

**ARMY COLLEGE OF NURSING JALANDHAR CANTT**  
**NEONATAL RESUSCITATION PROGRAMME**  
**FIRST GOLDEN MINUTE PROJECT**

**DATE:** 16th Sep 2024

**VENUE:** Military Hospital Jalandhar

**PARTICIPANTS:** Medical Officer Interns, Nursing Officer's and B.Sc.(N)4th Year (24 students)

The Military Hospital Jalandhar Cantt organized a one day Certified Programme on “NEONATAL RESUSCITATION”. The Programme started by the master of ceremony Lt.Col.Ankur Rawat with a warm welcome of the instructors, military nursing staff & students of B.Sc. (N) fourth year. The event was inaugurated by Dr. Manmeet Kaur Sodhi, lead instructor. She discussed the ABCD of resuscitation and also briefly explained about the skill stations.

**Skill station 1: Preparation of Birth** – Dr. Jatinder Singh talked about the care of a newborn after the birth for resuscitation. The initial steps were to provide warmth by placing the infant under a radiant heat source then the positioning of head in a 'sniffing' position which helps to open the airway. Afterwards, clear the airway with a bulb syringe or suction catheter, following the drying of the infant and stimulate the breathing. At the end of the session he clarified the doubts of the group.

**Skill station 2: Routine Care with Initial Steps-** Dr. Gurdeep Singh briefed about the steps which were used in routine care.

1. Communication- proper communication between the healthcare team.
2. Availability of skilled personnel who have adequate knowledge regarding the resuscitation.
3. All the articles and equipment which are required during the procedure.

The session was followed by questions & answers.

**Skill station 3: Brief ventilation, prolonged ventilation with normal HR and prolonged ventilation with slow HR-** Dr. Indermanjot Singh discussed the steps of the procedure. These include:

1. **Assessment of Breathing and Heart Rate:** Check if the newborn is breathing and assess the heart rate.  
**Normal:** Breathing should be spontaneous, and heart rate should be above 100 beats per minute.  
**Abnormal:** If not breathing or heart rate is below 60 bpm, initiate resuscitation.
2. **Positioning:** Place the baby in a neutral position to keep the airway open.
3. **Clear the Airway:** Use a bulb syringe or suction device to clear any obstructions (mucus or meconium)

4. **Positive Pressure Ventilation:** If the baby is not breathing or has a heart rate below 60 bpm, use a bag-mask device to provide breaths. Deliver 40-60 breaths per minute, ensuring the chest rises with each breath.
5. **Chest Compressions:** If the heart rate remains below 60 bpm despite effective ventilation; Use two-thumb technique or two-finger technique, Compress at a rate of 90 compressions per minute, with 30 breaths in between every two minutes of compressions.
6. **Medications:** If there's no response, consider administering epinephrine if the heart rate remains low despite compressions and ventilation.
7. **Continuous Monitoring:** Keep monitoring heart rate and oxygen saturation throughout the process.
8. **Stabilization:** Once stabilized, provide warmth and assess for further needs, such as oxygen or additional interventions. The session was followed by question 7 answers.

#### Skill station 4: Performance evaluation test

The instructors demonstrated the procedure and then the participants followed the instructors by remonstrating individually. This was followed by the completion of feedback forms and ended with rewarding the certificates to the participants.

The one day programme was highly enlightening and encouraging for the nursing students and nursing officers.



*Arshdeep*

Principal  
Army College of Nursing  
Jalandhar Cantt

