

**2012 HeartCode® PALS Part 1 (Product #90-1420)
Frequently Asked Questions (FAQs)
As of July 17, 2012**

Course Information:

Q: What is HeartCode PALS Part 1?

A: The AHA's HeartCode PALS Part 1 has been updated to reflect new science in the *2010 AHA Guidelines for CPR and ECC*.

This Web-based, self-directed program teaches healthcare providers knowledge and skills needed to recognize and prevent cardiopulmonary arrest in infants and children. Using eSimulation technology, students assess and treat patients in virtual healthcare settings. In this environment, students apply their knowledge to real-time decision-making and skills development. Debriefings and coaching are provided immediately after each simulation to facilitate learning about pediatric advanced life support.

After completing Part 1, students practice and test their skills with an AHA PALS Instructor. Upon successful completion of all parts of the course, students receive a PALS course completion card.

Q: What content is taught in HeartCode PALS Part 1?

A: Content covered in this program includes:

- Key changes in pediatric advanced life support from the *2010 AHA Guidelines for CPR and ECC*
- Child 1- and 2-rescuer CPR and AED use
- Infant 1- and 2-rescuer CPR
- Management of Respiratory Emergencies
- Rhythm Disturbances and Electrical Therapy
- Vascular Access
- Resuscitation Team Concept
- Cardiac, Respiratory and Shock Case Discussions and Simulations
- Systematic Approach to Pediatric Assessment

Q: What is different about the 2010 Guidelines version of HeartCode PALS Part 1 as compared to the 2005 Guidelines version?

A: HeartCode PALS Part 1 is updated to reflect the *2010 AHA Guidelines for CPR and ECC*. Key changes include:

- Part 1 now online (as opposed to CD)
- Format similar to that of HeartCode ACLS Part 1
- Features new PALS Systematic Approach

Key science changes:

- Post ROSC, titrate oxygen to $\geq 94\%$ but $< 100\%$ to limit risk of hyperoxemia
- Defibrillate with an initial dose of 2-4J/kg, subsequent shocks at least 4J/kg but not to exceed 10J/kg
- Stronger recommendation against routine use of calcium in cardiac arrest because it does not improve survival and may be harmful
- Therapeutic Hypothermia may be considered in patients who remain comatose after resuscitation from cardiac arrest
- Continuous monitoring of exhaled CO₂ may help determine the effectiveness of chest compressions during CPR; in intubated patients, it is recommended as confirmation of endotracheal tube position

Q: Who is the target audience for this program?

A: HeartCode PALS Part 1 is for healthcare providers who respond to emergencies in infants and children. This includes personnel in emergency response, emergency medicine, intensive care and critical care units such as physicians, nurses, paramedics and others who need a PALS course completion card for job or other requirements and are seeking an alternative (nonclassroom) method of completion. This program is a good option for those who prefer self-directed learning. It also may be easier for those with previous PALS knowledge and clinical skills, versus those taking a PALS course for the first time.

Q: What is the format of this program?

A: Using eSimulation technology, HeartCode PALS Part 1 presents 12 pediatric patient cases with up to four healthcare providers, including four respiratory cases (upper airway obstruction, lower airway obstruction, lung tissues disease and disordered control of breathing), four shock cases (hypovolemic, distributive, obstructive and cardiogenic) and four cardiac cases (narrow complex tachycardia, bradycardia, PEA/asystole and VF/VT). Students assess and treat these pediatric patients virtually and receive real-time debriefing and coaching.

To receive a PALS course completion card using this program, students must complete three parts:

- HeartCode PALS Part 1. Upon successful completion of the online portion, including the written exam, students receive a Part 1 certificate of completion, which must be presented for parts 2 and 3
- Part 2*, a hands-on skills practice session with an AHA PALS Instructor
- Part 3*, a skills test with an AHA PALS Instructor

**Parts 2 and 3 should be completed in one "skills practice and testing" session.*

Q: What are some of the features of HeartCode PALS Part 1?

