the "cusps" of the semilunar valves and closes the semilunar valves
  - creates a slight pressure rebound that appears as the dicrotic notch of the aortic pressure curve
  - AV valves are still closed because pressure in ventricles are still greater than the pressure in the atria – isovolumetric relaxation!



- heart sound S<sub>2</sub> occurs as blood closes semilunar valves
- isovolumetric because semilunar valves are closed and AV still closed
- ventricles are unable to receive blood
- when pressure in atria exceed ventricluar pressure then AV valves open again to renew ventricular filling

#### **Isovolumetric Relaxation**



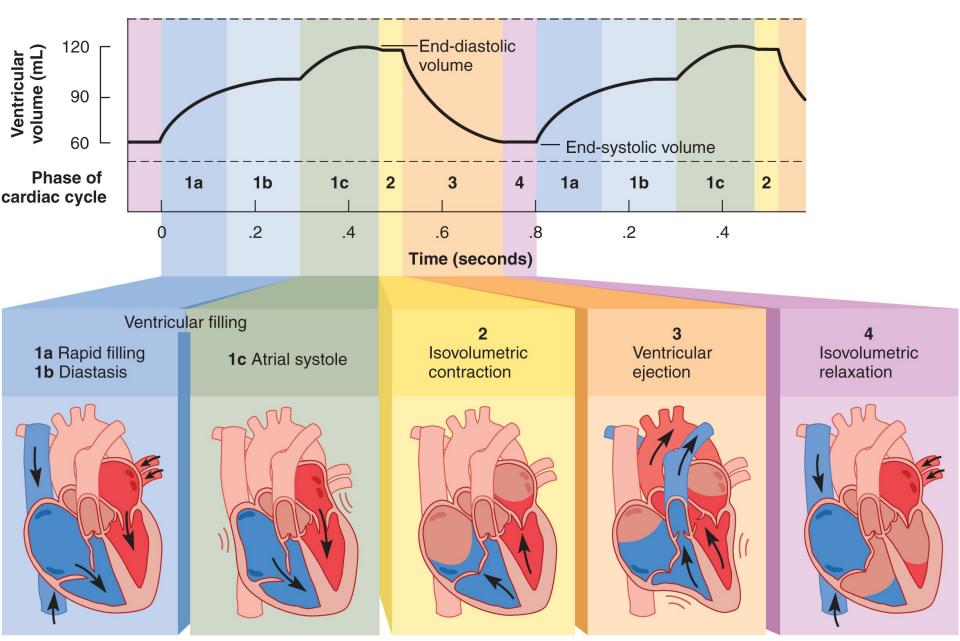
### **Overview of Volume Changes**

end-systolic volume (ESV)	60 ml
<ul> <li>passively added to ESV during atrial diastole</li> <li>added to ESV by atrial systole</li> </ul>	30 ml 40 ml
Total end-diastolic volume (EDV)	130 ml
stroke volume (SV) / blood ejected ejected by ventricular systole	-70 ml
end-systolic volume (ESV)	60 ml

