Newborn life support

(Antenatal counselling)
Team briefing and equipment check

Preterm < 32 weeks

Place undried body in a plastic bag + radiant heat

If breathing consider:
- CPAP 5–8 cm H_2O
- $\geq$ 30% FiO_2

If not breathing:
- Initial PIP 25 cm H_2O
- Peep 6 cm H_2O
- $\geq$ 30% FiO_2

Birth
Start clock

Delay cord clamping. Stimulate. Thermal care.

Assess
Breathing, heart rate

Ensure an open airway

Breathing inadequate
- Give 5 inflation breaths – 30 cm H_2O, air, look for chest rise
- PEEP 6 cm H_2O, if possible
- SpO_2 +/- ECG monitoring

Reassess heart rate and chest rise

Chest moving
- Start ventilation breaths (30 min^{-1})

Chest not moving
- Check mask, head and jaw position
- 2 person support
- Consider:
  – SGA
  – ↑Inflation pressures
  – Suction
  – Tracheal tube
- **Repeat 5 inflation breaths**

Reassess heart rate and chest rise

Once chest is moving continue ventilation breaths

If heart rate is < 60 min^{-1} after 30 seconds of ventilation breaths
15 cycles of 3 chest compressions : 1 ventilation
- Synchronise chest compressions and ventilation
- 100% Oxygen
- Consider SGA or intubation
- Reassess heart rate/chest rise every 30 seconds

If the heart rate remains < 60 min^{-1}
- Continue chest compressions
- Vascular access
- Consider drugs and intravascular volume
- Check blood glucose
- Consider other factors – hypovolaemia, pneumothorax, congenital abnormality

Update parents, complete records and debrief team

Acceptable pre-ductal SpO_2	
3 min	70–75%
5 min	80–85%
10 min	85–95%
Titrate O_2 to achieve target SpO_2	

Approx 60 s

Is help needed?
Keep baby warm