Neonatal Resuscitation

REFRESHER

RECOGNIZE IT

- Newborn in respiratory distress or other life-threatening condition immediately after birth
- Resuscitation is guided by heart rate — and fixed by ventilations

ASSESS

- Targeted preductal SpO2 (right arm): 1 min 60–65%, 2 min 65–70%, 3 min 70–75%
- 4 min 75–80%, 5 min 80–85%, 10 min 85–95%
- Ductus arteriosus connects fetal pulmonary artery to aorta; closes following birth

ACT — FIRST MOVES

1. Golden Minute: ventilate at 40–60 per minute
2. Corrective steps (MR SOPA): Mask adjustment, Reposition airway, Suction, Open mouth, Pressure increase, Alternative airway
3. Neo-Tee: PIP 25 cmH2O, PEEP 5, oxygen flow 8–10 L/min
4. Compressions 3:1, 0.5–0.75 inches deep

PEARLS

- Ventilation is the fix — heart rate follows effective ventilations

Take Home Message:

Neonatal resuscitation is guided by heart rate and fixed by ventilations — ventilate 40–60 a minute in the Golden Minute.