First Degree and Second Degree Mobitz Type I (or Wenckebach)
Heart Block in Your Child

Normal Heart
Sinus rhythm: The heart works like an electrical pump. The sinoatrial (SA) or sinus node is the heart’s natural pacemaker. It controls the heart rate. The sinus node sends an electrical signal to the top chambers of the heart called the atria. This causes them to contract. The atrioventricular (AV) node is like an electrical conduction cable that sends the signal to the lower chambers of the heart called ventricles. This causes them to contract.

First Degree Heart Block
First degree heart block is a delay in sending the electrical signal between the SA node and the ventricles. First degree AV block can be normal if it happens at rest or during sleep. The time it takes to send the signal from the SA node to the ventricles should shorten during exercise or with increased heart rates. With first degree AV block every atrial beat sends an electrical signal to the ventricles. Your cardiology provider may suggest more tests and clinic visits.

Second Degree Mobitz Type I (or Wenckebach)
Wenckebach is a gradual delay in sending the electrical signal from the SA node to the ventricles with each beat until there is a single dropped beat. This type of heart block may be normal during rest or sleep, but is not normally seen at increased heart rates or during exercise. Your cardiology provider may suggest more tests and clinic visits.

Signs and Symptoms
Most infants and children have no signs or symptoms of first degree AV block or Wenckebach.

Testing
A member of the health care team does a complete exam and a health history.
An electrocardiogram (ECG or EKG) is done to look at the heart’s electrical activity. Normal numbers for the heart’s electrical conduction system depend on your child’s age. Electrical conduction in the heart gradually slows with age.

A Holter monitor is a 24 or 48 hour recording done to help evaluate the heart’s conduction system.

**Who Do I Call With Questions?**
Your child’s doctor, nurse, or clinic staff can answer any questions. Our phone number is *(608) 263-6420.* Please ask for Pediatric Cardiology.

AFCH Pediatric Cardiology Website: [www.uwhealth/kidshearts](http://www.uwhealth/kidshearts).