Note: both ventricles must eject same amount of blood



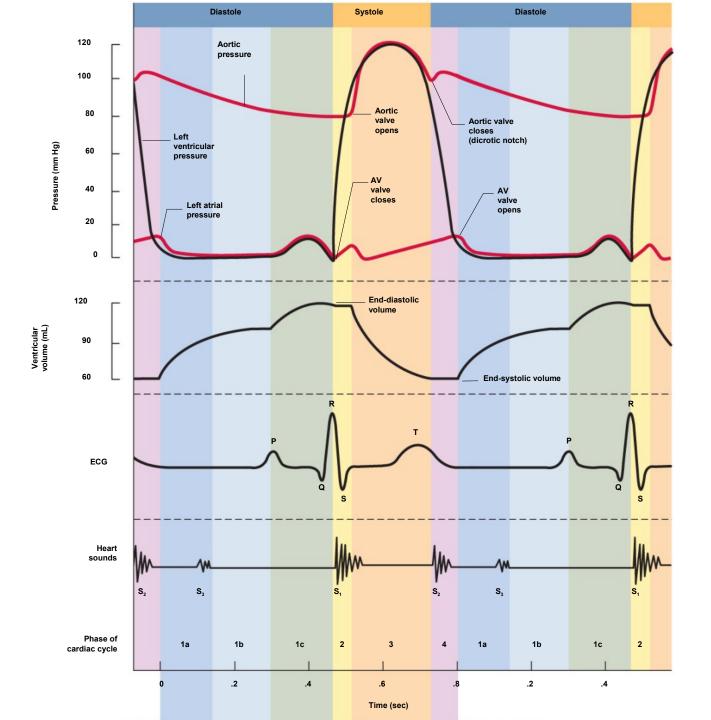
#### **Overview of Volume Changes**



# **Heart Sounds**



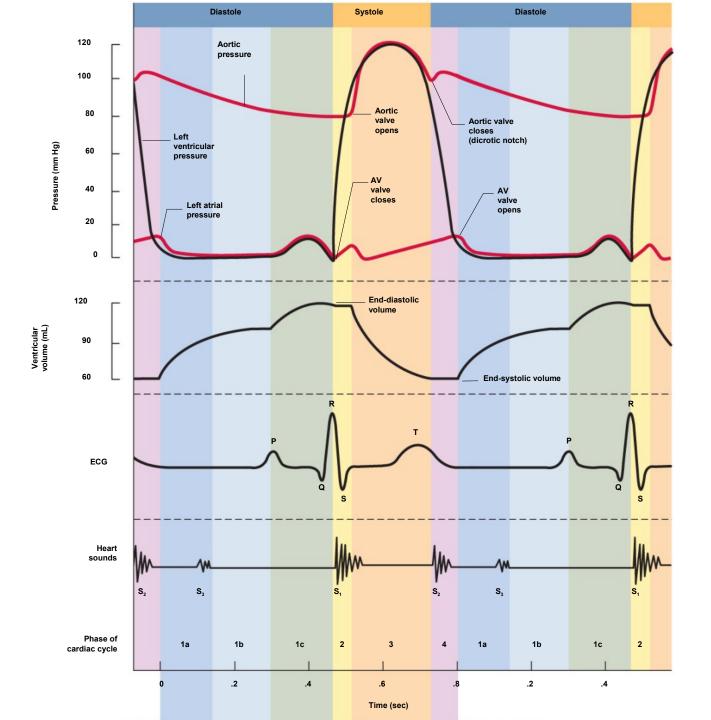
- auscultation listening to sounds made by body
- first heart sound (S<sub>1</sub>), louder and longer "lubb", occurs with <u>closure of AV valves</u>, turbulence in the bloodstream, and movements of the heart wall
- second heart sound (S<sub>2</sub>), softer and sharper "dupp" occurs with <u>closure of semilunar valves</u>, turbulence in the bloodstream, and movements of the heart wall
- S<sub>3</sub> rarely heard in people over 30



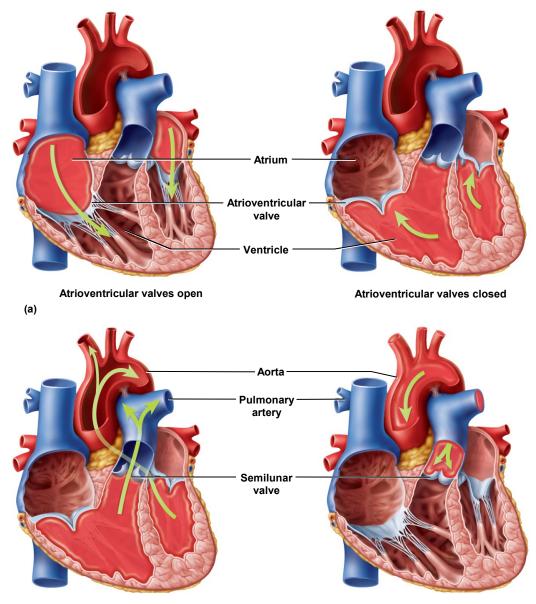
#### **Pressure Gradients / Blood Flow / Valve Function**



