



INSTRUCTIONS for Skills Testing:

The Examiner is to read the case scenarios aloud to the examinee. As the examinee works through each step in a scenario, the examiner is to mark each corresponding step on the checklist as *Complete* or *Incomplete*. Items marked as *Complete* are to be performed correctly without guidance. If the examinee needs guidance through a step, the step must be marked as *Incomplete* and the skills test should be repeated. No additional guidance should be given to the examinee beyond the information provided in italics. Areas needing improvement should be reviewed before retesting. Take approximately 10 minutes to complete each scenario.

*Have a PALS provider with current certification administer the test.

*Randomly select one BLS scenario for testing, and one respiratory arrest or megacode scenario for testing.

BLS SCENARIO - Child over 1 year

Single Rescuer

You are a daycare provider caring for children that are playing at a park. Suddenly, you witness a 4-year-old collapse to the ground.

1. Examinee secures the scene. (*Scene is safe*)
2. Assesses patient responsiveness. (*No pulse present, no breaths observed*)
3. Calls for help and gets AED first, then begins CPR.
4. Demonstrates correct CPR hand placement, one palm or both palms one over the other, on lower sternum between the nipples.
5. Performs single rescuer CPR: 30 compressions/2 breaths for 5 cycles (2 min).
6. Demonstrates correct compression rate, depth and complete chest recoil.
7. Opens airway, gives effective breaths, and observes visible chest rise. (*Help arrives with an AED.*)
8. Demonstrates correct placement of AED pads.
9. Clear of the patient during rhythm analysis/shock.
10. Continues CPR immediately after shock delivery.

BLS - Skills Verification Checklist

Skill Tested	Completed	
	Yes	No
Establishes scene safety.		
Assesses patient responsiveness (stimulate/speak to child, check breathing/pulse)		
Collapse witnessed: Calls emergency response, gets AED, then starts CPR.		
Demonstrates correct hand placement (one or both palms one over the other, on lower sternum between the nipples.)		
Delivers 30 compressions / 2 breaths over; 5 cycles (2 min).		
Demonstrates correct CPR rate: (100-120/min.) and depth (2 inches).		
Allows complete recoil of chest between compressions.		
Opens airway appropriately (head tilt/chin lift, jaw thrust).		
Delivers 2 breaths with visible chest rise.		
Performs correct AED placement.		
Stays clear of patient for rhythm analysis and shock.		
Immediately resumes CPR after shock.		

BLS SCENARIO - Child over 1 year

Two Rescuers

You and a friend are watching children play in a public pool. The pool is very busy with several families swimming. Suddenly you notice a 3-year-old lying face down in the pool motionless.

1. Establishes scene safety. (*Scene is safe.*)
2. Assesses child's responsiveness. (*No pulse detected. patient is not breathing. There are several adults there ready to help.*)
3. Examinee directs bystander to call for help and get AED, while examinee begins 2 provider CPR.
4. Demonstrates correct CPR hand placement: one palm or both palms one over the other, on lower sternum between the nipples.
5. Provides 15 compressions / 2 breaths, for 10 cycles (2 min).
6. Demonstrates correct compression rate, depth, and allows for complete chest recoil.
7. Opens airway appropriately, and observes visible chest rise with breaths. (*Bystander has returned with AED.*)
8. Examinee switches role with second provider. Second provider now performs opposite role (compressions or breaths).
9. Examinee demonstrates correct placement of AED without interruption.
10. Examinee directs everyone to be clear of patient during rhythm analysis and shock.
11. Continues CPR immediately after shock delivered.

BLS - Skills Verification Checklist

Skill Tested	Completed	
	Yes	No
Establishes scene safety.		
Assesses patient responsiveness. (Stimulates and speaks to child. Checks for breathing and a pulse.)		
Directs bystander to call emergency response and get AED, and begins two-provider CPR.		
Demonstrates correct hand placement: one or both palms one over the other, on lower sternum between the nipples.		
Performs 15 compressions to 2 breathes for 10 cycles (2 min).		
Demonstrates correct CPR rate (100-120/min.) and depth (2 inches).		
Allows complete recoil of chest between compressions.		
Opens airway appropriately. (head tilt/chin lift or jaw thrust-if cervical injury is not ruled out)		
Delivers 2 breaths while watching for visible chest rise.		
Providers switch at 2 minutes.		
Correctly places AED without disrupting compressions.		
Stays clear of patient for rhythm analysis and shock.		
Immediately resumes CPR after shock.		

