

Sample Agenda for PALS Update Course

**18 Students, 3 PALS Instructors
Approximately 9 hours with breaks**

8:00	Course Introduction
8:10	Lesson 1: Life Is Why Activity (Optional)
8:15	Lesson 2: Science of Pediatric Resuscitation
8:30	Lessons 3-5: Learning/Testing Stations: Child and Infant High-Quality BLS*
9:30	Lesson 6: Overview of Systematic Approach Model
9:45	Lesson 7: Team Dynamics
10:00	Lesson 8: Management of Post-Cardiac Arrest Care
10:15	Lesson 9: Learning Station: Coping With Death (Optional)
10:35	Break
10:45	Lesson 10: Case Scenario Practice With Simulations†
11:45	Lunch
12:15	Lesson 10: Case Scenario Practice With Simulations†
1:15	Lesson 11: Case Scenario Testing
3:15	Lesson 12: Exam
4:15	Class Ends/Remediation

*Lesson 5: BLS Learning/Testing Station: Child and Infant Choking (Optional) may be facilitated in this time slot.

†See Lesson 10 for an explanation of which category each student should practice.