

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 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

- 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

Pals Interim Study Guide 201

IM Harris



Pals Interim Study Guide 201:

Resources in Education ,1998 **Nuclear Power Hazard Control Policy** John C. Chicken,2013-10-22 Nuclear Power Hazard Control Policy presents an analysis of the factors that appear to have influenced the formation and form of nuclear power hazard control policy in Britain Particular attention is directed to those political groups that have developed a special interest in the problems of nuclear power and to the interplay between organized groupings and public opinion generally The metamorphosis of these groupings is traced from the origins of the nuclear industry in World War II to their prominent role during the Windscale Inquiry This volume is comprised of nine chapters and begins with a simple account of the technical nature of nuclear hazards and of the legal and administrative framework that has been developed to control them The subsequent chapters concentrate primarily on the influence exerted by social and political factors Throughout the study emphasis is given to the policy constraint imposed by increased expectations in the form of demands for higher standards of living as well as improvements in the quality of the environment The final chapter describes a model of the policy making system that takes account of the consequences of variation with time in the environment surrounding the system Appendices are included to provide a chronology of the relevant events and a summary of the administrative arrangements that various countries have made to control the safety of nuclear reactors This monograph will be of value to policymakers concerned with the hazards of nuclear power and how to control them Soft Computing and Signal Processing V. Sivakumar Reddy,V. Kamakshi Prasad,Jiacun Wang,K. T. V. Reddy,2021-05-20 This book presents selected research papers on current developments in the fields of soft computing and signal processing from the Third International Conference on Soft Computing and Signal Processing ICSCSP 2020 The book covers topics such as soft sets rough sets fuzzy logic neural networks genetic algorithms and machine learning and discusses various aspects of these topics e g technological considerations product implementation and application issues *Research in Education* ,1969 **The Book of Robert Burns** Charles Rogers,1890 *The book of Robert Burns, by C. Rogers (J.C. Higgins).* Charles Rogers,1890 Federal Register ,2013-11 **Appointments Current Affairs Yearly Review 2021 E-book PDF** testbook.com,2022-01-18 Make yourself aware of the new appointments and resignations with this Appointments Current Affairs Yearly Review 2021 E book and check who is the advisor to PM Chairman of Audit Bureau of Circulations Chief of IAF DG of Indian Coast Guard etc **Current Affairs Yearly Review 2021 E-Book - Download Free PDF!** testbook.com,2022-02-02 This Current Affairs Yearly Review 2021 E Book will help you understand in detail exam related important news including National International Affairs Defence Sports Person in News MoU Agreements Science Tech Awards Honours Books etc The Muslim World Book Review ,2002

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