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314.600.2075



# CPR St. Louis

## ACLS - BLS - PALS



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## **PALS Precourse Instructions (Required!)**

This document provides instructions for how to prepare for your PALS course, and how to access the **REQUIRED PRECOURSE WORK THAT MUST BE COMPLETED BEFORE YOUR CLASS.**

### **IMPORTANT:**

If you show up to your class without the pre-course work completion certificate, you will be asked to reschedule and will not be able to attend the class.

### **Address for Class:**

CPR St. Louis  
660 Mason Ridge Center Drive  
Suite 125  
St. Louis, MO 63141  
\*The Lutheran Hour Ministries Building

### **Arrive on Time:**

Please plan to arrive on time because it will be difficult for late students to catch up once we start. Students are expected to attend and participate in the entire course. If you arrive later than 15 minutes after class start time you will be asked to reschedule.

### **How to Prepare:**

- Review and understand the information in your PALS Provider Manual. Please review all the sections throughout the manual.
- Pay particular attention to the following sections below listed in the table of contents:
  - Review of BLS and AED for infants and children
  - The Systematic Approach to the seriously ill or injured child using the evaluate-identify-intervene sequence.
  - Recognizing and Managing Cardiac Arrest
  - Recognizing Respiratory Distress and Failure
  - Managing Respiratory Distress and Failure
  - Recognizing Shock
  - Managing Shock
  - Recognizing Arrhythmias
  - Managing Arrhythmias
  - Post Cardiac Arrest Care
- Throughout the PALS provider manual there are treatment algorithms. There is one for each specific condition/emergency. Become familiar with all the treatment algorithms throughout the PALS Provider Manual.
- You will be expected to recognize cardiac rhythms and understand PALS pharmacology. These topics are not taught in this course.



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### You Must:

1. Complete and Print your required Precourse Work Preparation Certificate.
2. Score a **70% or higher** on your Precourse Self-Assessment in order to attend class.

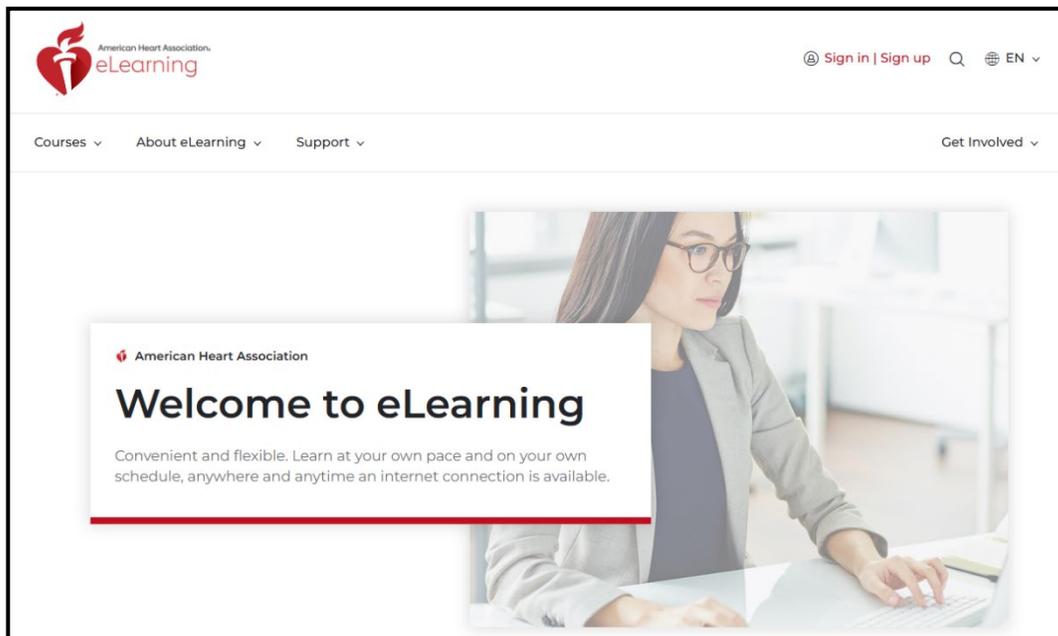
## How to Create an Account with the AHA, Access, and Complete Your Required Precourse Preparation and Precourse Self-Assessment Test

