

PALS Course Agenda

6 Students per Instructor

5-7 Hours (based on Instructor to Student Ratio)

Time	Topic
10 mins	Welcome/Introductions/Paperwork
15 mins	Video/Discussion: Science of Pediatric Resuscitation
1 hour	Learning/Testing: Child High-Quality BLS/AED Skill Sheet Infant High-Quality BLS Skills Sheet Child/Infant Choking Skills Sheet Management of Respiratory Emergencies Rhythm Disturbances/Electrical Therapy Vascular Access
1 hour	Video/Discussion: CPR Coach and High-Performance Teams Assessment Respiratory Shock Arrhythmia
1 hour	Lunch
1-2 hours	Case Scenario Practice with Simulations
1 hour	Case Scenario Testing (1 Respiratory or Shock AND 1 Cardiac)
1 hour	Written Test
1 hour	End of Class / Remediation / Re-Testing

*Breaks as needed during skills practice/testing

PALS eCard: You should receive an email from AHA to claim your ecard and certificate within 5-20 business days. If you do not receive the email with the card within at least 5 business days, do the following in order:

1. check the following website: <https://ecards.heart.org/student/myecards>
2. text the word **ecard** to 51736

If your name is misspelled, or you cannot access your card within one week, please send an email to: vicky.lamay@uthet.com with the type, date, and location of the course you attended.