A: Course features include:

- Self-paced and accessible 24 hours a day
- 12 interactive, pediatric, hospital-based scenarios, using eSimulation technology
- Precourse Self-Assessment to gauge students' knowledge and application of ECG recognition and pharmacology
- Debriefings and coaching provided immediately after each simulation, with hyperlinks to the referenced section of the *PALS Provider Manual*
- Emphasis on effective code team leader skills
- Multiple choice, 33-question exam to test cognitive knowledge; program immediately identifies incorrect answers and provides a hyperlink to the appropriate section of the *PALS Provider Manual* for instant remediation
- Certificate of completion available to print when Part 1 has been completed successfully
- Online access to the *PALS Provider Manual*, the *2010 AHA Guidelines for CPR and ECC* and the *2010 Handbook of Emergency Cardiovascular Care for Healthcare Providers*
- Provides access to all information in course for 24 months (two years) following activation of course key
- Provides up to 11 hours continuing education credit

Q: Approximately how long does the HeartCode PALS Part 1 take to complete?

A: Part 1 can be completed in approximately 6-9 hours depending on the level of knowledge and clinical experience of the student. Unprepared or inexperienced students may require additional time. For example, those updating would probably complete in less time than first-time students.

Time to complete a skill practice and testing session (Parts 2 and 3) varies based on the level of expertise of the students and the instructors. Provided the students come prepared and the Instructor is experienced, six students with one instructor could probably accomplish the skills in 3-4 hours.

Q: Is there a test score that must be achieved by students in order to successfully complete HeartCode PALS Part 1?

A: Yes, students must score at least 84% on the online written test, which is consistent with all of AHA's healthcare courses.

Q: Is a skills session required?

A: Yes. To earn an AHA PALS course completion card, students must successfully complete a PALS skills practice and testing session (Parts 2 and 3 of the course) with an AHA PALS Instructor. Students must bring their Part 1 Certificate of Completion to the skills session.

Q: After completion of HeartCode PALS Part 1, how long do students have to complete the skills practice and testing session?

A: Students are allowed up to 60 days after the completion of the online part of the course to complete the skills session.

Q: What skills are tested during the skills testing session?

A: During skills testing, students must successfully demonstrate competency performing the following skills:

- 1- and 2-rescuer Child BLS with AED
- 1- and 2-rescuer Infant BLS
- Management of respiratory emergencies
- IO access
- Must perform as team leader for one cardiac core case testing scenario and one respiratory or shock core case testing scenario

Q: Are there prerequisites for taking HeartCode PALS Part 1?

A: No. However, students are expected to have a mastery of infant and child BLS skills. They should also be able to recognize various heart rhythms, be familiar with different types of airway management tools and their use and have knowledge of the drugs commonly used to treat cardiovascular irregularities.

Q: Is the Precourse Self-Assessment required?

A: Completion of the Precourse Self-Assessment prior to beginning HeartCode PALS Part 1 is **highly recommended** to help students identify knowledge gaps; however, it is not required.

Q: Is HeartCode PALS Part 1 only for updates or can it be used for initial PALS course completion as well?

A: This program is approved for both update and initial PALS courses; however first-time PALS students may struggle with the online version.

Q: Can students log in and out of the course?

A: Yes. Students can log in and out as many times as they choose. To log out, students will click the "Click here to logout" link located at the top of the page after login. When the student is ready to continue training, he/she can return to [OnlineAHA.org](https://www.heartcode.org) and login with his/her registered email and password.

Q: Can course material be accessed after the online portion is completed?

A: Yes, students may access all material included in the HeartCode PALS Part 1 program for 24 months (two years) following activation of their key.

Q: Does successful completion of HeartCode PALS Part 1 result in receipt of an AHA course completion card?

A: Upon successful completion of **all three** parts (online course and skills practice and testing session), students will receive an AHA PALS course completion card, issued by their Instructor's Training Center. This card is valid for two years.

Q: Are continuing education (CE/CME) credits offered for HeartCode PALS Part 1?

