

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

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
- P_{ET}CO₂(intubated) < 10mmHg 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 ineffective breath will result in visible rise/fall of the chest
- Excessive ventilation decreases cardiac output
- Difficulty positioning airway for patency, place NP 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 limitations: 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 Study Guide 2015

Zhe Xu



Pals Study Guide 2015:

Reviewing **Pals Study Guide 2015**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Pals Study Guide 2015**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Table of Contents Pals Study Guide 2015

1. Understanding the eBook Pals Study Guide 2015
 - The Rise of Digital Reading Pals Study Guide 2015
 - Advantages of eBooks Over Traditional Books
2. Identifying Pals Study Guide 2015
 - 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 2015
 - User-Friendly Interface
4. Exploring eBook Recommendations from Pals Study Guide 2015
 - Personalized Recommendations
 - Pals Study Guide 2015 User Reviews and Ratings
 - Pals Study Guide 2015 and Bestseller Lists

5. Accessing Pals Study Guide 2015 Free and Paid eBooks
 - Pals Study Guide 2015 Public Domain eBooks
 - Pals Study Guide 2015 eBook Subscription Services
 - Pals Study Guide 2015 Budget-Friendly Options
6. Navigating Pals Study Guide 2015 eBook Formats
 - ePub, PDF, MOBI, and More
 - Pals Study Guide 2015 Compatibility with Devices
 - Pals Study Guide 2015 Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Pals Study Guide 2015
 - Highlighting and Note-Taking Pals Study Guide 2015
 - Interactive Elements Pals Study Guide 2015
8. Staying Engaged with Pals Study Guide 2015
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Pals Study Guide 2015
9. Balancing eBooks and Physical Books Pals Study Guide 2015
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Pals Study Guide 2015
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Pals Study Guide 2015
 - Setting Reading Goals Pals Study Guide 2015
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Pals Study Guide 2015
 - Fact-Checking eBook Content of Pals Study Guide 2015
 - 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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