



2020 Interim Training Materials: PEARS® Lesson Plan Changes

Purpose

These instructions will help you as a Pediatric Emergency Assessment, Recognition, and Stabilization (PEARS) or Pediatric Advanced Life Support (PALS) Instructor to update the current PEARs course materials* with science from the 2020 American Heart Association (AHA) *Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC)* (2020 Guidelines).

Use the interim materials to teach all PEARs courses beginning October 21, 2020. You must complete the 2020 PEARs Instructor Update online course on or before February 1, 2021.

*The 2017 *PEARS Instructor Manual* and 2017 *PEARS Provider Manual*

Instructor Preparation

As a PEARs Instructor, you should be prepared to answer students' questions about the 2020 Guidelines. Therefore, you should review these interim training materials, interim written exam information, the 2020 Guidelines, and the *Highlights of the 2020 AHA Guidelines for CPR and ECC* before teaching your PEARs courses.

Instructor Manual Lesson Plan Changes

To teach the PEARs Course, modify the lesson plans from the 2017 *PEARS Instructor Manual* with the changes listed in this document.

Only those lessons affected by the 2020 Guidelines science changes are listed here. Lessons not listed here should be taught as written in the 2017 PEARs Instructor Manual.

Throughout any course you teach, emphasis should be on the components of high-quality CPR.

1. Pediatric Chains of Survival

2020 Changes

- A new in-hospital cardiac arrest Chain of Survival for pediatrics was added, and it has the sixth link, for recovery.
- A sixth link, recovery, was added to both of the out-of-hospital Chains of Survival (adult and pediatric).
 - The process of recovery from cardiac arrest extends long after the initial hospitalization. Support is needed during recovery to ensure optimal physical, cognitive, and emotional well-being and return to social/role functioning. This process should be initiated during the initial hospitalization and continue for as long as needed.

Apply Here

- Video information, discussion

2. Infant Compressions

2020 Changes

- Single rescuer: use 2 fingers, 2 thumbs, or the heel of 1 hand for infants.
 - For infants, single rescuers (whether lay rescuers or healthcare providers) should compress the sternum with 2 fingers or 2 thumbs placed just below the nipple line.
 - For infants, if the rescuer is unable to achieve guideline-recommended depths (at least one third the diameter of the chest), it may be reasonable to use the heel of 1 hand.



Apply Here

- **Part 3: Testing and Remediation**
 - Section: Understanding the Infant CPR Skills Testing Checklist (Skills Checklist and Video)
 - PEARS Infant CPR Skills Testing Checklist
- **Part 6: PEARS Lesson Plans**
 - **Lesson 5A:** Learning/Testing Station: Infant High-Quality BLS Practice (Video and skills sheets)

3. Septic Shock Treatment

2020 Changes

- Administer fluid—10 mL/kg to 20 mL/kg aliquots—with frequent reassessment.
- It is reasonable to use either epinephrine or norepinephrine as an initial vasoactive infusion; if neither is available, dopamine can be considered.
- If the patient is still unresponsive to fluids and requiring vasoactive support, it may be reasonable to consider stress-dose corticosteroids.

Apply Here

- **Part 5**
 - **Appendix B: Instructor Case Scenarios and Debriefing Tools**
 - Various case scenarios, videos

4. Hypoglycemia

2020 Change

- For children with suspected hypoglycemia who are awake but unwilling to swallow oral glucose, it may be reasonable to apply a slurry of granulated sugar and water under the tongue.

Apply Here

- **Part 5**
 - **Appendix B: Instructor Case Scenarios and Debriefing Tools**
 - Various case scenarios, videos