

# PALS Pediatric Advanced Life Support *Skills Checklist*

Student Name: \_\_\_\_\_ Test Date: \_\_\_\_\_

BLS Skills Testing		
<b>Child BLS with AED (1-2 Rescuers) Skills Test</b>		
<b>1 - Rescuer BLS and CPR Skills</b> Compression Rate Depth Rate		<input type="checkbox"/> <b>PASS</b> <input type="checkbox"/> <b>Needs Retest</b>
<b>2- Rescuer CPR Skills</b> Bag Mask		<input type="checkbox"/> <b>PASS</b> <input type="checkbox"/> <b>Needs Retest</b>
<b>AED Skills</b>		<input type="checkbox"/> <b>PASS</b> <input type="checkbox"/> <b>Needs Retest</b>
Steps	Criteria	Check if done correctly
<b>Single Rescuer Child BLS Skills Evaluation</b>		
Test the student's BLS: deliver high-quality CPR for 5 cycles.		
<b>1</b>	Check responsiveness and breathing (not less than 5 no more than 10 seconds)	
<b>2</b>	Call for help: Sends someone to activate 911/call EMS	
<b>3</b>	Checks for pulse (less than 10 seconds)	
<b>4</b>	Perform High Quality CPR: <ul style="list-style-type: none"> <li>• Correct compression HAND PLACEMENT Cycle 1:</li> <li>• RATE: At least 100/min (30 chest compressions in no more than 18 seconds), using 1 or 2 hand technique</li> <li>• DEPTH: Delivers compressions at least one third the depth of the chest (approximately 2 inches / 5 cm)</li> <li>• Allows complete chest recoil</li> <li>• Minimize interruption in compressions: Delivers 2 breaths in less than 10 seconds</li> </ul>	

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Steps	Criteria	Check if done correctly
<b>AED Skill and 2 Rescuers CPR Evaluation</b>		
Evaluate the ability to use the AED and 2 rescuers CPR.		
<b>1</b>	Second rescuer arrives during 5th cycle of CPR with AED and bag-mask device	
<b>2</b>	First rescuer continues compressions while second rescuer turns on AED and applies pads	
<b>3</b>	Second rescuer clears victim, allowing AED to analyze	
<b>4</b>	Rescuers change roles while AED analyzes rhythm	
<b>5</b>	If AED indicates "SHOCK ADVISED," second rescuer clears victim again and delivers shock	
<b>6</b>	Resume high-quality CPR after shock delivery <ul style="list-style-type: none"> <li>• SECOND RESCUER resumes CPR with 15 compressions (less than 10 seconds) after shock</li> <li>• FIRST RESCUER delivers 2 breaths with bag-mask device</li> </ul>	
Evaluation completed after 2 cycles		
<b>BLS Skills Testing</b>		
<b>Child BLS with AED (1-2 Rescuers) Skills Test</b>		
<b>1 - Rescuer BLS and CPR Skills</b> (check one)		<input type="checkbox"/> <b>PASS</b> <input type="checkbox"/> <b>Needs Retest</b>
<b>2- Rescuer CPR Skills</b> Bag Mask (check one)		<input type="checkbox"/> <b>PASS</b> <input type="checkbox"/> <b>Needs Retest</b>
<b>Thumb-Encircling Hands</b>		<input type="checkbox"/> <b>PASS</b> <input type="checkbox"/> <b>Needs Retest</b>

