

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 pretest@expresstraining.com. Instructions for accessing 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 effective breath will result in visible chest rise
- CPR with ETT: 1 breath every 2-3 seconds with continuous compressions
- Verify ETT placement: waveform capnography

Compressions

- Compress at least one-third the depth of the chest
- Compress at a rate between 100 – 120/min
- Allow for full Chest recoil between compression
- PETCO₂ (intubated) < 10 mmHg indicates poor compressions
- Interruptions in compressions should be < 10 seconds
- Switch compressors every 2 min.

Rescue Breathing

- For a patient who is not breathing or breathing effectively
- Give 1 breath every 2-3 seconds
- Each breath given over 1 second
- An effective breath will result in visible rise/fall of the chest
- Excessive ventilation decreases cardiac output
- Difficulty positioning airway for patency, place NPA or OPA
- OPA Placement = Measure from the corner of the mouth to the angle of the mandible

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	Primary Assessment	Secondary Assessment
• This is a quick "doorway" assessment looking at the child's Appearance, Work of Breathing, and Circulation • Is the child in failure or distress?	• Airway • Breathing • Circulation • Disability • Exposure	• Head to Toe Physical • History: SAMPLE - Signs and Symptoms - Allergies - Medications - Past Medical History - Last Meal - Events leading up to admission

Pals Study Guide Edogs

JR Anderson



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Table of Contents Pals Study Guide Edoqs

1. Understanding the eBook Pals Study Guide Edoqs
 - The Rise of Digital Reading Pals Study Guide Edoqs
 - Advantages of eBooks Over Traditional Books
2. Identifying Pals Study Guide Edoqs
 - 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 Pals Study Guide Edoqs
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pals Study Guide Edoqs

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

- Fact-Checking eBook Content of Pals Study Guide Edoqs
- 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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