Newborn life support

**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$_2$O

**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$_2$O) – start in air
  - Apply PEEP 5–6 cm H$_2$O, if possible
  - Apply SpO$_2$ +/- ECG
- If heart rate is not detectable or < 60 min$^{-1}$ 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
- 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 heart rate and chest movement every 30 seconds
- If the heart rate remains not detectable or < 60 min$^{-1}$
  - Vascular access and drugs
  - Consider other factors e.g. pneumothorax, hypovolaemia, congenital abnormality
- Update parents and debrief team
- Complete records

**Acceptable pre-ductal SpO$_2$**
- 2 min: 65%
- 5 min: 85%
- 10 min: 90%

**APPROX 60 SECONDS**
- Maintain temperature
- At all times ask "Is help needed"

**Antenatal counselling**
- Team briefing and equipment check