BLS SCENARIO - Infant 0 to 1 year

Single Rescuer

You are babysitting a 4-month-old infant that is lying in his crib. You go to prepare a bottle of milk and when you return the infant appears to be unresponsive.

1. The examinee should secure the scene. (*Scene is safe*)
2. Assesses patient responsiveness. (*No pulse present, no breaths observed*)
3. Commences 2 min CPR first, then calls for help/gets AED.
4. Demonstrates correct CPR hand placement - two fingers over sternum of chest.
5. Performs single rescuer CPR: 30 compressions/2 breaths for 5 cycles.
6. Demonstrates correct compression rate, depth and complete chest recoil.
7. Opens airway, gives effective breaths, and observes visible chest rise. (*Help arrives with an AED*)
8. Demonstrates correct placement of AED pads.
9. Stays clear of the patient during the rhythm analysis and shock.
10. Continues CPR immediately after shock delivery.

BLS - Skills Verification Checklist

Skill Tested	Completed	
	Yes	No
Establishes scene safety.		
Assess patient responsiveness. (stimulates and speaks to infant, check breathing and pulse)		
Collapse un-witnessed: Perform 2 minutes of CPR first, then calls emergency response and retrieves the AED.		
Demonstrates correct hand placement. (two fingers on sternum of lower chest)		
Delivers 30 compressions to 2 breaths over 5 cycles (2 minutes).		
Demonstrates correct CPR rate (100-120/min.) and depth (1.5 in. or 1/3 of chest).		
Allows complete recoil of chest between compressions.		
Airway opened appropriately (head tilt/chin lift, jaw thrust).		
Delivers 2 breaths with visible chest rise.		
Correct AED placement without disrupting compressions.		
Stays clear of patient for rhythm analysis and shock.		
CPR immediately resumed after shock.		

BLS SCENARIO - Infant 0 to 1 year

Two Provider Rescue

You and another nurse are getting dinner after a shift when a woman yells for help. Her 3-month old infant has become unresponsive.

1. Establishes scene safety. (*Scene is safe*)
2. Assesses infant's responsiveness. (*No pulse detected, not breathing*)
3. Examinee directs mother to call for help and get AED, and proceeds to perform two-provider CPR.
4. Demonstrates correct CPR hand placement, having the hands encircle the infant's torso with thumbs midline over sternum, 1 cm below nipple line.
5. Gives 15 compressions to 2 breaths for 10 cycles.
6. Demonstrates correct compression rate, depth, and allows for complete chest recoil.
7. Opens airway, and observes for visible chest rise with breaths given. (*mother has returned with AED*).
8. Examinee switches roles with second provider. Second provider now performs CPR compressions.
9. Examinee demonstrates correct placement of AED pads, without disrupting compressions.
10. Examinee directs everyone to be clear of patient during rhythm analysis and shock.
11. Continues CPR immediately after shock delivered.

BLS - Skills Verification Checklist

Skill Tested	Completed	
	Yes	No
Establishes scene safety.		
Assesses patient responsiveness. (Stimulates and speaks to infant. Checks for breathing and pulse.)		
Starts two-provider CPR.		
Demonstrates correct hand placement (hands encircle infant's torso with both thumbs positioned midline over the sternum, 1 cm below nipples.)		
Performs 15 compressions to 2 breathes for 10 cycles (2 min).		
Demonstrates correct CPR rate (100-120/min.) and depth (1.5 in. or 1/3 of chest).		
Allows for complete recoil of the chest between compressions.		
Opens the airway appropriately (head tilt/chin lift, jaw thrust).		
Delivers 2 breaths with visible chest rise.		
Providers switch CPR roles at 2 minutes (10 cycles).		
Places the AED pads on the patient correctly, without disrupting compressions.		
Stays clear of patient for rhythm analysis and shock.		
Resumes CPR immediately after shock.		