### Step #1

Create an eLearning account with the AHA. Go to <https://elearning.heart.org>

If you already have an AHA account then login. If you **DO NOT** have an AHA account, click on the top right where it says, "Sign up". Then "Create and Account" as a New User, and Sign In. **\*SAVE YOUR ACCOUNT LOGIN INFORMATION!**

**\*\*You must save your login information to access your account again.\*\***





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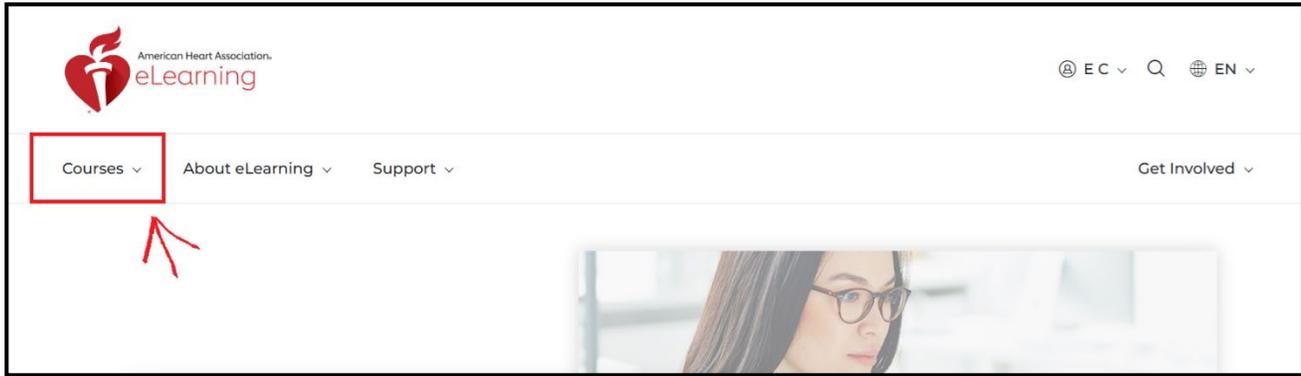
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### Step #2

After you have logged in, or created your new account, you will see all the courses offered in eLearning under the "COURSES" tab at the top left.



Select "All eLearning Courses" as shown below.





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Next, using the FILTER on the left panel UNCHECK ALL and CHECK PALS only as shown below.

## Course Catalog

**Filter** Clear All

- CE Credit Course
- All courses ^
- Basic Life Support (BLS)
- Advanced Cardiovascular Life Support (ACLS)
- Instructor Updates
- Pediatric Advanced Life Support (PALS)
- Healthcare Professional
- CPR & AED for Non-Healthcare Professionals



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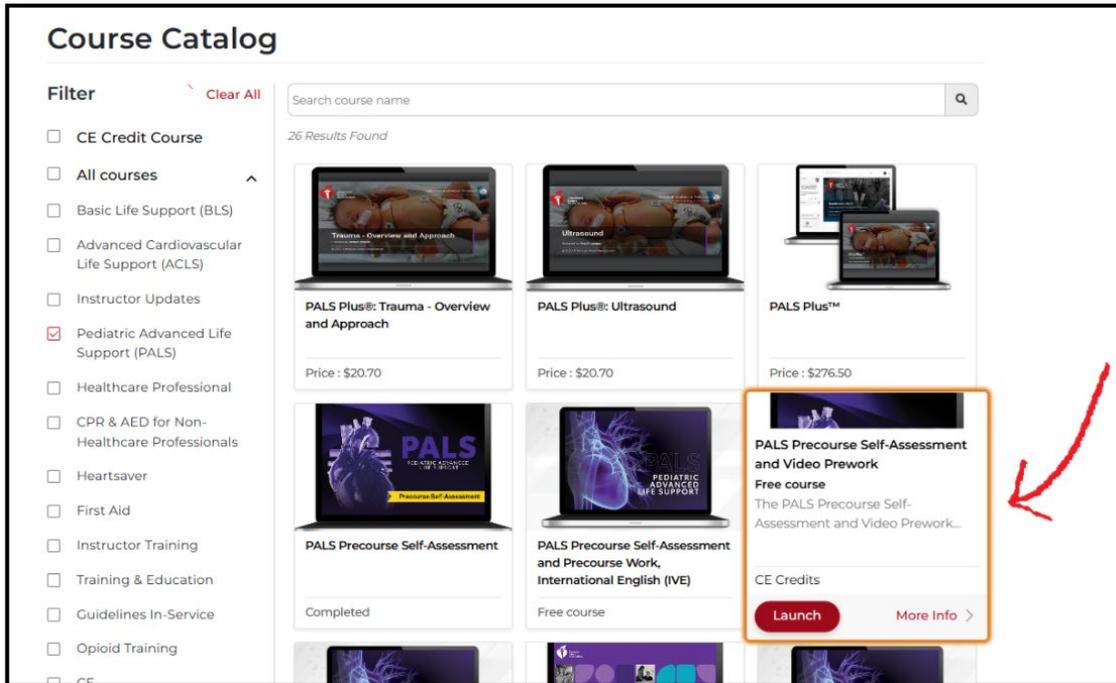
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Locate the required PALS course titled **"PALS Precourse Self-Assessment and Video Prework"**.  
Hover your cursor and click the red **"LAUNCH"** button.



