

# 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](mailto: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
- PETCO<sub>2</sub> (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 ROPA 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 "do-over" 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 Post Test Study Guide 2015

**Joseph Zajda**

## Pals Post Test Study Guide 2015:

**Twin Pandemics** Alison L. Bailey, Jose Felipe Martinez, Andreas Oranje, Molly Faulkner-Bond, 2023-09-19 This book examines how the COVID 19 pandemic and racial inequities affect the educational assessment of students either separately or in combination as the health crisis was viewed as a factor intersecting with and exacerbating existing racial inequities in educational systems. The four empirical papers in this book attend to the challenges of implementing virtual standardized testing during the coronavirus pandemic the different educational and assessment experiences of diverse groups of school age students and the reconsideration of traditional assessment approaches in response to mounting research evidence and growing concerns around enduring social and racial inequities faced by Black Latinx Asian Indigenous and other non white citizens and communities. The four conceptual papers focus primarily on the ways in which assessment may contribute to systemic racism and offer potential solutions to move the educational assessment field forward. In totality the volume offers needed empirical evidence innovative methodological approaches and theoretical and substantive examinations of the effects of the twin pandemics. Twin Pandemics will be a key resource for academics researchers and advanced students of Educational Assessment Education Psychometrics Educational Research Ethnic Studies Research Methods Sociology of Education and Psychology. The chapters included in this book were originally published as a special issue of Educational Assessment.

[Perception, Cognition, and Working Memory: Interactions, Technology, and Applied Research](#) Hong

Xu, Edwin James Burns, 2023-04-04 *Discourses of Globalisation and Education Reforms* Joseph Zajda, 2022-05-17 This book focuses on discourses of effective learning environments globally for reducing discrimination in schools. It offers innovative ideas concerning the future directions that education and policy reforms could take in order to promote equality social justice and access to quality of education for all. The chapters offer a timely analysis of current issues affecting schooling and strategies for creating effective learning environments globally for overcoming discriminations in schools. It is argued that that one of the most significant variables in creating effective learning environments for reducing classroom discrimination is the student's cultural identity the self concept and self esteem. The next variables influencing students learning environment are motivational strategies self regulated learning and students active engagement in constructivist learning. This book contributes in a very scholarly way to a more holistic understanding of the nexus between globalisation comparative education research and education reforms for reducing discrimination. It will be beneficial for a broad spectrum of users including policy makers academics graduate students education policy researchers administrators and practitioners.

**Border Urbanism** Quazi Mahtab Zaman, Greg G. Hall, 2023-03-06 Border Urbanism presents a global array of authors research that tackles the perception interpretation and nature of borders from a transdisciplinary perspective. The authors examine ways in which borders attempt to define socially economically politically and historically incompatible systems from micro neighbourhoods to global macro territories and how this blurs urban order that results in an absence of cohesion. Their

analysis of contextual worldwide settings considers the unique issues and the broad scope of forces that shape borders and separate socioeconomic political cultural and historical polarities The authors consider ways in which the resulting urban border conditions determine the mobility of goods resources and people and how these delineations define relationships that influence geopolitical relationships socioeconomic transactions and people's lives at multiple levels They address the temporal issues defined by a variety of unique urban conditions that result from these lateral thresholds Each chapter contributes to a critical discourse of the subject of border urbanism and the phenomenon created by separation demarcation and segregation as well as by conflict and coexistence The transdisciplinary approach of Border Urbanism ensures that it will be of interest to individuals across a spectrum of professions and disciplines Professionals such as urban planners designers architects developers and civil and environmental engineers and students of these disciplines will be particularly interested as will allied professionals and those not traditionally associated with urbanism these include artists sociologists historians lawyers politicians and civic and government leaders The authors global perspectives combined with their expertise in environmental historical cultural social political and geographic areas will appeal to anyone interested in border urbanism and its intersection with these areas

[Handbook of Response to Intervention](#) Shane R. Jimerson,Matthew K. Burns,Amanda M. VanDerHeyden,2015-09-21 The Second Edition of this essential handbook provides a comprehensive updated overview of the science that informs best practices for the implementation of response to intervention RTI processes within Multi Tiered Systems of Support MTSS to facilitate the academic success of all students The volume includes insights from leading scholars and scientist practitioners to provide a highly usable guide to the essentials of RTI assessment and identification as well as research based interventions for improving students reading writing oral and math skills New and revised chapters explore crucial issues define key concepts identify topics warranting further study and address real world questions regarding implementation Key topics include Scientific foundations of RTI Psychometric measurement within RTI RTI and social behavior skills The role of consultation in RTI Monitoring response to supplemental services Using technology to facilitate RTI RTI and transition planning Lessons learned from RTI programs around the country The Second Edition of the Handbook of Response to Intervention is an essential resource for researchers graduate students and professionals scientist practitioners in child and school psychology special and general education social work and counseling and educational policy and politics

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users with the critical information needed to approach real life pediatric emergencies The Fourth Edition includes End of chapter quizzes with answers and objectives as well as a comprehensive posttest to gauge material comprehension Case studies at the end of appropriate chapters for practice with real world material application Clear procedural explanations written in descriptive yet accessible language A refined Table of Contents including standalone chapters on cardiac dysrhythmias for focused learning and study PALS Pearl boxes for text to everyday clinical application In text references for deeper research if desired

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