

# Newborn Resuscitation practice steps

**Take a mannequin to a resuscitaire and practice your resuscitation skills.**

There are baby mannequins in Birthing Suite office (student room), CMM's office (Level 5) or you can ask your charge midwife or midwifery educators to help you find one.

Try and find a colleague to be your buddy at the resuscitaire.

**Imagine you are at a birth of a term baby who requires full resuscitation. Test yourself at these skills:**

- Turn on resuscitaire and switch on the light.
- Turn on heater and adjust to 100%
- Check your Blender (21%), Flow rate (10) and Neopuff PIP (30) and PEEP (5).
- "Pretend" call a 777 and ask the emergency operator for the neonatal team to Room \_\_\_\_ (or ask for Speaker phone neonatal assistance if you are in primary setting) for a term baby resuscitation
- Place the mannequin on the resuscitaire and turn on the clock (Apgar button)
- "Dry" and stimulate the mannequin and remove the "wet" towel. Imagine the baby has poor tone and no breathing effort
- Listen to the heart rate using the stethoscope and tap out an imaginary heart rate of 50bpm (approx. 5 taps in 6 seconds)
- Get a good seal with the mask and provide 5 inflation breaths (lasting 2-3 seconds each) Check that you can see the baby's chest moving with each breath
- Provide ongoing ventilation breaths (lasting ½ second each and at a rate of 40-60 per minute) until you have provided a total of 30 seconds of breathing support (inflation plus ventilation breaths).
- If you have a colleague with you, they can listen to the heart rate again towards the end of the 30 seconds and tap out a rate of 50bpm
- As the heart rate is under 60bpm after 30 seconds of breathing support, turn the oxygen up to 100% and provide chest compressions with 2 thumbs at ratio 3:1 at rate of 100-120 per min (if you don't have a buddy just practice the technique without the ventilatory support)
- Attach the sats probe and practice calculating how much oxygen would be required if this baby had sats of 60% at 2 minutes, 85% at 3 mins, etc
- Take out laryngoscope, hold in your left hand with handle pointing away from you and take the Yankauer suction in your right hand – imagine you are practicing suction.

If you have any questions or need further training, please call Rhonda or Tina at CWH (03 364 4730) ([education.mat@cdhb.health.nz](mailto:education.mat@cdhb.health.nz)) or Frances at St Georges (03 375 6020) ([frances.green@stgeorges.org.nz](mailto:frances.green@stgeorges.org.nz)) and we can arrange a time to support you with your learning