



Welcome to the American Heart Association Pediatric Advanced Life Support

Remember to be successful in PALS, it is assumed that you can interpret basic life-threatening cardiac rhythms, determine appropriate treatments, recognize airway issues, and manage fluid resuscitation in shock cases. If this is your first time, we encourage auditing for free, space permitting, as this gives new students a realistic expectation.

- The test is now open-book. You can order or download books directly from the AHA at <https://shopcpr.heart.org/>. You can also borrow, check the reference library at your facility, and we do have copies for everyone to use during class in case you forget yours.
- <https://cpr.heart.org/en/resuscitation-science/cpr-and-ecc-guidelines/algorithms>
This link will take you straight to the algorithms page, where you can view or download/print. They also have a free app: Guidelines on the Go under the CPR/ECC tab are ALL the algorithms. We suggest you focus on the basic ones as well as any pertinent to the area of care you work in. Basic ones are bradycardia, tachycardia, pulseless v-tach/v-fib, PEA/Asystole, and Post Arrest Care.
- **For recertification**, the AHA does REQUIRE the pretest. <https://shopcpr.heart.org/pals-precourse-self-assessment>. It helps dust off the cobwebs. If you are scoring >75-80%, you will likely do well on the written in class. Send us the certificate of completion as soon as you finish so we know you are ready! We will print it for you.
- **For the first time or expired** for a while, the AHA does require the pretest and full provider videos BEFORE class. <https://shopcpr.heart.org/pals-video-precourse-work> We think it's amazing that the AHA has made this a FREE service so that you can prepare/review anytime that you like. Send us the certificate of completion as soon as you finish so we know you are ready! We will print it for you.
- If you feel like you need a rhythm review, we like Skillstat, but there are tons online and in your app store! <http://www.skillstat.com/> make sure you know the life-threatening ones and the ones that make patients unstable: SVT, Brady rhythms, VT/VF, PEA & Asystole.
- Study the H's and T's and ask yourself if you can name one treatment for each. Know your drugs: Epi, Amiodarone, Lidocaine, Adenosine, Dopamine.
- If you are watching the free pre-course videos, pay attention in the videos to the 4 respiratory cases, their signs/symptoms and treatments, to the 4 shock cases, and how much/what they give for fluid resuscitation and when they stop. 😊 We made you a fill-in sheet (pg. 3) to help you focus.

Please study and refresh your knowledge, but try not to be too nervous; we remember what it is like! Our gift is being able to discuss complex concepts simply, and we pride ourselves on having a non-threatening environment where questions are encouraged.

If you have any questions, please let us know-
Medical Education Angels

Your class will follow 1 of these agendas



MEA PALS Heartcode online & skills

- Heartcode PWW
- High Quality CPR/AED
- Skills Testing OPA/NPA/Respiratory Arrest
- Skills Testing Vascular Access
- Skills Testing Rhythm Disturbances/Electrical Therapy
- Coping with Death (optional)
- Mega Code Testing: At least 1 Resp/Shock/Cardiac

MEA PALS Recertification Agenda (please bring pretest) and 1st time providers (must have certificate of completion from the pre-course work submitted before class)

- BLS testing Child and Infant
- Relief of Choking
- High Performance Teams and CPR Coach
- Review of all 12 Core Cases and Then Completion of Skills
 - Management of Respiratory Emergencies and Airway Management Skills Stations: OPA/NPA/BVM
 - Management of Shock Emergencies and Vascular Access Skills Station: IO Access
 - Management of Arrhythmia Emergencies
 - Post Cardiac Arrest
- Coping with Death
- Mega Code Testing
- Written Exam 84% or greater to pass, 1.5 hours allowed for exam

On occasion, agendas are altered to include additional AHA segments that are pertinent to the group.

Breaks are taken as needed, just ask!

Questions encouraged. 😊

Feel free to bring a drink or snack. No one tests well when they are hungry.

Please text or call us if you have any questions.

Medical Education Angels

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**Exceptions to this agenda could arise if your facility wishes to do a FULL onsite program where videos are watched as a group instead of individually, over 1 or more class sessions. If this is the case, please request a specific updated agenda to reflect the specific needs of your group. 😊

Course agendas are adapted from PALS 2025 Instructor Manual pages 67-72; all content is followed, order or delivery might be changed.

PALS 12 CORE CASES ARE AS FOLLOWS 😊

Helpful Hints if it's your first time or you are watching the pre-course (full) videos:
As you watch the pre-course videos or thumb through the book/algorithms, see if you can fill in the chart.

Upper Airway Obstruction

Examples:

Assessment Findings:

Treatment:

Disordered Control of Breathing

Examples:

Assessment Findings:

Treatment:

Hypovolemic Shock

Examples:

Assessment Findings:

Treatment:

Obstructive Shock (think tension pneum/PE, etc)

Examples:

Assessment Findings:

Treatment:

Bradycardia

Most common cause:

Treatment:

PEA/Asystole

Treatment

Lower Airway Obstruction

Examples:

Assessment Findings:

Treatment:

Lung Tissue Disease

Examples:

Assessment Findings:

Treatment:

Cardiogenic Shock

Examples:

Assessment Findings:

Treatment:

Distributive Shock (think sepsis/anaphylaxis/etc)

Examples:

Assessment Findings:

Treatment:

Tachycardia

Most common cause:

Treatment

VTach/Vfib

Treatment

Most important parameter in determining the severity of shock?
How would you define or determine stable/unstable in the different conditions?
Can you think about the H's and T's and how those might present? What would be the treatment?

It's meant to be a review; we know you don't know/remember everything! Studying does help. 😊

📖 Love- The MEA Instructors