

# Newborn life support

#### (Antenatal counselling)

Team briefing and equipment check

# Preterm < 32 weeks

Place undried in plastic wrap + radiant heat

#### Inspired oxygen

28–31 weeks 21–30% < 28 weeks 30%

If giving inflations, start with 25 cm H<sub>2</sub>O

Acceptable pre-ductal SpO <sub>2</sub>	
2 min	65%
5 min	85%
10 min	90%

TITRATE OXYGEN TO ACHIEVE TARGET SATURATIONS

### Birth

Delay cord clamping if possible

Start clock / note time

Dry / wrap, stimulate, keep warm

#### Assess

Colour, tone, breathing, heart rate

### Ensure an open airway

Preterm: consider CPAP

#### If gasping / not breathing

- Give 5 inflations (30 cm H<sub>2</sub>O) start in air
- Apply PEEP 5–6 cm H<sub>2</sub>0, if possible
- Apply SpO<sub>2</sub> +/- ECG

#### Reassess

If no increase in heart rate, look for chest movement

#### If the chest is not moving

- Check mask, head and jaw position
- 2 person support
- Consider suction, laryngeal mask/tracheal tube
- Repeat inflation breaths
- Consider increasing the inflation pressure

#### Reassess

If no increase in heart rate, look for chest movement

Once chest is moving continue ventilation breaths

## If heart rate is not detectable or < 60 min<sup>-1</sup> after 30 seconds of ventilation

- Synchronise 3 chest compressions to 1 ventilation
- Increase oxygen to 100%
- Consider intubation if not already done or laryngeal mask if not possible

## Reassess heart rate and chest movement every 30 seconds

If the heart rate remains not detectable or  $< 60 \text{ min}^{-1}$ 

- Vascular access and drugs
- Consider other factors e.g. pneumothorax, hypovolaemia, congenital abormality

Update parents and debrief team Complete records **APPROX 60 SECONDS** 

MAINTAIN TEMPERATURE