- Fluid flows only if it is subject to a pressure gradient /// fluid flows down a pressure gradient from high pressure to low pressure
- Follow events that occur on left side of heart (note: similar events occur on the right side of the heart but with lower blood pressure / left and <u>right heart</u> <u>functions must occur simultaneously</u>)
  - when ventricle relaxes and expands (this allows ventricles to fill with blood (this is pre-load in ventricle) // occurs as ventricle internal pressure falls
  - if bicuspid valve is open, blood flows into left ventricle
  - when ventricle starts to contract, pressure increases blood flow towards atria / this closes AV valves (What prevents prolapse?)
  - after AV valves closes, pressure in ventricle continues to rise // the aortic valve is now pushed open (overcoming after-load = the pressure above semilunar valves in plumonary truck and aorta) /// when afterload pressure is exceeded in ventricles, blood is ejected blood flows into aorta



### **Operation of Heart Valves**



Semilunar valves open

Semilunar valves closed

### Cardiac Output = stroke volume X heart rate



- CO about 4 to 6 L/min at rest (test figure 5.25 L per min)
  - This means a RBC leaving the left ventricle will arrive back at the left ventricle in 1 minute (approximately 5 L of blood in circulates)
  - vigorous exercise increases CO during event
    - Fit person up to 21 L/min
    - World class athlete up to 35 L/min
- Cardiac reserve the difference between a person's maximum and resting Cardiac Output



### Cardiac Output Changed By

cardiac output = stroke volume x heart rate

Volume of blood ejected by ventricle in 1 minute

CO = 70 ml / Beat x 75 Beat / Minutes = 5.25 L / Min

Cardiac Output May Be Changed By

chronotropic effects (time // related to the heart rate)

inotropic effects (related to contraction force called contractility // increase contractility will increase stroke volume)

## **Heart Rate and Cardiac Output**



- Heart rate varies throughout life
  - infants have HR of 120 bpm or more
  - young adult females avg. 72 80 bpm
  - young adult males avg. 64 to 72 bpm
  - heart rate rises again in the elderly

- Positive chronotropic agents factors that raise the heart rate
- Negative chronotropic agents factors that lower heart rate
- Positive inotropic agents factors that increase force of contraction
- Negative inotropic agents facors that decrease force of contraction

### cardiac output = stroke volume x heart rate

• Key Idea:

When at rest, CO is "regulated" so CO = 5.25 L / min /// Why?

- Therefore if stroke volume increases due to conditioning then HR will fall
- Stoke volume increases with exercise because ventricle hypertrophy
- This means the heart is not working as hard /// therefore it may "last longer"!!!!
  - SV increases with fitness /// SV decreases with disease and aging
  - to keep cardiac output constant as we increase in age, <u>the heart rate</u> increases as the stroke volume decreases

### The other factor that influence cardiac output

- Three variables govern stroke volume:
  - **Preload** (more preload = more SV = more blood ejected!)
  - After load (blood pressure in aorta which resist ejection of blood from heart) /// if afterload increases there is more resistance to eject blood / result in less SV)
  - **Contractility** = inotropic influence = as force of myocardiocyte contraction increases results in more SV
- Net result:
  - increased preload or increasing the contractility increases stroke volume
  - increased after load causes decrease stroke volume

### **Preload and Stroke Volume**

- Preload the amount of tension (caused by filling of the ventricles) in myocardium immediately before it begins to contract
  - as you Increase preload you increase force of contraction
  - exercise increases venous return, preload, and stretches myocardium
  - cardiocytes generate more tension (not like skeletal muscle / no tension length relationship)
  - increased cardiac output matched to increased venous return
- Frank-Starling Law of the Heart  $SV \propto EDV$ 
  - stroke volume is proportional to the end diastolic volume
  - ventricles eject as much blood as they receive
  - <u>the more they are stretched, the harder they contract</u> // not like skeletal muscle

### **Afterload and Stroke Volume**

- After load the blood pressure in the aorta and pulmonary trunk immediately distal to their semilunar valves (ie the pressure above these valves)
  - opposes the opening of aortic and pulmonary semilunar valves
  - limits stroke volume
- Hypertension increases after load and opposes ventricular ejection // overtime cause hypertrophy of heart // enlarged heart is very bad!



