

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 H₂O

Acceptable pre-ductal SpO ₂	
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 H₂O) start in air
- Apply PEEP 5-6 cm H₂0, if possible
- Apply SpO₂ +/- 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⁻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

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 abormality

Update parents and debrief team Complete records APPROX 60 SECONDS

MAIN AIN LEMERALO