RESPIRATORY ARREST SCENARIO

You are watching a 2-year-old that is sitting at the table eating grapes. A few moments later you notice he is silent, and appears cyanotic.

1. Assesses airway, breathing, and circulation. (*Patient unable to make noise, not breathing, pulse present*)
2. Distinguishes between complete and partial airway obstruction.
3. Initiates emergency response and calls for help.
4. Recognizes need for intervention: Heimlich maneuver
5. Demonstrates Heimlich maneuver correctly by placing arms around the patient's waist, having their hand over fist, with thumb side of fist above naval, and then provides fast upward abdominal thrusts.

You are performing the Heimlich maneuver but the child suddenly becomes unresponsive

6. Begins CPR immediately: single rescuer CPR 30:2 ratio
7. Prior to rescue breaths, checks for obstruction in patient's mouth (*After 2 cycles: You notice the grape is now visible in the mouth.*)
8. Removes the obstruction from the patient's mouth.
9. Continues CPR. (*Patient now breathing spontaneously, strong pulse present*).
10. Monitors patient condition until paramedics arrive.

PALS Skills Verification Checklist - Airway Management

Skill Tested	Completed	
	Yes	No
Assess airway, breathing, and circulation.		
Identifies complete airway obstruction. (able to distinguish between partial and complete)		
Activates emergency response and calls for help.		
Identifies correct intervention: Heimlich maneuver.		
Performs Heimlich maneuver correctly: arms around waist, hand over fist, thumb side of fist above naval, fast upward abdominal thrusts.		
Begins CPR once patient becomes unresponsive.		
Checks for obstruction in mouth prior to giving rescue breaths.		
Removes obstruction once it is visible.		
Continues CPR.		
Monitors patient condition until help arrives.		

PALS MEGACODE - Tachyarrhythmia

An 11-year-old boy is brought into the ER for heart palpitations, shortness of breath and feeling fatigued.

1. Evaluates/assesses airway, breathing, and circulation. (*Patient appears sluggish but answers questions, increased respiratory effort and nasal flaring, cool skin.*)
2. Performs immediate interventions: maintain airway, place cardiac monitor, BP cuff, pulse ox, give supplemental oxygen, start IV, ECG.

Patient's vital signs: HR- 210 bpm, BP- 84/62, RR- 30/min, spO₂- 91%. The rhythm on the cardiac monitor shows the following:

3. Show examinee rhythm strip for SVT; Ask examinee to identify between wide or narrow QRS.
4. Have examinee identify between sinus tachycardia and SVT.
5. Have examinee identify between stable or unstable.

Patient is in SVT with poor perfusion. Cardioversion is not immediately available. What interventions will you attempt first?

6. Attempt vagal maneuvers first. (*Vagal maneuvers unsuccessful*)
7. Administers adenosine. Verbalizes correct initial dose- 0.1 mg/kg, max 6mg. (*No change in patient condition after initial dose*)
8. Administers second dose adenosine, verbalizes 0.2 mg/kg, max 12 mg. (*Adenosine is ineffective*)
9. Performs synchronized cardioversion. Verbalizes correct dose 0.5-1 J/Kg

Patient has converted back to normal sinus rhythm

10. Reassesses/ monitors patient cardiopulmonary status. Evaluate for signs of heart failure, ECG, orders lab tests, etc.

PALS Skills Verification Checklist - Tachyarrhythmia

Skill Tested	Completed	
	Yes	No
Initial assessment: airway, breathing and circulation		
Initiates appropriate interventions for tachyarrhythmia: Maintains airway, provides supplemental oxygen, places cardiac monitor, pulse ox, BP cuff, initiates IV, ECG		
Correctly identifies narrow QRS		
Correctly distinguishes between sinus tachycardia and SVT		
Correctly distinguishes between stable or unstable SVT		
Performs vagal maneuvers		
Administers adenosine, verbalizes correct doses. 1 st dose: .01mg/kg (6mg max) 2 nd dose: 0.2 mg/kg (12mg max)		
Performs cardioversion, verbalizes correct dose 0.5-1 J/Kg		
Reassesses/ monitors patient status post-conversion.		

