

# 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](mailto:info@showmecpr.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 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<sub>Et</sub>CO<sub>2</sub>(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 Questions

**Kathleen Armour**

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