#### What causes cor pulmonale?

- Anything that <u>impedes circulation</u> in either the systemic or pulmonary circuit may also increase after load (pressure above semilunar valve)
- E.g. // lung diseases will restrict blood flow into pulmonary circulation // blood "backs up" /// pressure "builds up" above the pulmonary semilunar valve
- Cor pulmonale results in right ventricular failure due to <u>obstructed pulmonary circulation</u>
  - These diseases <u>obstruct pulmonary circulation</u> through lungs: emphysema, chronic bronchitis, and black lung disease

### Inotropic VS Chronotropic



- Positive inotropic agents that increase contractility
  - hypercalcemia can cause strong, prolonged contractions and even cardiac arrest in systole
  - catecholamines increase calcium levels
  - glucagon stimulates cAMP production
  - digitalis raises intracellular calcium levels and contraction strength



- Negative inotropic agents reduce contractility
  - hypocalcemia can cause weak, irregular heartbeat and cardiac arrest in diastole
  - hyperkalemia reduces strength of myocardial action potentials and the release of Ca<sup>2+</sup> into the sarcoplasm
  - vagus nerve has an effect on atria (the nodes) which reduces heart rate
  - However....few vagus nerves innervate myocardiocytes in ventricles /// therefore vagus has no significant negative inotropic effect

- Autonomic nervous system does not initiate the heartbeat,
  - ANS modulates the rhythm and force
- Cardiostimulatory effect some neurons of the cardiac center transmit signals to the heart by way of sympathetic pathways
- Cardioinhibitory effect others transmit parasympathetic signals by way of the vagus nerve

- Sympathetic postganglionic fibers are adrenergic
  - they release norepinephrine  $/\!/$  binds to  $\beta\mbox{-adrenergic receptors}$  in the heart
  - activates c-AMP second-messenger system in cardiocytes (and nodal cells) --- result in 3 important events
    - leads to the opening of slow Ca<sup>2+</sup> channels in plasma membrane / fibers contract more quickly
    - opens calcium channels in sarcoplasmic reticulum / fibers contract more quickly
    - cAMP accelerates the uptake of Ca<sup>2+</sup> by the sarcoplasmic reticulum // fibers relax more quickly
    - net result is ability to accelerate heart rate up to 240 bpm!

- Parasympathetic (vagus nerves) are cholinergic fibers // inhibitory effects on the SA and AV nodes
  - acetylcholine (ACh) binds to muscarinic receptors (cAMP mediated)
  - opens K<sup>+</sup> gates in the nodal cells
  - as K<sup>+</sup> leaves the cells, they become hyperpolarized and fire less frequently
  - heart slows down
  - parasympathetic effect on the heart is faster than sympathetic effect



- Vagal Tone (parasympathetic tone)
  - the heart has a intrinsic "natural" firing rate of 100 bpm
  - this means if both sympathetic and parasympathetic fibers are cut to the SA node the heart rate is faster!!!! why?
  - vagal tone holds down this natural heart rate to 70 – 80 bpm at rest /// caused by steady background firing rate of the vagus nerves

