AT ALL TIMES ASK - DO YOU NEED HELP?

Approx 60 seconds

(Antenatal counselling) Team briefing & equipment check

Preterm < 32 weeks

Place undried in plastic wrap + radiant heat

Inspired oxygen

(≥ 32 weeks 21%) 28-31 weeks 21-30% <28 weeks 30%

Start with 25 cm H₂O

Acceptable pre-ductal SpO₂
2 min 65%
5 min 85%
10 min 90%

Birth

Delay cord clamping if possible

Start the clock or note the time Dry/wrap, stimulate, keep warm

Assess tone, breathing, heart rate

If inadequate breathing:
Open the airway
Preterm - Consider CPAP

If gasping or not breathing: Give 5 inflations (30 cm H₂O) 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

(Suction/Laryngeal Mask/Tracheal tube)
Consider increasing the inflation pressure

Repeat 5 inflations



Reassess

If no increase in heart rate, look for chest movement

When the chest is moving continue ventilation

If the heart rate is absent/very slow (<60min⁻¹) after 30 seconds of ventilation

Co-ordinate

Co-ordinate 3 chest compressions to 1 ventilation Increase oxygen to 100% Consider intubation if not done already (or laryngeal mask if intubation not possible)

Reassess

Check heart rate every 30 seconds



If the heart rate is absent/very slow: Vascular access and drugs

Consider other factors eg: pneumothorax, hypovolaemia, congenital abnormality

Update parents and debrief team
Complete records

