**PALS Instructor Essentials**

Date:

Location:

|  |  |
| --- | --- |
| **Time** | **Lesson** |
| 8:00-8:05 | **Lesson 1: Course Introduction** |
| 8:05-8:20 | **Lesson 2: AHA Introduction**  Part 1: AHA Mission  Part 2: Instructor Core Competencies |
| 8:20-8:40 | **Lesson 3: AHA Instructor Resources** Part 1: *Program Administration Manual* Part 2: Other Electronic Resources  Part 3: Training Center–Specific Policies |
| 8:40-9:05 | **Lesson 4: PALS Provider Course Preparation**  Part 1: Course Paperwork Part 2: Course Preparation |
| 9:05-9:25 | **Lesson 5: PALS Provider Course Overview (Instructor-Led)**  Part 1: Introduction Part 2: Course Format  Part 3: Instructor Materials  Part 4: Learning Objectives and Course Completion Requirements |
| 9:25-9:55 | **Lesson 6: PALS Provider Course With Precourse Work: Lessons 1 and 2**  Part 1: Feedback Device Requirement  Part 2: Lesson 1: CPR Coach and High-Performance Teams  Part 3: Lesson 2A: Learning/Testing Station: Child High-Quality BLS Test Part 4: Lesson 2B: Learning/Testing Station: Infant High-Quality BLS Test  Part 5: Lesson 2C: Learning/Testing Station: Child and Infant Choking (Optional)  Part 6: Technology Review |
| 9:55-10:10 | **Break** |
| 10:10-10:40 | **Lesson 7: PALS Skills Testing and Remediation**  Part 1: PALS Skills Testing (PALS Provider Traditional Course Lessons 5A and 5B: Child and Infant Testing) Part 2: Remediation  Part 3: Peer-to-Peer Debriefing |
| 10:40-11:05 | **Lesson 8: PALS Provider Traditional Course: Lessons 6A and 6B** Part 1: Lesson 6A: Overview of Systematic Approach Model Part 2: Lesson 6B: Secondary Assessment |
| 11:05-1:05 | **Lesson 9: PALS Provider Traditional Course: Lessons 7-9**  Part 1: Lessons 7A-7C: Management of Respiratory Emergencies Part 2: Lessons 8A-8C: Management of Shock Emergencies  Part 3: Lessons 9A-9C: Management of Arrhythmia Emergencies |
| 1:05-1:35 | **Lunch** |

|  |  |
| --- | --- |
| **Time** | **Lesson** |
| 1:35-3:20 | **Lesson 9: PALS Provider Traditional Course: Lessons 7-9 (Continued)**  Part 1: Lessons 7A-7C: Management of Respiratory Emergencies Part 2: Lessons 8A-8C: Management of Shock Emergencies  Part 3: Lessons 9A-9C: Management of Arrhythmia Emergencies |
| 3:20-3:25 | **Lesson 10: PALS Provider Traditional Course: Lessons 10 and 11**  Part 1: Lesson 10: Management of Post–Cardiac Arrest Care Part 2: Lesson 11: Learning Station: Coping With Death |
| 3:25-3:40 | **Break** |
| 3:40-4:25 | **Lesson 11: PALS Provider Traditional Course: Lessons 12 and 13**  Part 1: Prebriefing and Debriefing  Part 2: Lesson 12: Case Scenario Practice With Simulations  Part 3: Lesson 13: Case Scenario Testing/Team Testing Concept |
| 4:25-4:35 | **Lesson 12: PALS Provider Traditional Course: Lesson 14: Exam** |
| 4:35-4:50 | **Lesson 13: PALS Update Course and HeartCode® PALS**  Part 1: PALS Update Course  Part 2: HeartCode PALS Overview  Part 3: HeartCode PALS Hands-on Session |
| 4:50-5:05 | **Break** |
| 5:05-5:35 | **Lesson 14: Course Conclusion and Exam**  Part 1: Course Conclusion  Part 2: PALS Instructor Essentials Exam |