PALS Course

Day 1:

8.00 am	**Course introduction**		
8.10 am	**Lesson 1:** Life is Why Activity *(Tang)*		
8.15 am	**Lesson 2:** Course Overview *(Tang)*		
8.20 am	**Lesson 3:** Science of Paediatric Resuscitation *(Tang)*		
8.30 - 9.45 am (Divide class into 2 groups)	**Lessons 4-6** Learning/Testing Stations: Child and Infant High-Quality BLS *(Hashim, Nariman, Rudy and Sazalia)*	**Lessons 7-8** Overview of Systematic Approach Model; Secondary Assessment; Team Dynamics *(Hasniah, Pei Chuen, Izzuan, Yoges)*	
	Group A	Group B	
9.45 - 11.00 am	Group B	Group A	
11.00 – 11.30 am	**Break**		
11.30 - 12.30 (Divide class into 3 groups)	**Lesson 9** Management of Respiratory Emergencies; Respiratory Video Case Discussions; Learning Station: Airway Management *(Hasniah, Pei Chuen, Yoges)*	**Lesson 10** Management of Shock Emergencies; Shock Video Case Discussions; Learning Station: Vascular Access *(Hashim, Izzuan, Sazalia)*	**Lesson 11** Management of Arrhythmia Emergencies; Arrhythmia Video Case Discussions; Learning Station: Disturbances/Electrical Therapy *(Bilkis, Nariman, Rudy)*
	Group A	Group B	Group C
12.30 - 1.30 noon	Group B	Group C	Group A
1.30 - 2.30 pm	**Lunch**		
2.30 - 3.30 pm	Group C	Group A	Group B
3.30 - 3.45 pm	**Lesson 12:** Management of Post-Cardiac Arrest Care *(Rudy)*		
3.45 – 5.05 pm (Divide class into 3 groups)	**Lesson 14** Case Scenario Practice with Simulations Category 1	**Lesson 14** Case Scenario Practice with Simulations Category 1	**Lesson 14** Case Scenario Practice with Simulations Category 1
	Group A	Group B	Group C
5.10 pm	End-of-Day Debriefing *(Tang)* and Tea		

Day 2:

8.00 - 9.20 am	**Lesson 14** Case Scenario Practice with Simulations Category 2	**Lesson 14** Case Scenario Practice with Simulations Category 2	**Lesson 14** Case Scenario Practice with Simulations Category 2
	Group A	Group B	Group C
9.20 - 10.40 noon	**Lesson 14** Case Scenario Practice with Simulations Category 3	**Lesson 14** Case Scenario Practice with Simulations Category 3	**Lesson 14** Case Scenario Practice with Simulations Category 3
	Group A	Group B	Group C
10.40 - 11.00 am	**Tea break**		
11.00 – 12.00 pm	**Written exam** *(Tang)*		
12.00 - 1.00 pm	**Case scenario testing**		
1.00 - 2.00 pm	**Lunch**		
2.00 - 3.00 pm	**Case scenario testing**		
3.00 - 5.00 pm	Class ends/Remediation		

	Instructors for case scenario practice
Group A	Bilkis, Rudy, Nariman
Group B	Hasniah, Pei Chuen, Yoges
Group C	Hashim, Sazalia, Izzuan

Practice case scenarios

Category 1	**Category 2**	**Category 3**
Hypovolaemic shock	Parenchymal lung disease	Obstructive shock
Lower airway obstruction	Septic/distributive shock	Cardiogenic shock
Upper airway obstruction	SVT	Disordered control of breathing
Asystole/PEA	VF/pVT	Bradycardia