

Kosciusko Community Hospital

Dear PALS Provider Course student:

Welcome to the PALS Provider Course.

When and Where

The class will be at the Administrative Classroom located at the West end of Kosciusko Community Hospital and will start promptly at 8:00.

What We Sent You

Enclosed are the agenda and your copy of the *PALS Provider Manual*, the *PALS Course Guide*, the student CD and a 3 section pre-test

How to Get Ready

The PALS Provider Course is designed to teach you the lifesaving skills required to be both a team member and a team leader in either an in-hospital or out-of-hospital setting. Because the PALS Provider Course covers extensive material in a short time, you will need to prepare for the course beforehand.

Precourse Requirements

You should prepare for the course as follows:

1. *CPR competency*: Be prepared to pass the child 1-rescuer CPR/AED and infant 1- and 2-rescuer CPR skills test. You will not be taught how to do CPR or how to use an AED during the course. You must know this in advance. The resuscitation scenarios require that your BLS skills and knowledge are current. Review and understand all BLS 2005 guidelines, especially as they relate to the pediatric patient. You may find this information in the *BLS for Healthcare Providers* manual or in other AHA guidelines publications (see www.americanheart.org/cpr).
2. *Practice cases*: Work through the practice cases located on the student CD to familiarize yourself with the "assess-categorize-decide-act" model taught in the course. As you read through each case, try to answer the questions. Check your answers to make sure you understand the concepts.
3. *PALS algorithms and flowcharts*: Be familiar with the PALS algorithms and flowcharts so that you can apply them to clinical scenarios. Note that the PALS course does not present the details of each algorithm.
4. *Course agenda*: Review the course agenda and note course activities where you might need to supplement your knowledge before attending the course.

What This Course Does Not Cover

The PALS Provider Course does not teach CPR, ECG rhythm identification, PALS pharmacology, or algorithms. ***If you do not review CPR and if you do not learn and understand the ECG and pharmacology information in the self-assessment CD-based test, it is unlikely that you can successfully complete the PALS Provider Course.*** You will not be taught how to read or interpret ECG rhythm strips in the course, nor will you be taught details about PALS pharmacology. You must know this in advance.

It is essential that you bring your PALS Course Guide to class; you will need it during each lesson in the course.

You may refer to the *Handbook of Emergency Cardiovascular Care for Healthcare Providers* (optional), and you may bring it to the course to use as a reference during some of the stations in the course.

What to Wear

Please wear loose, comfortable clothing to class. You will be practicing skills that require you to work on your hands and knees, and the course requires bending, standing, and lifting. If you have any physical conditions that might prevent you from engaging in these activities, please tell an instructor. The instructor may be able to adjust the equipment if you have back, knee, or hip problems.

We look forward to welcoming you. If you have any questions about the course, please call Stacie Bobeck at 574-269-8312.

Sincerely,

Stacie Bobeck, PALS Course Coordinator

**Pediatric Advanced Life Support (PALS)
Provider Course Schedule
Kosciusko Community Hospital**

**Course Director: Dr. David Hartman, MD
Lead Instructor: Stacie Bobeck, RN**

Day 1

7:45 a.m. – 8:00 a.m.	Registration & Welcome
8:00a.m. – 8:30 a.m.	Review of Pre-Tests
8:30 a.m. – 9:00 a.m.	Science Overview DVD
9:00 a.m. – 9:30 a.m.	LESSON 7: Resuscitation Team Concepts DVD
9:30 a.m. – 9:40 a.m.	Break
0940 a.m.- 10:00 a.m.	LESSON 9: Overview of Peds Assessment DVD
10:00 a.m. – 11:40 a.m.	LESSON 9: Overview of Core Cases- DVD
11:40 a.m.- 12:40 p.m.	LUNCH (on your own)
12:40 p.m. -1:10 p.m.	CPR/AED Practice & Testing
1:10 p.m. – 4:10 p.m.	Rotate LESSONS 4-6 Lesson 4: Resp. Emergencies with DVD Lesson 5: Rhythm Disturbance/Defib Lesson 6: Vascular Access Combined Case Review Station