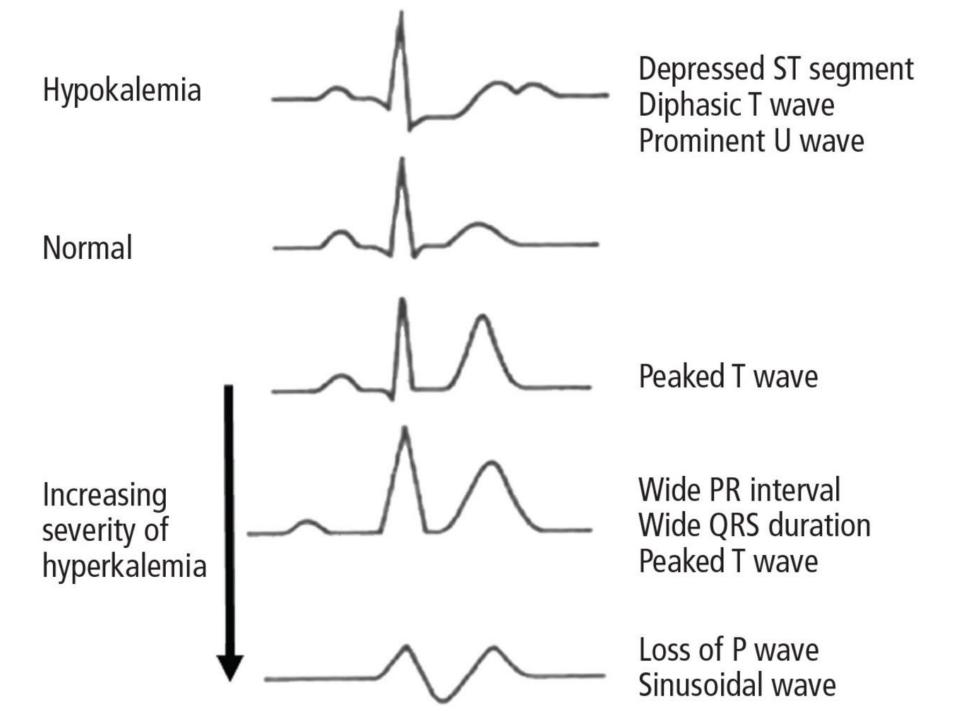
# **Chronotropic Chemicals**



- Chemicals may effect heart rate // in addition to the neurotransmitters from cardiac nerves
  - blood born adrenal catecholamines (NE and epinephrine) are potent cardiac stimulants

- Drugs that stimulate the heart
  - nicotine stimulates catecholamine secretion from adrenal gland
  - thyroid hormone increases number adrenergic receptors on heart so more responsive to sympathetic stimulation
  - caffeine inhibits cAMP breakdown /// therefore can prolong the adrenergic effect

- Electrolyte : K<sup>+</sup> has greatest chronotropic effect
  - hyperkalemia (higher than normal concentration in blood)
    - Result / to much K<sup>+</sup> diffuses into cardiocytes / non excess K<sup>+</sup> cytoplasm
    - Membrane voltage elevated // now resting potential closer to threshold
    - As K concentration increases sodium leaking channels down regulated
    - Repolarization harder to achieve
    - Myocardium becomes less excitable
    - heart rate slows and becomes irregular
    - May arrest in diastolic phase
  - hypokalemia (lower than normal concentration in blood)
    - K<sup>+</sup> diffuses out of the cardiocytes
    - cells hyperpolarized / membrane potential more negative
    - require increased stimulation to reach threshold / harder to stimulate heart
  - Potassium imbalances are very dangerous and require emergency medical treatment!
  - What may happen after a crush injury to the arm?

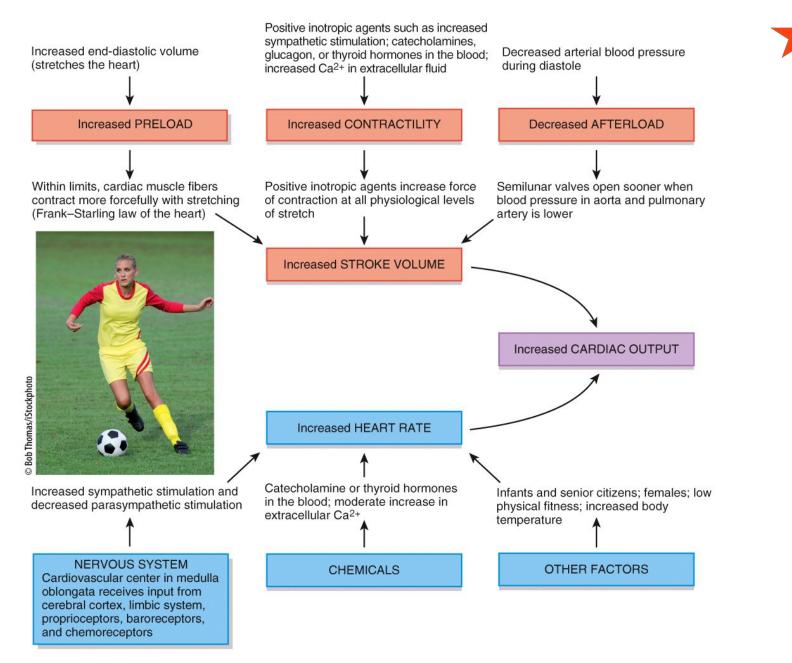


#### **Chronotropic Effects of Electrolytes**

- Electrolyte : Ca<sup>2+</sup> also affect heart rate (greater effect on contraction strength)
  - hypercalcemia excess of Ca<sup>2+</sup>
    - decreases heart rate and contraction strength
    - slow heart rate
  - hypocalcemia deficiency of Ca<sup>2+</sup>
    - increases heart rate
    - rare condition
    - Greater effect is on nerve fibers causing action potential in somatic nerve fibers going to skeletal muscles (like diaphragm) / death from respiratory arrest!

#### Why May Extreme Chronotropic Effects Reduce Stroke Volume?

- By accelerating the rate of contraction (how fast calcium is added to sarcoplasm) and then accelerating the reuptake of calcium into sarcoplasmic reticulum to increase rate of relaxation --- heart rate is increased!
- Sympathetic NS (norepinephrine) able to increase the heart rate as high as 240 bpm
  - At 240 bpm both stroke volume and cardiac output are reduced
  - Why? Note: at these high heart rates / diastole becomes too brief for complete filling of the ventricles!!!!



Great slide! Study this to learn key events.

# **Heart Function Terms**

 Pulse pressure – surge of pressure produced by each heart beat that can be felt by palpating a superficial artery with the fingertips

- Tachycardia resting adult heart rate above 100 bpm
  - stress, anxiety, drugs, heart disease, or fever
  - loss of blood or damage to myocardium

- Bradycardia resting adult heart rate of less than 60 bpm
  - in sleep, low body temperature, and endurance trained athletes

### **Exercise and Cardiac Output**

- Exercise improves heart functon
- Exercise will strengthen the heart resulting in an increase stroke volume
- Then heart rate can be slower and still reach target cardiac output (5.25 L/min)
- This will now increase cardiac reserve
- Exercise stimulate proprioceptors in skeletal muscles that send signal to cardiac center
  - at <u>beginning of exercise</u>, signals from joints and muscles reach the cardiac center
  - sympathetic output from cardiac center increases cardiac output
  - increased muscular activity /// increases venous return // increases
     preload /// results in an increase cardiac output

#### <u>increases in heart rate and stroke volume will cause an increase in cardiac</u> <u>output</u>

### **Exercise and Cardiac Output**

- Exercise will cause moderate <u>ventricular</u>
   <u>hypertrophy</u>
  - Result = increased stroke volume /// will allow heart to beat more slowly while at rest
  - this increases cardiac reserve in the athlete so they can tolerate more exertion during performance than a sedentary person
  - Note: a condition that causes a "pathologic enlarged heart" will reduce total ventricular volume and stroke volume then is decreased
  - therefore heart rate will need to increase to keep CO at 5.25 L/min // more stress on heart

### Valvular Insufficiency

 Valvular insufficiency (incompetence) // any failure of a valve to prevent reflux (regurgitation) the backward flow of blood

- Valvular stenosis cusps are stiffened and opening is constricted by scar tissue
  - May result of <u>**rheumatic fever**</u> *III* autoimmune attack on the mitral and aortic valves
  - heart now overworked and may become enlarged

### Valvular Insufficiency

 Heart murmur – abnormal heart sound produced by regurgitation of blood through incompetent valves

- Mitral valve prolapse insufficiency in which one or both mitral valve cusps bulge into atria during ventricular contraction
  - hereditary in 1 out of 40 people
  - may cause chest pain and shortness of breath

# **Congestive Heart Failure**



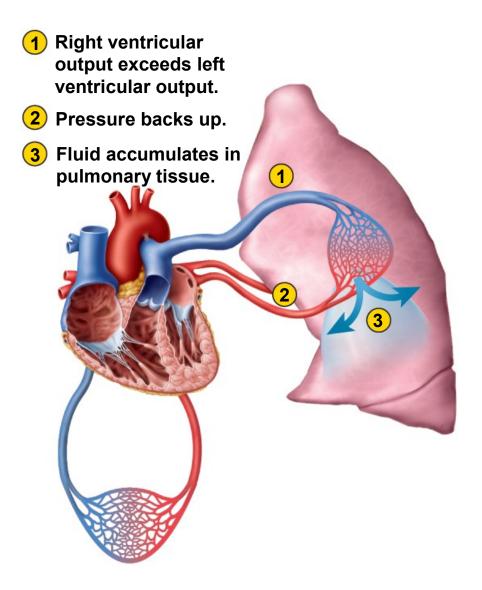
- The circulatory system is a closed system. The amount of blood ejected should be the same volume as blood returning.
- CHF occurs when one either ventricle ejects less than the normal volume of blood
- One ventricle ejects proper amount of blood while the other ventricle ejects less blood
- The ventricle which ejects less blood is the failing ventricle
- Usually due to a heart weakened by
  - myocardial infarction
  - chronic hypertension
  - valvular insufficiency
  - congenital defects in heart structure.

