



## Precourse Preparation Checklist

To make the most of your PALS learning experience with Heart & Stroke, we have provided this useful checklist which includes mandatory prerequisites:

- I have a valid **Heart & Stroke** BLS provider card, completed within **12 months** of the PALS course date
- I direct or participate in the management of respiratory and/or cardiovascular emergencies and cardiopulmonary arrest in pediatric patients, either in or out-of-hospital
- I have basic PALS drug and pharmacology knowledge
- I am confident in my electrocardiogram (ECG) rhythm interpretation for core PALS rhythms
- I am confident in my practical application of PALS rhythms and drugs
- I am confident in my knowledge of airway management and adjuncts
- I am confident in my ability to participate as a member of a high-performance team
- I have reviewed the precourse BLS video on the PALS program page ([cpr.heartandstroke.ca](http://cpr.heartandstroke.ca))
- I have successfully completed the **mandatory PALS Precourse Self-Assessment** ([cpr.heartandstroke.ca](http://cpr.heartandstroke.ca))
- I have my required copy of the **2020 Heart & Stroke PALS Provider Manual** and have reviewed its contents
- I have my required copy of the **2020 Heart & Stroke ECC Handbook** and have reviewed its contents
- I have reviewed and understand the latest 2020 Heart & Stroke PALS algorithms

### ***For PALS Blended Learning Students:***

- I have successfully completed the PALS Blended Learning on-line component.

***Significant precourse preparation is key to realizing the best learning experience from the PALS course. Well prepared students are more likely to achieve successful course completion.***

For additional questions or support, please contact :

**Resuscitation Support Centre**

**Online:** <https://cpr.heartandstroke.ca/s/contact-us>

**Email:** [rsc@heartandstroke.ca](mailto:rsc@heartandstroke.ca)

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Operating Hours: 6:00 AM - 4:00 PM MT, Monday - Friday

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