PALS MEGACODE - Bradyarrhythmia

Your paramedic team is called to the scene of a 7 year-old girl having a seizure.

1. Assesses airway, breathing, and circulation. (*Patient exhibits decreased respiratory effort, weak pulse, nonresponsive.*)
2. Performs immediate interventions: maintain airway, give supplemental oxygen, place cardiac monitor, BP cuff, pulse ox, start IV, place defib pads.

Patient's vital signs: HR- 44 bpm, BP- 84/52, RR- 8/min, spO2- 75%, Temp- 99.9F. Cardiac monitor shows following rhythm (show rhythm strip for sinus bradycardia)

3. Examinee correctly identifies cardiac rhythm and patient state of hypoxemia.
4. Identifies correct intervention: need for oxygenation/ventilation with non-rebreather mask.

Despite oxygenation and ventilation patient continues to have poor perfusion. New vitals: HR-58, spO2- 85%, BP- 84/56.

5. Identifies CPR needed to treat bradycardia, begins CPR (*Bradycardia persists*)
6. Performs correct CPR ratio 15:2 for 10 cycles (2 min)
7. Gives epinephrine. Verbalizes correct dose- 0.01mg/kg, every 3-5 min

At rhythm check there is no pulse, the monitor shows the following rhythm (show rhythm strip for VT)

8. Recognizes pulseless arrest and identifies shockable rhythm.
9. Delivers shock, verbalizes correct dose- first shock 2J/kg
10. Makes sure everyone is clear of patient.
11. Continues 2 min CPR, immediately after shock. (*What intervention may you consider during CPR? Advanced airway*)

At next rhythm check patient has achieved ROSC.

12. Identifies post-arrest care: optimize ventilation/oxygenation, identify/treat reversible causes H&T's, considers fluid bolus, monitor/treat seizures.

PALS Skills Verification Checklist - Bradyarrhythmia

Skill Tested	Completed	
	Yes	No
Assesses airway, breathing and circulation		
Initiates appropriate interventions: Maintains airway, provides supplemental oxygen, places cardiac monitor, pulse ox, BP cuff, IV, defib pads		
Correctly identifies symptomatic bradycardia		
Identifies correct immediate intervention: oxygenation/ventilation		
Identifies when CPR is needed to treat bradycardia		
Performs correct CPR ratio 15:2 for 10 cycles (2 min)		
Gives Epinephrine. Verbalizes correct dose- 0.01mg/kg		
Recognizes pulseless arrest and identifies shockable rhythm		
Delivers shock, verbalizes correct dose. First shock 2J/kg		
Ensures clear of patient before administering shock		
Continues CPR immediately after shock. Considers advanced airway?		
Identifies post-arrest care: optimize ventilation/oxygenation, identify/treat reversible causes H&T's, considers fluid bolus, monitor/treat seizures.		

MEGACODE RHYTHM STRIPS

(Key is on the next page.)

1.



2.



3.



MEGACODE RHYTHM STRIPS KEY:

1. Supraventricular Tachycardia (SVT)
2. Ventricular Tachycardia – Monomorphic (VT)
3. Sinus Bradycardia



I, _____, the examiner, attest that I am currently certified in Pediatric Advanced Life support (PALS), and that the examinee has successfully completed all aspects of the PALS live skills test as provided by United Medical Education, in accordance with the current international CPR and ECC guidelines.

Examinee Name: _____ Examinee Signature: _____

Date Signed: _____

Examiner Name: _____ Examiner Signature: _____

Date Signed: _____

Corresponding Provider Card Verification Number (VN): _____

This sheet is to be kept with the corresponding PALS provider card of the examinee.