#### Congestive Heart Failure By Left Ventricular Failure

- Left ventricle ejects less blood (e.g. Rt V ejects 70 ml and Lt V ejects 50 ml)
- Rt. Ventricle is ejecting 20 ml more blood than Lt.
   ventricle during each cardiac cycle
- Extra "20 ml" most go somewhere // it accumulates in the lung interstitial space // pulmonary edema
- shortness of breath and/or sense of suffocation

#### **Unbalanced Left Ventricular Output**





### Left ventricular failure results in pulmonary edema

Note:

Cor pulmonale will also results in pulmonary edema

Due to lung emphysema and other disease states which cause restriction (fibrosis) in lung tissue

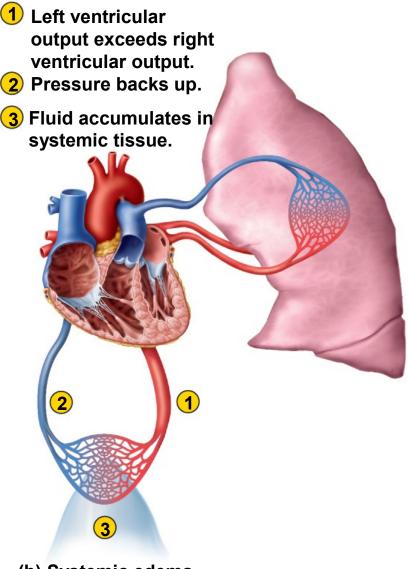
Enlarged right heart // these condition will contribute to right heart failure

#### Congestive Heart Failure By Right Ventricular Failure

- Right ventricle ejects less blood (e.g. Lt V ejects 70 ml and Rt V ejects 50 ml)
- Left ventricle ejects extra 20 ml of blood per cardiac cycle
- Rt ventricle can not receive the total volume so extra 20 ml filters into the systemic interstitial space // systemic edema seen primarily in the legs
- enlargement of the liver, ascites (pooling of fluid in abdominal cavity), distension of jugular veins, swelling of the fingers, ankles, and feet
- Note: Either condition will lead eventually to total heart failure

#### **Unbalanced Right Ventricular Output**





Right ventricular failure results in systemic edema

Fluid accumulates in legs.

(b) Systemic edema

# Shock – Loss of Blood Pressure



#### Hypovolumic

- Hemorrhage
- Loss of blood
- Loss of blood pressure

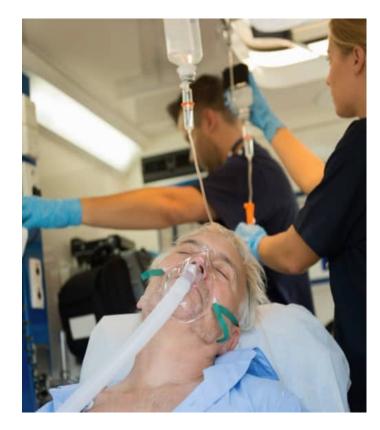
#### Cardiac Shock

- Lower heart rate
- Falling blood pressure

#### Neurogenic Shock

- Decrease in sympathetic tone to arterioles
- Arteriole dilation
- Falling blood pressure
- Anaphylactic shock antigen causes systemic basophile degranulation

# Shock



**Compensated Shock** 

- Increase blood pressure
- Increase respiration
- Constriction of arterioles
- Pale cool skin