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Steps	Criteria	Check if done correctly
<b>Single Rescuer Infant BLS Skills Evaluation</b>		
Test the student's BLS: deliver high-quality CPR for 5 cycles..		
<b>1</b>	Check responsiveness and breathing for no more than 10 seconds	
<b>2</b>	Send bystander to activate EMS	
<b>3</b>	Check pulse for no more than 10 seconds	
<b>4</b>	Perform High Quality CPR: Correct compression HAND PLACEMENT Cycle 1: <ul style="list-style-type: none"> <li>● RATE: At least 100/min (30 chest compressions in no more than 18 seconds), using 2-finger technique</li> <li>● DEPTH: Deliver compressions at least one third the depth of the chest (approximately 1 ½ inches / 4 cm)</li> <li>● Allows complete recoil</li> <li>● Minimize interruption in compressions: Delivers 2 breaths in less than 10 seconds</li> <li>● Correct finger placement</li> </ul>	
<b>2-Rescuer CPR</b>		
Evaluate ability to give breaths with bag-mask device and give compressions by using the 2 thumb-encircling hands technique. Also evaluate role transition from single to 2-rescuer CPR		
<b>1</b>	Second rescuer arrives during 5th cycle of CPR with bag-mask device	
<b>2</b>	At the end of a cycle of CPR, rescuers transition to 2 rescuer CPR	
<b>3</b>	SECOND RESCUER resumes CPR with 15 compressions (less than 10 seconds) after shock	
<b>4</b>	FIRST RESCUER delivers 2 breaths with bag-mask device	
Evaluation completed after 2 cycles		

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Steps	Criteria	Check if done correctly
<b>Management of Respiratory Emergencies Checklist Critical Competency Items</b>		
Test the student's BLS: deliver high-quality CPR for 5 cycles..		
1	Describe the difference between high-flow and low-flow oxygen delivery systems <ul style="list-style-type: none"> <li>a. High flow (&gt; 10 liters/min): O<sub>2</sub> flow exceeds patient inspiratory flow, preventing inhalation of room air if system is properly fit and sealed; delivers nearly 100% oxygen. Example: non-rebreathing mask with reservoir</li> <li>b. Low flow (&lt; 10 liters/min): patient inspiratory flow exceeds O<sub>2</sub> flow, allowing inhalation of room air; typically delivers 23%-50% oxygen. Examples: nasal cannula, simple O<sub>2</sub> mask</li> </ul>	
2	Identifies maximum nasal cannula flow rate: 4 L/min	
3	Demonstrate correct technique to open airway using: <ul style="list-style-type: none"> <li>a. Head tilt-chin lift maneuver for patients in whom trauma is not suspected</li> <li>b. Jaw thrust for trauma victims</li> </ul>	
4	Verbalizes different indications for oropharangeal (OPA) and nasopharangeal (NPA) airways <ul style="list-style-type: none"> <li>a. OPA used only in an unconscious victim without a gag reflex</li> <li>b. NPA used for trauma victims</li> </ul>	
5	Demonstrates correct use of OPA <ul style="list-style-type: none"> <li>a. Selects correctly sized OPA airway by measuring from corner of mouth to angle of mandible</li> <li>b. Inserts OPA correctly</li> <li>c. Verbalizes assessment for adequate breathing after inserting of OPA</li> <li>d. Suctions with OPA in place; states suctioning not to exceed 10 seconds</li> </ul>	
6	Demonstrates correct mask size selection for ventilations	

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<b>7</b>	Assembles bag-mask device, opens airway, and obtain seal by using E-C technique	
<b>8</b>	Delivers ventilations using bag-mask device <ol style="list-style-type: none"> <li>a. Delivers 1 breath every 3 to 5 seconds for about 30 seconds</li> <li>b. Gives each breath over approximately 1 second</li> <li>c. Delivers adequate volume to cause chest rise without over-ventilation</li> </ol>	
<b>9</b>	Endotracheal intubation: <ol style="list-style-type: none"> <li>a. Describes obtaining proper equipment needed for endotracheal (ET) tube intubation</li> <li>b. Confirms proper ET tube placement by auscultation and by end-tidal CO<sub>2</sub> detector</li> <li>c. Secures ET tube with commercial prepared device, not tape</li> <li>d. Suctions ET tube correctly</li> </ol>	
<b>10</b>	The following steps are optional. They are demonstrated and evaluated only when the student's scope of practice involves endotracheal intubation. <ol style="list-style-type: none"> <li>a. Endotracheal intubation</li> <li>b. Prepares equipment for ET intubation</li> <li>c. Inserts ET tube correctly</li> </ol>	

**PASS**    **Needs Retest**

Instructor Name: \_\_\_\_\_ Date: \_\_\_\_\_