

TRIESTE



## EMPOWER

The Official Academic Course of the European Society for Emergency Paediatrics

### ADVANCED PAEDIATRIC EMERGENCY MEDICINE CERTIFICATE COURSE

**EMPOWER - EUSEM's PrOfessional WOrkshop in Paediatric Emergency Response** is the Official Academic Course of the European Society for Emergency Paediatrics

## EMPOWER-ALS course

### **Course description**

This EMPOWER Advanced Life Support (ALS) course is intended to reinforce data-driven knowledge in paediatric resuscitation and ALS. The course is designed to substantially enhance participants' knowledge in the most recent scientific literature and advancements in this field.

This 17-hour course spans two days and includes three parts:

Part 1: Core evidence-based presentations in the field of paediatric resuscitation and ALS.

Part 2: 3-hour skills lab focused on the critical 'First 5 Minutes' of paediatric advanced resuscitation. Participants will master the 'Monitor-Access-Oxygen' triad, optimize patient positioning, and refine effective bag-valve-mask ventilation. The session also includes hands-on training in powered intraosseous access and the push-pull fluid administration method, culminating in simulation-based practice of both routine and complex clinical scenarios.

Part 3: A 3.5-hour workshop on non-invasive respiratory support (NIRS) in paediatric emergency medicine. Participants will explore the pathophysiology of acute respiratory failure and gain hands-on proficiency with various high-flow nasal cannula (HFNC) and continuous positive airway pressure (CPAP) systems, focusing on their application in critical emergency settings

### **Course participants**

This course is designed for pediatric emergency physicians and emergency medicine clinicians engaged in clinical practice, academic research, and medical education. The program is limited to 60 participants to ensure an optimal learning environment.

### **Course Objectives**

This course aims to empower participants with the latest clinical evidence and advancements in pediatric resuscitation and advanced life support (ALS).

Specific objectives include:

Mastering current evidence-based practices across core domains of pediatric resuscitation and ALS.

Critically evaluating existing knowledge gaps to guide future clinical practice and research.

### **Literature and sources underlying the course**

- 2025 American Heart Association ILCOR PALS guidelines (October 2025)
- 2025 European Resuscitation Council guidelines (October 2025)
- 2023 American Society of Echocardiography recommendations for Cardiac Point-of-Care Ultrasound in Children
- The 11<sup>th</sup> edition of the Advanced Trauma Life Support (ATLS) textbook (July 2025)
- The Surviving Sepsis Campaign 2026 editionG

### **Dates**

November 26-27, 2026



### **Venue**

NH Trieste, Corso Cavour, 7, 34132, Trieste, Italy





## EMPOWER-ALS program

### Day 1 (8 hours)

07:30-08:15	<b>Registration and Welcome Coffee</b>		
08:15-08:30	<b>Opening remarks</b>		<b>Faculty</b>
<b>Paediatric ALS – Updates</b>			
08:30-09:10	European Resuscitation Council Paediatric Guidelines: Key Clinical Updates		
09:10-09:50	Advanced Trauma Life Support 2025 Paediatric Guidelines: Key Clinical Updates		
09:50-10:05	<b>Coffee Break</b>		
<b>Resuscitation for Respiratory Crisis</b>			
10:05-10:45	The Paediatric Airway: Strategies for Successful Resuscitation in the ED		
10:45-11:25	Effective Ventilation in Acute Respiratory Failure: Principles and Practical Strategies		
<b>Team Work Principles</b>			
11:25-12:05	Beyond Clinical Skills: Orchestrating the Paediatric Resuscitation Team		
12:15-13:15	<b>Lunch Break</b>		
<b>The 5-Minute Rapid-Resuscitation Skills Lab – Bridging the gap between theory and high-stress reality</b>			
13:15-13:45	The Monitor-Access-Oxygen Trio and the "No-Math" Zone (30 min)		
13:45-14:15	Positioning and Effective Bag-Valve-Mask (BVM) Ventilation (infant, child, adolescent) (30 min)		
14:15-14:45	Intraosseous Access and the Push-Pull Method (infant, child, adolescent) (30 min)		
14:45-15:30	Simulation Scenario 1 (45 min)		
15:30-16:15	Simulation Scenario 2 (45 min)		
16:15-16:30	<b>Summary of Day 1</b>		<b>Faculty</b>

### Day 2 (9 hours)

07:30-08:00	<b>Welcome Coffee</b>		
			<b>Faculty</b>
<b>High-Acuity Respiratory Care</b>			
08:00-08:40	Evidence-Based Approach to Severe Asthma Exacerbation		
08:40-09:20	Evidence-Based Management of Severe Bronchiolitis		
09:20-09:50	<b>Coffee Break</b>		
<b>Acute Hemodynamic Instability</b>			
09:50-10:30	Evidence-based Management of Paediatric Septic Shock		
10:30-11:10	Shock in Paediatric Trauma: Recognition and Evidence-Based Treatment		
11:10-11:50	Evidence-based Point of Care Ultrasound for Paediatric Cardiogenic Shock		
11:50-12:15	Optimizing Outcomes: Management After Return of Spontaneous Circulation (ROSC)		
12:15-13:15	<b>Lunch Break</b>		
<b>Non-Invasive Respiratory Support (NIRS) Workshop</b>			
13:30-14:00	Low Flow versus High Flow oxygen administration: Principles and indications		
14:00-14:30	Continuous Positive Airway Pressure (CPAP): Principles and indications		
14:30-15:00	Non-invasive ventilation (NIV): Principles and indications		
15:00-15:15	<b>Coffee Break</b>		
<b>Hands-on practice</b>			
15:15-15:45	Low Flow, High Flow, CPAP: device choice, set-up, pitfalls and monitoring (30 min)		
15:45-16:16	NIV: ventilator and interface choice, set-up, pitfalls and monitoring (30 min)		
16:15-16:45	Two case scenarios (30 min)		
16:45-17:00	<b>Course Summary</b>		<b>Faculty</b>