A: Yes. Students who successfully complete the program may claim the following continuing education credits:

Continuing Medical Education Accreditation – Physicians

The American Heart Association designates this enduring material for a maximum of 10.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Education Accreditation – Nurses

The American Heart Association is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. The maximum number of hours awarded for this CE activity is 10.00 contact hours.

Continuing Education Accreditation – Emergency Medical Services

This continuing education activity is approved by the American Heart Association, an organization accredited by the Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS), for 11.00 Advanced CEHs, activity number 12-AMHAF3-0155.

Information for PALS Instructors

Q: Who can conduct skills practice and testing sessions for HeartCode PALS Part 1?

A: Parts 2 and 3 (the skills practice and testing session) may be conducted by authorized AHA PALS Instructors.

Q: How can PALS Instructors verify the authenticity of Part 1 Certificates of Completion for HeartCode PALS Part 1?

A: Instructors can verify certificates at OnlineAHA.org under the “Skills Session” tab on the home page, or through the [AHA Instructor Network](#) in the Courses section, under HeartCode PALS Part 1, under the Course Resources tab.

Q: What materials do PALS Instructors need to conduct the skills practice and testing session for HeartCode PALS Part 1?

A: Information for PALS Instructors conducting a skills practice and testing session for HeartCode PALS Part 1 can be found in the document, “Training Memo: Skills Practice and Testing for HeartCode PALS.” This document is posted on the [AHA Instructor Network](#) under Courses > HeartCode PALS Part 1, under the Training Memos & Bulletins tab.

Purchasing Course/Finding Skills Sessions:

Q: Where/how can I purchase HeartCode PALS Part 1?

A: HeartCode PALS Part 1 (Product #90-1420) can be purchased through OnlineAHA.org or from any of AHA’s three product [Distributors](#) (Channing Bete, Laerdal, and World Point).

Q: How should students or employers schedule a skills practice and testing session with an AHA ACLS Instructor?

A: To find a PALS Skills Session, students can use the AHA’s Find A Course tool at www.heart.org/cpr.

If an employer provides course keys to employees, the employer should provide those employees with information about skills sessions. Regular sessions may be scheduled by Training Centers to provide skills practice and testing for the students they provide keys for and to accommodate the single user who has purchased a key online. Training Centers may charge a fee for conducting sessions and issuing cards. To find a local Training Center, please use the Find A Course tool at www.heart.org/cpr.

Translations:

Q: Will HeartCode PALS Part 1 be translated? Into what languages will it be translated? When will translated editions be available?

A: At this time, no translations are planned.

Technical Issues:

Q: Who should be contacted if there are technical problems with HeartCode PALS Part 1?

A: Customers should contact technical support at OnlineAHA.org by phone at 1-888-AHA-8883 or email at help@onlineaha.org. Telephone support hours are Monday through Friday, from 9:00 a.m. – 5:00 p.m., Eastern Time.

Q: Does the program require special computer or support software?

A: The minimum and recommended computer requirements are listed in the table below. You can click on Browser Check to make sure your browser is compatible. In addition, student and administrator hardware should be the recommended requirements. **PLEASE NOTE: HeartCode programs are not supported by Apple Safari.**

PC Users:

Minimum:

- Windows XP sp3
- 2 GHz Pentium 4 or equivalent
- 768 Mb Ram
- Adobe Flash Player 10.1.82.76
- 512Kbit/s Bandwidth
- 1024*768 screen resolution
- Internet Explorer 7+ or FF 3+

Recommended:

- Windows XP sp3 or higher (not the 64-bit version of XP)
- 2.4 Ghz or higher
- 1 Gb or higher
- Adobe Flash Player 10.1.82.76 or higher
- 1 Mbit/s or higher
- 1024*768 screen resolution or higher
- Internet Explorer 7+ or FF 3+

Mac Users: will not run on Safari, must use Firefox

- OS: OS X 10.6 "Snow Leopard"
- Ram: 2GB
- CPU: Intel Core 2 duo, 2,4 GHz
- Browser: FireFox 3,6 +
- Flash: 10.1.82.76

Q: Is there a demo available for this course?

A: Yes. A demo for HeartCode PALS Part 1 will be available on OnlineAHA.org.