

Paediatric Advanced Life Support

Recognising and treating the seriously unwell child, through to paediatric cardiac arrest. Includes weight-based drug and fluid doses.

\$650 / person inc. GST

1 day

16 planned learning hours

Who it's for and prerequisites

GPs, practice nurses, emergency and rural clinicians, paediatric and perioperative nurses, and anyone who may need to resuscitate a baby or child.

Prerequisite: A clinical role (AHPRA-registered or a paramedic) and current BLS skills. **Preparation:** About 8 hours of online learning, at your own pace, finished before the day.

Learning outcomes

- Assess a seriously unwell infant or child with a structured ABCDE approach
- Recognise and treat respiratory failure and shock before they progress to arrest
- Give high-quality infant and child CPR at 15:2, including the two-thumb encircling technique
- Follow the ANZCOR paediatric ALS algorithm for shockable and non-shockable rhythms
- Defibrillate a child safely with correct pad size, placement and weight-based energy
- Manage the paediatric airway with bag-valve-mask ventilation and adjuncts
- Calculate weight-based drug and fluid doses using a cognitive aid, and gain IO access
- Support family presence and communicate clearly with parents

Online preparation

Planned total: 480 minutes. Complete before the practical session.

Module	Minutes	Content
The seriously unwell child	60	How children differ, ABCDE assessment, early warning signs and escalation
Respiratory failure	60	Upper and lower airway problems, oxygen and ventilation support
Circulatory failure and shock	60	Recognising shock, fluids, sepsis and IO access
Paediatric BLS for health professionals	45	Infant and child CPR, 15:2, compression depth and technique, choking
The paediatric ALS algorithm	60	Shockable and non-shockable pathways, defibrillation and drug timing
Arrhythmias in children	45	Bradycardia, SVT and other arrhythmias in infants and children
Special circumstances	45	Anaphylaxis, drowning, trauma and other special situations
After return of circulation	30	Post-ROSC priorities and safe handover or retrieval
Family presence and communication	45	Supporting parents during a resuscitation
Pre-course quiz	30	Multiple-choice questions to check readiness, including dose calculations

Your training day

Use the timetable as a delivery plan. Adapt scenarios to participants' roles and equipment. 1 educator for every 8 participants.

Start	Session and content	Format
08:00	Welcome and orientation Objectives, equipment walk-through, and the cognitive aids we use for weights and doses	Briefing
08:20	Infant and child CPR Two-thumb encircling and one- or two-hand techniques on feedback manikins, 15:2 with two rescuers	Skills station
09:00	Assessing the seriously unwell child Structured ABCDE assessment using case videos and manikins; when and how to escalate	Workshop
09:45	Airway and ventilation Bag-valve-mask sizing and technique, adjuncts, positioning infants and children	Skills station
10:30	Morning tea	
10:45	Access, drugs and fluids IO insertion on trainers, weight estimation and dose calculation with cognitive aids	Workshop
11:30	Paediatric defibrillation Pad sizes and placement, weight-based energy, safe shock	Skills station
12:15	Lunch	
12:45	Scenarios Respiratory arrest, shock, VF, asystole and PEA, bradycardia, SVT and anaphylaxis. Roles rotate, including a parent role	Simulation and debrief
14:45	Afternoon tea	
15:00	Assessment Each participant leads one assessed paediatric scenario. Theory exam if not completed online	Assessment
16:15	Debrief, reflection and refresher plan Individual feedback, reflection on team performance, an action plan and certificates. Finish at 17:00	Debrief

Assessment criteria

- Theory exam: multiple-choice including dose calculations, 80% to pass
- Effective infant and child CPR on feedback manikins
- Safe paediatric defibrillation with correct energy and pad placement
- Leading a simulated paediatric resuscitation independently, following the ANZCOR paediatric ALS algorithm

Observe skills throughout, coach specifically and record individual outcomes. Use an approved checklist for each practical assessment. The 80% theory threshold, where listed, is our proposed course standard.

Certificate rules

Participants who meet every assessment criterion receive a certificate of competency showing the course, date, CPD hours and guideline version. Anyone who doesn't receives a certificate of attendance with specific feedback, and can be reassessed at a later session at no charge.

Certificate acceptance and refresher intervals depend on the employer and professional body. Contact us before attending if a participation adjustment is needed.

Running the course

Group: On-site minimum 6. Up to 8 with one educator, up to 16 with two. **Educators:** 1 educator for every 8 participants.

Venue: A room big enough for two scenario stations, or your own treatment area for in-situ scenarios. Tables, chairs and power points.

Equipment

- Infant and child manikins with CPR feedback
- Training defibrillator with paediatric pads and rhythm simulator
- Paediatric bag-valve-masks, airway adjuncts and suction
- IO trainer and simulated paediatric drug box
- Weight-based dosing cognitive aids

Requirements this design supports

- NSQHS Standard 8, Action 8.11: competence in paediatric advanced life support for responders in services that care for children
- Paediatric resuscitation training for GPs, practice nurses, and rural and emergency staff
- ANZCOR Guideline 10.2: blended delivery, cognitive aids and team training

Training supports skills and records. It does not by itself certify workplace compliance or guarantee employer acceptance.

CPD: 16 planned learning hours. [Accreditation pending] RACGP activity ID: [Activity ID pending] · ACRRM activity ID: [Activity ID pending].

Educator preparation and quality checks

Review current algorithms and local policies, check equipment and hygiene, prepare role-specific scenarios and assessment checklists, and confirm learner prerequisites. Record results, give individual feedback and use learner feedback to improve the next session. This outline is a delivery plan; it must be accompanied by original slides, online modules, scenarios and assessment tools.

Guideline references

- ANZCOR Guideline 12.1 – Paediatric Basic Life Support (PBLS) for Health Professionals
- ANZCOR Guideline 12.2 – Paediatric Advanced Life Support (PALS)
- ANZCOR Guideline 12.3 – Management of Other Arrhythmias in Infants and Children
- ANZCOR Guideline 12.4 – Paediatric Resuscitation in Special Circumstances
- ANZCOR Guideline 12.5 – Management after Return of Spontaneous Circulation (ROSC)
- ANZCOR Guideline 10.2 – Advanced Life Support (ALS) Training
- ANZCOR Guideline 10.6 – Family Presence during Resuscitation
- NSQHS Standard 8 – Recognising and Responding to Acute Deterioration, Action 8.11

[anzcor.org](https://www.anzcor.org/): [current guideline library](#) · [Training guideline](#) · [Paediatric guidelines](#)

Design based on ANZCOR guidance checked 7 October 2026. Confirm the current version at [anzcor.org](https://www.anzcor.org/) before every delivery. No drug-dose tables are reproduced in this outline.

Based in Melbourne. Training across Victoria, and interstate for the right group. Travel within metropolitan Melbourne is included. Regional and interstate travel is quoted before you book. Contact: hello@responddlivesupport.com · [Phone TBC].