

### **Pediatric Advanced Life Support (PALS) Course**

**Aim:** to improve outcomes for pediatric patients by preparing healthcare providers to effectively recognize and intervene in patients with respiratory emergencies, shock, and cardiopulmonary arrest by using high-performance team dynamics and high-quality individual skills. The course includes a series of case scenario practices with simulations that reinforce important concepts. Upon successful completion of all the patient cases, students must pass the multiple-choice exam with a minimum score of 84%.

**Course Objectives:** At the end of the course, participants should be able to:

- Perform high-quality cardiopulmonary resuscitation (CPR) per American Heart Association (AHA) basic life support (BLS) recommendations
- Differentiate between patients who do and do not require immediate intervention
- Recognize cardiopulmonary arrest early and begin CPR within 10 seconds
- Apply team dynamics
- Differentiate between respiratory distress and failure
- Perform early interventions for respiratory distress and failure
- Differentiate between compensated and decompensated (hypotensive) shock
- Perform early interventions for the treatment of shock
- Differentiate between unstable and stable patients with arrhythmias
- Describe clinical characteristics of instability in patients with arrhythmias
- Implement post–cardiac arrest management

#### ***Agenda for PALS Course***

DAY 1	
8:30	<b>Course Introduction</b>
8:35	<b>Lesson 1:</b> Course Overview
8:40	<b>Lesson 2:</b> Science of Pediatric Resuscitation
8:50	<b>Lesson 3A:</b> Child High-Quality BLS Practice
9:15	<b>Lesson 3B:</b> Infant High-Quality BLS Practice
9:40	<b>Lesson 4:</b> CPR Coach and High-Performance Teams
10:10	<b>Lessons 5A and 5B:</b> BLS Testing Stations: Child and Infant High-Quality BLS Tests*
10:40	<b>Lessons 6A and 6B:</b> Overview of Systematic Approach; Secondary Assessment
11:15	<b>Lessons 7A-7C:</b> Management of Respiratory Emergencies; Respiratory Video Case Discussions; Learning Station: Airway Management
12:15	<i>Lunch Break</i>

12:45 **Lessons 8A-8C:** Management of Shock Emergencies; Shock Video Case Discussions; Learning Station: Vascular Access

1:45 **Lessons 9A-9C:** Management of Arrhythmia Emergencies; Arrhythmia Video Case Discussions; Learning Station: Rhythm Disturbances/ Electrical Therapy

2:45 **Lesson 10:** Management of Post–Cardiac Arrest Care

3:00 *Class Ends*

**DAY 2**

8:30 **Recap**

08:40 **Lesson 12:** Case Scenario Practice with Simulations

11:10 *Break*

11:30 **Lesson 12:** Case Scenario Practice with Simulations Continuation

2:00 **Lesson 13:** Case Scenario Testing

3:00 **Lesson 12:** Class Ends and Remediation