



# Newborn life support

**Preterm < 32 weeks**

Place undried in plastic wrap + radiant heat

**Inspired oxygen**  
28–31 weeks 21–30%  
< 28 weeks 30%

If giving inflations, start with 25 cm H<sub>2</sub>O

| Acceptable pre-ductal SpO <sub>2</sub> |     |
|--|-----|
| 2 min                                  | 65% |
| 5 min                                  | 85% |
| 10 min                                 | 90% |

TITRATE OXYGEN TO ACHIEVE TARGET SATURATIONS

(Antenatal counselling)  
Team briefing and equipment check

**Birth**  
Delay cord clamping if possible

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

**Assess**  
Colour, tone, breathing, heart rate

**Ensure an open airway**  
Preterm: consider CPAP

**If gassing / not breathing**

- Give 5 inflations (30 cm H<sub>2</sub>O) – start in air
- Apply PEEP 5–6 cm H<sub>2</sub>O, if possible
- Apply SpO<sub>2</sub> +/- 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
- Consider suction, laryngeal mask/tracheal tube
- Repeat inflation breaths
- Consider increasing the inflation pressure

**Reassess**  
If no increase in heart rate, look for chest movement

Once chest is moving continue ventilation breaths

**If heart rate is not detectable or < 60 min<sup>-1</sup> after 30 seconds of ventilation**

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

**Reassess heart rate and chest movement every 30 seconds**

**If the heart rate remains not detectable or < 60 min<sup>-1</sup>**

- Vascular access and drugs
- Consider other factors e.g. pneumothorax, hypovolaemia, congenital abnormality

Update parents and debrief team  
Complete records

APPROX 60 SECONDS

MAINTAIN TEMPERATURE

AT ALL TIMES ASK "IS HELP NEEDED"