

PALS Systematic Approach

1. Initial Impression (PAT)- what you see from the door
 - a. **Appearance**- LOC
 - b. **Breathing**- ↑ work of breathing, ↓ respiratory effort, abnormal breath sound, retractions
 - c. **Circulation**- color such as cyanosis, pallor, mottling

****Place the patient on the Monitor/Vitals****

2. Primary Assessment- a rapid, hands on ABCDE approach to evaluate resp, cardiac, neuro function (includes vital signs)
 - a. **Airway**- is the airway clear and maintainable
 - b. **Breathing**- RR/pattern, retractions, respiratory effort chest expansion, abnormal airway or lung sounds, O₂ sats ≥94%
 - c. **Circulation**- HR, and rhythm, BP, central/peripheral pulses, cap refill (nml ≤2 seconds), skin temp
 - d. **Disability**- AVPU (alert, resp. to voice, resp. to pain, unresponsive), pupil size, LOC, GLUCOSE
 - e. **Exposure**- temp, weight, head to toe assessment-rash, trauma, abnormal markings, or medical devices/lines)

Consider using the VOMIT mnemonic: Vitals, Oxygen, Monitor/ECG, Consider IV access (with labs if needed), Treatment

****Evaluate- Identify-Intervene (EII)** Reassess after any intervention****

3. Secondary Assessment- a focused medical history (SAMPLE), a focused physical exam, diagnostic tests, and the H's & T's

S- Signs and Symptoms

A- Allergies

M- Medications

P- Past Medical History

L- Last Meal

E- Events Surrounding

H's & T's:

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|--------------------------------------|
| Post ROSC |
| "VARMINT" |
| V- Vitals |
| A- AVUP |
| R- Resp Effort (SP02 > 94%) |
| M- Monitor- 12 lead ECG |
| I- IVx2, ideally arterial BP, fluids |
| N- Neuro- CT/MRI and EGG |
| T- Treatment (H's&T's) and TTM |

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|-------------------------|----------------------------------|
| Hypovolemia | Tension Pneumothorax |
| Hypoxia | Tamponade (cardiac) |
| Hydrogen ion (acidosis) | Toxins |
| Hypoglycemia | Thrombosis, pulmonary |
| Hypo-/Hyperkalemia | Thrombosis, coronary |
| Hypothermia | **Consider Other Causes** |

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| Are test results back? |
| What additional interventions or testing is needed for this patient? |
| What are your differential diagnoses? |
| <u>*Examples: Lower Airway Obstruction- Asthma- Respiratory Failure</u> |
| <u>Compensated Distributive Shock- Sepsis with Respiratory Distress</u> |

***Do we need to seek expert consultation?**

Where does the patient need to go: ER, OR, ICU, Floor, or Home?