Confirm you have the correct course by verifying the course code is **25-1617** and making sure it is called **PALS Precourse Self-Assessment and Video Prework** as shown in the image below and then click **START**.



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## PALS Precourse Self-Assessment and Video Prework

Self
⚠ Expiration Date: November 13th 2027

The PALS Precourse Self-Assessment and Video Prework involves a student reviewing course content through online videos before entering the classroom. The video lessons cover multiple medical subjects and each lesson includes questions to engage the student.

Attention: Please read the course description completely before starting the course. ✕

### Course Description

Welcome to Pediatric Advanced Life Support (PALS) Precourse Self-Assessment and Video Prework

Steps to Complete the PALS Precourse Self-Assessment and Video Prework

1. Access your course
2. Complete the course survey
3. Download your completion certificate by selecting the 'Completion Certificate' button
4. Select "Continuing Education" to claim CE

### Resources

- 📄 Continuing Education

After you launch the course, this is the screen you will see next. Click **START** to begin the precourse work. Please note, you can save and return to complete the course at any time. You do NOT have to complete this in one session. You must save your login information to access your course again.

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**There are additional instructions about this and the 3 Topic modules that must be completed below.**

Name	Action
<div style="border: 1px solid #ccc; padding: 5px;"> <div style="display: flex; justify-content: space-between; align-items: center;"> <span>▶ Pediatric Advanced Life Support Precourse Self-Assessment</span> <span>Start</span> </div> <div style="font-size: small; margin-top: 5px;">Not Started</div> </div>	
<div style="border: 1px solid #ccc; padding: 5px;"> <div style="display: flex; justify-content: space-between; align-items: center;"> <span>▶ Pediatric Advanced Life Support Video Prework</span> <span>Start</span> </div> <div style="font-size: small; margin-top: 5px;">Not Started</div> </div>	
<div style="border: 1px solid #ccc; padding: 5px;"> <div style="display: flex; justify-content: space-between; align-items: center;"> <span>📄 Survey</span> <span>Complete Survey</span> </div> <div style="font-size: small; margin-top: 5px;">Not Started</div> </div>	

You must complete all 3 topic modules of the course including the survey after the course in order to print your completion certificate required for class.

After completing all 3 topic modules, click the link under the Actions section to download your completion certificate.

@ EC Q EN

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▶ Review
Re-enroll

#### Action

📄
Download

[Completion Certificate](#)

📄
Claim

[Continuing Education >](#)

#### Resources

📄 [Continuing Education](#)

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### Step #5

Bring your Precourse Work Preparation completion certificate with you on the day of class (on the next page)



**If you do not have a printer**, download the certificate and then email the certificate to our office, and let us know it is for your upcoming class and provide the date you are registered. Have your AHA login information with you on the day of class so that you can login to your account and show the instructor the certificate.

**If you have any questions prior to the class, please call us at 314-600-2075 or email us at [info@aclsstlouis.com](mailto:info@aclsstlouis.com).**

**We look forward to seeing you for your stress free and fun PALS class!**



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