Newborn Resuscitation

ALWAYS USE STANDARD PRECAUTIONS

Critical Information:
- Measure with color-coded resuscitation tape
- Compress at rate of 90 bpm. Use metronome or similar device
- 3:1 compression/ventilation ratio w/2 two-person CPR
- Change compressors every 2 minutes
- For routine care, if mother stable then place infant on mother’s chest for skin-to-skin care
- Peripheral cyanosis is considered a normal finding
- Note if meconium present
- Delay cord clamping until 30-60 seconds after birth, and then clamp and cut 6-8 inches from baby
- If cord is around neck and can’t be slipped over the head, double clamp and cut between claps

Airway Management:
- Ventilate at a rate of 60 breaths/min
- Use two-person BLS airway management whenever possible
- Avoid excessive ventilation
- If HR>100 but SpO2 not in target range or central cyanosis present, administer blow-by O2 at 10LPM
- Ventilation corrective actions
  - M-mask adjustment
  - R-reposition head
  - S-suction mouth THEN nose
  - O-open the mouth
  - P-pressure increase
  - A-alternative airway

Drug Therapy:
- Epinephrine 0.01mg/kg (0.1mg/ml concentration) IV/IO q 3-5 minutes
- Fluid bolus 10ml/kg NS

APGAR SCORE

<table>
<thead>
<tr>
<th>Sign</th>
<th>0</th>
<th>1</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart rate (bpm)</td>
<td>Absent</td>
<td>Slow (&lt;100)</td>
<td>≥100</td>
</tr>
<tr>
<td>Respiration</td>
<td>Absent</td>
<td>Slow, irregular</td>
<td>Good, crying</td>
</tr>
<tr>
<td>Muscle tone</td>
<td>Limp</td>
<td>Some flexion</td>
<td>Active motion</td>
</tr>
<tr>
<td>Reflex irritability</td>
<td>No response</td>
<td>Grimace</td>
<td>Cough, sneeze, cry</td>
</tr>
<tr>
<td>Color</td>
<td>Blue or pale</td>
<td>Pink body with blue extremities</td>
<td>Completely pink</td>
</tr>
</tbody>
</table>

Reversible Causes:
- Hypovolemia
- Hypoxia
- Hypoglycemia
- Hypothermia
- Pneumothorax
- Toxins (maternal drug exposure)

SpO2 Normal Values After Birth (In Min)

<table>
<thead>
<tr>
<th>Time (min)</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>60-65%</td>
</tr>
<tr>
<td>2</td>
<td>65-70%</td>
</tr>
<tr>
<td>3</td>
<td>70-75%</td>
</tr>
<tr>
<td>4</td>
<td>75-80%</td>
</tr>
<tr>
<td>5</td>
<td>80-85%</td>
</tr>
<tr>
<td>10</td>
<td>85-95%</td>
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</tbody>
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