

## **Paediatric Advanced Life Support (PALS)**

### **Pre-Course Information Sheet**

### **Blended Learning Program (6 - 8 hours online + 1 day face-to-face)**

**Organisation:** HealthCare Training Service

**Face-to-Face Venue:** The Brook Hotel, 167 Osborne Road, Mitchelton

**Course Director:** Denise Airey

**Version:** 2.0

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## **1. Welcome**

Thank you for enrolling in the Paediatric Advanced Life Support (PALS) course. This program is designed for clinicians who may be required to lead or participate in the management of paediatric cardiac arrest and peri-arrest situations.

This pre-course information sheet outlines everything you need to complete **before** attending the face-to-face day, as well as what to expect on the day itself.

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## **2. Course Format**

The PALS course is delivered in a **blended learning format**:

### **Online eLearning (6 - 8 hours, self-paced)**

Must be completed **before** the face-to-face day.

### **Face-to-Face Training (1 full day)**

Practical skills, simulations, and assessments.

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## **3. Pre-Course Requirements (Mandatory)**

### **3.1 Complete Online eLearning (6 - 8 hours)**

You will receive login details for the eLearning platform via email.

The online modules include:

- Recognition and management of the deteriorating infant/child
- Basic life support
- Airway management

- ECG interpretation, recognising and managing life-threatening arrhythmias
- Manual defibrillation (including synchronized cardioversion)
- Pharmacology in resuscitation
- PALS algorithms (shockable and non-shockable)
- Reversible causes (4 Hs & 4 Ts)
- Post-resuscitation care
- Team roles and responsibilities
- Legal and ethical concerns
- Practice exams

### **Deadline:**

All online modules must be completed **no later than 24 hours before** the face-to-face course.

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### **3.2 Complete the Online Pre-Course Practice Exams**

A short MCQ exam is included within the eLearning.  
Please complete prior to attending the face-to-face course.

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### **3.3 Review Pre-Course Reading**

You will be provided with:

- ALS algorithms
- Course manual

Please ensure you are familiar with these before attending.

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## **4. Face-to-Face Day Information**

### **4.1 Schedule**

A typical day runs from **08:00 to 16:30**.  
Please arrive **15 minutes early** for registration.

### **4.2 What to Bring**

- Comfortable clinical attire
- Jacket or shoulder wrap/shawl as the training room may feel cold
- Note taking material

### **4.3 Catering**

Morning tea, lunch and afternoon tea will be provided.  
If you have any allergies, please notify us **7 days prior**.

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## **5. Course Content (Face-to-Face Day)**

### **Practical Skill Stations**

- Advanced airway management
- Manual defibrillation
- Intraosseous access (IO)
- Clinical management of a paediatric cardiac arrest scenario (simulation)
- Team leader role

### **Simulation Scenarios**

- Shockable and non-shockable cardiac arrest
- Peri-arrest arrhythmias
- Anaphylaxis or sepsis-related deterioration

### **Assessments**

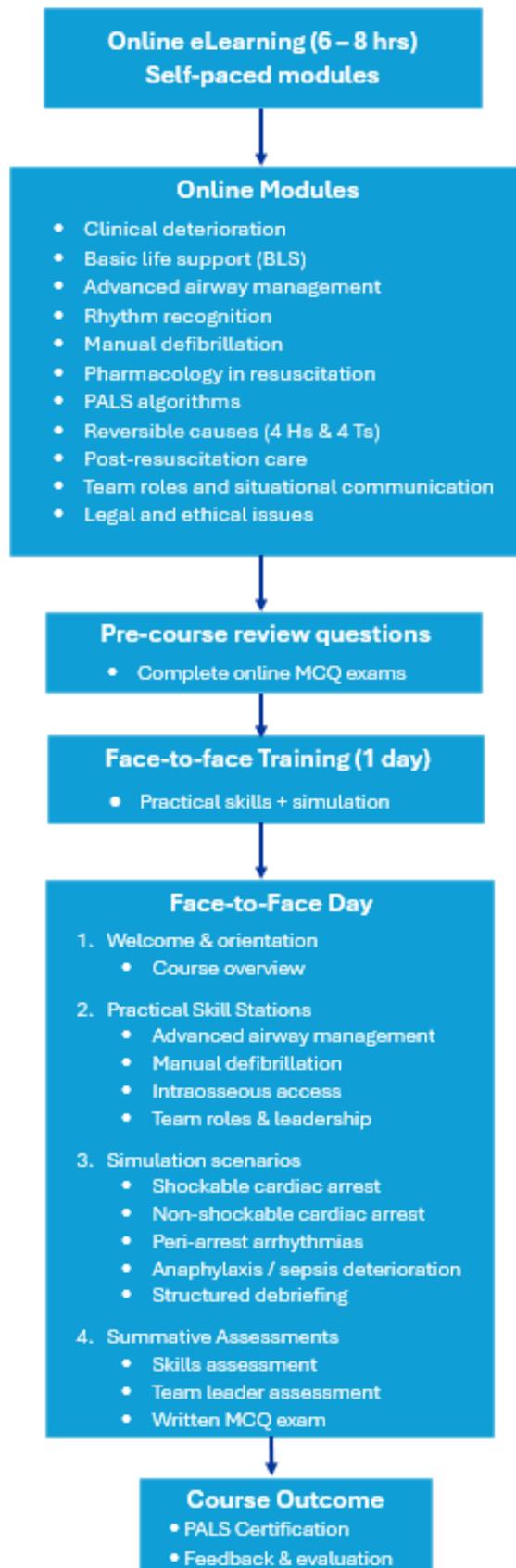
- Skills assessment
  - Team leader assessment
  - Written MCQ exam
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## **6. Learning Outcomes**

By the end of the course, participants will be able to:

- Recognise and manage the deteriorating infant/child
  - Lead and participate in paediatric cardiac arrest management
  - Perform advanced airway and resuscitation skills
  - Apply ALS algorithms accurately
  - Demonstrate effective team leadership and communication
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## 7. Flowchart Course Structure & Content – Blended Learning



## 8. Attendance Requirements

To receive certification, participants must:

- Complete all online modules
- Attend the full face-to-face day
- Successfully complete all assessments

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## 9. Contact Information

For questions or support, please contact:

**Course Director:** Denise Airey

**Email:** mail@hcts.com.au

**Phone:** 0419 675 740

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## 10. Version Control

Version	Date	Author	Initial creation	Approved By
9.0	01.01.2026	Denise Airey	01.06.2007	Director