

Infant Resuscitation

A Step-by-Step Guide for Parents

In summary:

1. Check response — stimulate and shout.
2. Clear and open the airway.
3. If not breathing, give five rescue breaths.
4. Check for signs of life.
5. If no sign of life, start chest compressions together with rescue breathing (2 breaths to 30 compressions).

In summary:

1. Support the infant in a head-down position across your lap.
2. Place the thumb of one hand at the angle of the lower jaw and one or two fingers from the same hand at the same point on the other side of the jaw.
3. Do not compress the soft tissues under the infant's jaw.
4. Give up to five sharp back blows with the heel of one hand in the middle of the back, between the shoulder blades.

Remember
Every second counts!



WWRC, NICU

Patient Family Education Unit

 **55934424**

20-0286

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Be prepared for any emergencies by learning about first aid and calling 999.



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A Choking Infant

What to do?

A. Back Blows

1. Support the infant in a head-down position across your lap.
2. Place the thumb of one hand at the angle of the lower jaw and one or two fingers from the same hand at the same point on the other side of the jaw.
3. Do not compress the soft tissues under the infant's jaw.
4. Give up to five sharp back blows with the heel of one hand in the middle of the back, between the shoulder blades.



B. Chest Thrusts

1. Turn the infant to a head-down position by placing your free arm along the infant's back and encircling the head with your hand.
 2. Support the infant down your arm, which should be placed down (or across) your thigh.
 3. Place two fingers in the center of the infant's chest and provide him or her with up to five chest thrusts.
- **Check to see if the blockage has cleared between each blow/thrust. Both techniques aim to relieve the obstruction with each blow/thrust.**
 - **If the infant starts to breathe, watch carefully until medical help arrives. Keep the infant on his or her side.**
 - **If the infant is still choking, alternate five back blows and five chest thrusts until emergency help arrives.**
 - **If the infant becomes unconscious/unresponsive, start CPR.**



Infant CPR

1. Ensure the safety of the infant.
2. Check the infant's response.

Gently tap or flick the sole of the infant's foot and call out their name. If no response (not crying or breathing) **immediately call 999.**

3. Open the airway.

1. Place the infant on their back, on a firm flat surface.
2. Look inside the infant's mouth and carefully remove any obvious obstructions, such as vomit or food. If the obstruction is too far in the mouth, don't try to remove it with your fingers as you might push it further.
3. Gently tilt the infant's head so that the eyes are looking directly at the ceiling. Lift the chin with one finger.



4. Check for breathing.

1. Look, listen, and feel for breathing.
2. Place your cheek next to the infant's face to see if you can feel or hear any breath from the infant's mouth.
3. Look at the infant's chest for ten seconds and see if the chest rises or falls.



5A. If, after opening the airway the infant starts to breathe, watch carefully until medical help arrives. Keep the infant on their side.

5B. If the infant does not respond and is not breathing, start rescue breathing.

- Keep the infant's head in the 'eyes to the ceiling' position with the chin lifted.
- Seal your mouth around the infant's nose and mouth.
- Blow gently until the infant's chest starts to rise.
- As the chest rises, stop blowing and allow the chest to fall.
- Repeat five times.

6. Check for signs of life Blood Circulation

Look, listen, and feel for signs of life, such as **breathing, coughing, or movement.** Wait and watch for no more than ten seconds.



7A. If the infant shows any sign of life, watch him or her carefully until medical help arrives. Keep the infant on their side.

7B. If there is no sign of life, start chest compressions.

- Place two fingers in the center of the infant's chest.
- Give 30 chest compressions by pressing down on the chest up to one-third of its depth (about 1.5 cm to 2 cm) at a rate of one hundred times per minute.



8. After 30 chest compressions, give two rescue breaths and repeat (two rescue breaths to 30 chest compressions).

9. Continue resuscitation until:

- The child shows signs of life (normal breathing, cough, movement). Check the pulse for 60 beats/minutes.
- Help arrives from emergency service.