Day 2

8:00 a.m. – 8:15 a.m.	Questions Day 1 and Overview of Day 2.....All instructors
8:15 a.m. – 8: 45 a.m.	Video & Discussion on Death and Dying
9:30 a.m. – 11:00 a.m.	PALS Written Test.....Kathy Kostro Scenario Testing Stations.....All Instructors Course Evaluation Completed by students

Instructor to Student Ratio: 1 to 6
Equipment Cleaned after Use: Yes by: Stacie

PALS "ABC" REVIEW

"A" – APPEARANCE

How does the child look?
Does the child look sick?
Is the child alert? (AVPU)
Is the scene safe or do you see anything abnormal at the scene?

3 C's – R/O Toxins
Coma
Convulsions
Cardiac Dysrhythmias

"B" – BREATHING

Is the airway open?
Can the child maintain his airway?
Are there any signs of burns in the airway?

What is the respiratory rate:
40-60 at birth
24 at 24 months
15 at 15 years

Does the child have any stridor (Croup vs Foreign Body)?
Does the child have any retractions (Lift up shirt):

Substernal
Subcostal
Intercostal
Supraclavicular
Tracheal
Nasal Flaring

What is the child's breath sounds?
Course
Wheezing
Wet (pneumonia vs cardiac)

Ventilation Rates:

10 bpm for adults
10-20 bpm for children
30 bpm for infants

Hyperventilation Rates (RARE):

20 bpm for adults
20-30 bpm for children
35 bpm for infants

Arrest Ventilation Rates

10 bpm for adults
10 bpm for children
10 bpm for infants

ETT Size: (Age in Yrs + 16) / 4
Approximate Depth ETT at Lip: 3 X Size of ETT

"C" – CIRCULATION

What is the child's HR?

	<u>Resting HR:</u>	<u>Consider SVT</u>
Birth – 3 months	100-180	>220
3 months – 2 yrs	80-150	>220
2-10 years	70-110	>180
10 – 18 years	55-100	>160

Decompensated Shock = Low BP

0-1 month: 60 mmHg
1 month – 1 year: 70 mmHg
1-10 years: 70 mmHg + (2 X Age in Years)
>10 years: 90 mmHg=

What is your child's color?
What is the child's capillary refill?
What is the child's urine output?
What is the child's fontanel like?
What is the child's LOC
Does the child have a murmur?

FLUID REPLACEMENT:
20 ml/kg of NS or LR

Epinephrine Dosing:
0.1 ml/kg (1:10,000 and 1:1,000)

Kosciusko Community Hospital

Pediatric Advanced Life Support
Evaluation

Participant's Name _____

Date _____

Evaluation Stations Successfully Completed?

Yes

No

#1 CPR/AED Evaluation Station

#2 Scenario Evaluation Station

#3 Written Test Score: _____%

Instructor's Names

Kosciusko Community Hospital

Pediatric Advanced Life Support (PALS) Program and Speaker Evaluation

Date- _____

Program Evaluation	Excellent 4	Good 3	Fair 2	Poor 1	Not Applicable
1. Program met stated objectives					
2. Content covered topic adequately					
3. Course materials were provided to allow for adequate prep time					
4. Instructors provided helpful feedback					
5. Facilities were comfortable & conducive to learning					
6. Program met my personal objectives					
7. I can incorporate program content into my practice					
8. The content enhanced my knowledge of the topics					
9. The courses was well organized					
10. Teaching methods were effective					
11. Over quality of this program					

Speaker Name: _____

Speaker Evaluation	Excellent 4	Good 3	Fair 2	Poor 1	Not Applicable
1. Objectives- Stated measures met					
2. Audiovisual- Contributed to presentation					
3. Covered course content					
4. Presentation- Speaker qualified & held interest					
5. Effectiveness- Speaker was organized & effective					

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PLEASE LIST STRONG POINTS OF COURSE:

PLEASE LIST ANY SUGGESTIONS FOR FUTURE IMPROVEMENT: