

# EXHALE ACADEMY CSE CHEAT SHEET #17

## NEONATAL DELIVERY ROOM

### FIRST LOOK

- Term or preterm? Tone? Breathing or crying?
- Heart rate is the key number.
- Color and respiratory effort matter, but HR drives resuscitation decisions.
- Warm, dry, stimulate, position airway.

### BASIC STEPS

- Maintain temperature.
- Position head/neck and clear airway only as needed.
- Dry and stimulate.
- Assess breathing and heart rate.
- Start positive-pressure ventilation if apnea/gasping or HR remains low.

### OXYGEN/VENTILATION

- Use PPV for inadequate breathing or low HR.
- Check chest rise and mask seal.
- Consider intubation if PPV ineffective or prolonged.
- Use CPAP for spontaneous breathing with distress when appropriate.

### MECONIUM THINKING

- Routine aggressive suctioning is not the main move for vigorous babies.
- If nonvigorous with airway obstruction/poor ventilation, airway management matters.
- Ventilation and oxygenation are the priority.

### ESCALATION

- If HR remains very low despite effective ventilation, compressions and medications may be needed.
- Reassess often: HR, respirations, tone, oxygenation.
- Call for neonatal team support early.

### EXHALE MEMORY LINE

**Newborn resuscitation starts with warmth, airway position, stimulation, HR, and effective ventilation.**