

PALS Study Guide 2020 Guidelines



Pre-Course Requirements

The PALS course now requires a mandatory Precourse Self-Assessment **and** Precourse Work with a passing score of at least 70%. Students may take the self-assessment as many times as needed. Please bring your Certificate of Completion with you to the PALS class or email in advance to info@showmecpr.com. Instructions for processing the Precourse Requirements are included in your registration confirmation.

PALS Written Exam

The ACLS Provider exam is 50 multiple-choice questions, with a required passing score is 84%. All AHA exams are now "open resource" which means student may use the PALS manual, study guides, handouts and personal notes during the exam. Using the PALS Provider Manual ahead of time with the online resources is very helpful.

BLS Review for Child and Infant

Assessment Steps for BLS

- Make sure scene is safe
- Tap/shout to check for responsiveness
- Call for help if patient is unresponsive
- Check for pulse and breathing for at least 5 but no more than 10 seconds
- If no pulse (or not sure if there is a pulse) begin CPR
 - If alone and witnessed collapse, immediately activate EMS/AED before CPR
 - If alone and not witnessed, do 2 minutes of CPR before activating EMS/AED

Breaths During CPR

- Compressions to breaths ratio 30:2 if single rescuer
- Compressions to breaths ratio 15:2 with 2 rescuers
- Each breath given over 1 second
- An ineffective breath will result in visible chest rise
- CPR with ETT: 1 breath every 2-3 seconds with continuous compressions
- Verify ETT placement: waveform capnography

Effective Team Dynamics

1. Clear roles and responsibilities: Team leader should clearly delegate tasks
2. Knowing your limitation: Stay in scope of practice / ask for a new role if inappropriately assigned
3. Constructive interventions: If someone is about to make a mistake address that team member immediately
4. Knowledge sharing
5. Summarizing and Re-evaluation
6. Closed loop communication: Repeat back the order
7. Mutual respect

Systemic Approach

Initial Impression

- This is a quick "doorway" assessment looking at the child's Appearance, Work of Breathing, and Circulation
- Is the child in failure or distress?

Primary Assessment

- Airway
- Breathing
- Circulation
- Disability
- Exposure

Secondary Assessment

- Head to Toe Physical
- History: SAMPLE
 - Signs and Symptoms
 - Allergies
 - Medications
 - Past Medical History
 - Last Meal
 - Events leading up to admission

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Table of Contents Fast Response Org Pals Study Guide 2011

1. Understanding the eBook Fast Response Org Pals Study Guide 2011
 - The Rise of Digital Reading Fast Response Org Pals Study Guide 2011
 - Advantages of eBooks Over Traditional Books
2. Identifying Fast Response Org Pals Study Guide 2011
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fast Response Org Pals Study Guide 2011
 - User-Friendly Interface
4. Exploring eBook Recommendations from Fast Response Org Pals Study Guide 2011
 - Personalized Recommendations

- Fast Response Org Pals Study Guide 2011 User Reviews and Ratings
- Fast Response Org Pals Study Guide 2011 and Bestseller Lists
- 5. Accessing Fast Response Org Pals Study Guide 2011 Free and Paid eBooks
 - Fast Response Org Pals Study Guide 2011 Public Domain eBooks
 - Fast Response Org Pals Study Guide 2011 eBook Subscription Services
 - Fast Response Org Pals Study Guide 2011 Budget-Friendly Options
- 6. Navigating Fast Response Org Pals Study Guide 2011 eBook Formats
 - ePub, PDF, MOBI, and More
 - Fast Response Org Pals Study Guide 2011 Compatibility with Devices
 - Fast Response Org Pals Study Guide 2011 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fast Response Org Pals Study Guide 2011
 - Highlighting and Note-Taking Fast Response Org Pals Study Guide 2011
 - Interactive Elements Fast Response Org Pals Study Guide 2011
- 8. Staying Engaged with Fast Response Org Pals Study Guide 2011
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Fast Response Org Pals Study Guide 2011
- 9. Balancing eBooks and Physical Books Fast Response Org Pals Study Guide 2011
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fast Response Org Pals Study Guide 2011
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Fast Response Org Pals Study Guide 2011
 - Setting Reading Goals Fast Response Org Pals Study Guide 2011
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fast Response Org Pals Study Guide 2011
 - Fact-Checking eBook Content of Fast Response Org Pals Study Guide 2011

- Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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