

Neonatal Unit
Basic Infant Resuscitation
Information Leaflet

This guide should be used in an emergency if your baby appears not to be breathing.

Check whether your baby responds to gentle stimulation.



If no response, shout for help and for someone to dial 999. If you are alone, take your baby to the phone and dial 999 yourself.



Position your baby on his/her back on a flat, hard surface and start Basic Life Support using the ABC of Resuscitation.

ABC of Resuscitation

A

Airway

Keep the airway open



Look for any obvious foreign material in your baby's mouth. If you can see anything, turn your baby over and give five firm taps on the back with the heel of your hand.

To open the airway, gently tilt back your baby's head and lift the chin. Do not tilt the head too far back.

B

Breathing

LOOK

LISTEN

FEEL



If your baby is not breathing, start mouth to mouth breathing

Is your baby breathing on their own? Check by looking, listening and feeling for no more than 10 seconds:

LOOK at the chest and abdomen for movement

LISTEN over the mouth for breath sounds

FEEL with your cheek, over your baby's mouth for air

If there are no signs of breathing in 10 seconds, start mouth to mouth breathing:

Keep the airway open as described above.

Cover your baby's mouth and nose with your mouth ensuring there is a good seal.

Gently blow into the lungs until the chest rises and falls. Take a fresh breath each time before giving these breaths. Do this 5 times.

Reassess the breathing. If your baby is breathing, turn them onto their side and wait for help. If your baby is still not breathing, continue as follows.

C **Circulation**



Start heart massage if your baby does not have a heartbeat

Check for a pulse (heartbeat) by feeling the inner part of the upper arm at the elbow for 10 seconds. If you can't feel a pulse or the pulse is very slow (less than 60 beats per minute), start heart massage (cardiac compressions).



With the tips of two fingers on the lower half of the breastbone, apply gentle but firm pressure to push it down by about 1 inch. Repeat this quickly 30 times, then give 2 mouth to mouth breaths.

Continue alternating between giving 30 cardiac compressions and 2 mouth to mouth breaths.

Check for signs of breathing and circulation until the ambulance arrives, or your baby starts breathing for itself.

This leaflet can be made available in difference formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at Pals@lwh.nhs.uk