**Decompensated Shock** 

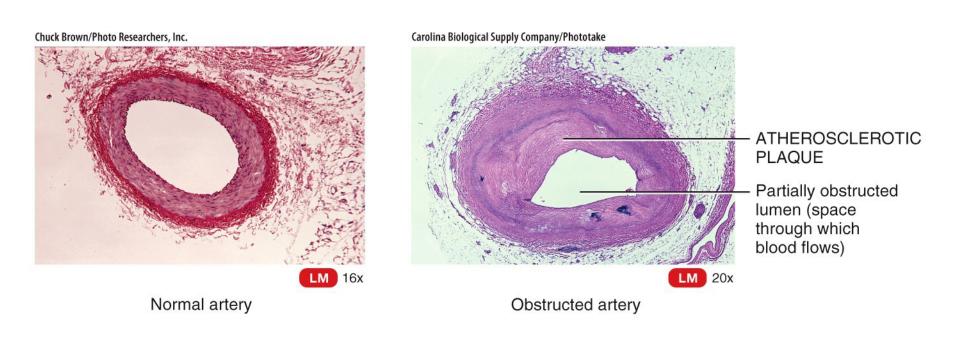
- Low blood pressure
- Lack of perfusion
- Falling blood pressure

Irreversible Shock

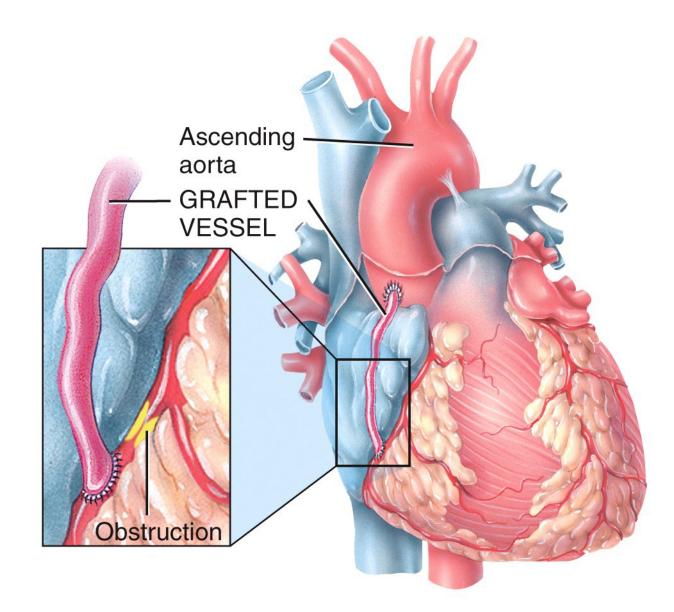
- Perfusion to organs can not be restored
- Cell damage / death
- Organ damage / death



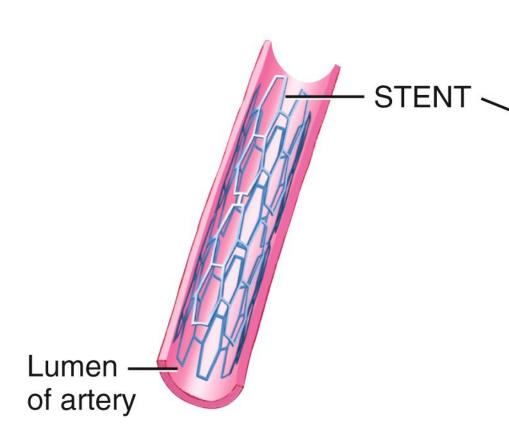
#### **Pathology in Heart's Arteries**



What is arteriosclerosis?

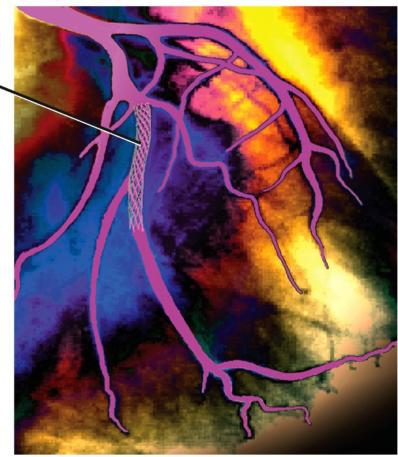


(a) Coronary artery bypass grafting (CABG)



(c) Stent in an artery

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(d) Angiogram showing a stent in the circumflex artery