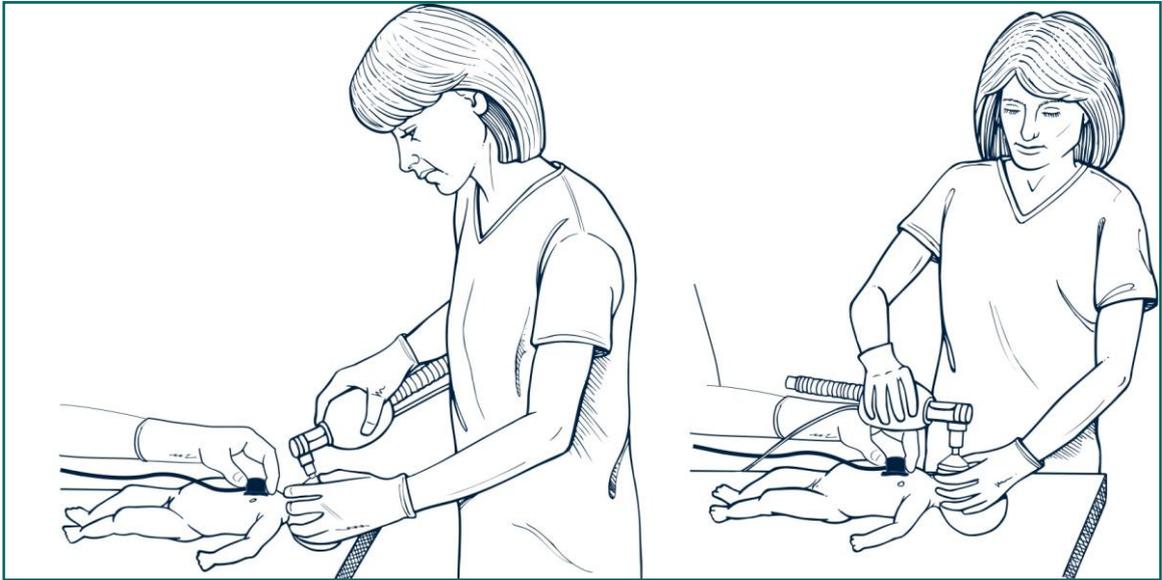




NAVJAAT SHISHU SURAKSHA KARYAKRAM



BASIC NEWBORN CARE AND RESUSCITATION PROGRAM FACILITATOR'S GUIDE



Ministry of Health and Family Welfare
Government of India

Message

Although childhood and infant mortality in India has reduced substantially during the last decade, the rate of neonatal mortality is still high. Nearly two-thirds infant deaths each year occur within the first four weeks of life, and about two-thirds of those occur within the first week. Thus, the first days and weeks of life are critical for the future health and survival of a child.



Newborn care often receives less-than optimum attention. It is now well known that the newborns themselves require special attention separate from that of their mothers to assure a healthy start to life. The immediate causes of newborn death include infection, birth asphyxia, complications related to premature birth, and congenital anomalies. Most of the neonatal deaths can be prevented with simple, cost-effective solutions that do not depend on highly trained provider or sophisticated equipment.

Effective Newborn care is a crucial challenge that is faced by every health care setting dealing in maternal and child health. Training of Doctors, Nurses and ANMs in low resource settings is an urgent need. A key component is to equip the staff with appropriate knowledge and skill to improve the quality of service delivery. The Ministry of Health and Family Welfare is addressing this through the launch of the Navjaat Shishu Suraksha Karyakram (NSSK). A simple and scalable training module on Basic Newborn Care and Resuscitation has been developed for this programme.

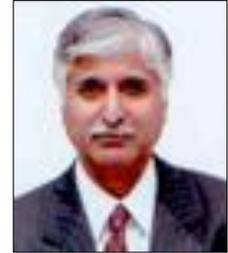
This programme provides evidence-based knowledge in improving newborn health especially care at birth. The health provider after training will furnish all the required care at birth, identify and manage common complications, stabilize (if necessary) and refer/transfer newborns needing additional interventions.

I am sure that this programme, will act as an enabling tool for newborn survival and health in the country.

Ghulam Nabi Azad
Union Minister for Health and Family Welfare
Government of India

Foreword

India's Infant mortality is a staggering 2.1 million per annum and contributes to nearly 21 per cent of the global burden of infant deaths. The rate of decline of Infant mortality rate in India over a period of time has slowed down. During the decade 1980 to 1990 Infant mortality rate declined by as much as 34 points, however during the decade 1990 to 2000 Infant mortality rate declined by just 12 points.



The major reason for this situation is the very slow decline in the neonatal mortality which accounts for 2/3rds of all infant mortality. Neonatal mortality world over is around 37 % of all under five mortality whereas in India this is around 50% of all under 5 deaths, which means that the proportion of U5 deaths by neonatal causes is disproportionately high in India.

The important causes of neonatal deaths is birth asphyxia and along with serious infections results in more than 50 % of all neonatal deaths. If infant mortality has to be brought down than it becomes important that these major causes of neonatal deaths are addressed.

The Government of India keeping this in mind has developed a program on "Basic Newborn Care and Resuscitation" which would address these causes in a large way. This program is timely and certainly would have a significant contribution in bringing down neonatal mortality and other serious long term morbidities like neuro-developmental sequelae in survivors of asphyxiated newborn babies. With more and more deliveries occurring at health care institutions as a result of the Jannani Suraksha Yojna, it becomes important that the large number of health professionals attending to births, are trained in the simple procedure of resuscitation and basic new born care.

The training manual has been prepared with the help of Indian Academy of Pediatrics and the pediatrics department of AIIMS and encompasses important evidence based procedures in a simple language. The training is of one day duration and should be easily scaled up to health providers thus making available the much needed skills for new born care and resuscitation at facilities. Health providers will benefit by the liberal illustrations used in the manual. The manual should prove to be invaluable in developing the skills of health providers to address neonatal mortality and to save new born lives.

Naresh Dayal, IAS
Secretary Health and Family Welfare,
Ministry of Health and Family Welfare,
Government of India

From the Mission Director (NRHM)

Worldwide 37 per cent of under-five deaths are attributed to neonatal causes (within the first 4 weeks of life). In India, this figure is around 50 per cent, which means that the proportion of under five deaths by neonatal causes is disproportionately high. Current neonatal mortality rate in India is 37/1000 live births accounting for almost two thirds of the infant deaths.



“Navjaat Shishu Suraksha Karyakram” a new programme on Basic Newborn Care and Resuscitation, is being launched by the Ministry of Health and Family Welfare to address important interventions of care at birth i.e. Prevention of Hypothermia, Prevention of Infection, Early initiation of Breast feeding and Basic Newborn Resuscitation.

Newborn care and resuscitation is an important starting-point for any neonatal program that is required to ensure the best possible start in life. The objective of this new initiative is to have persons trained in Basic newborn care and resuscitation available at every delivery. The implementation of this programme will help prevent a significant number of newborn deaths and ensure newborn survival.

The training package in this manual is based on the latest available scientific evidence and will be immensely useful in decreasing neonatal mortality in our country and in achieving our National goals.

P.K. Pradhan, IAS
Additional Secretary and Mission Director (NRHM)
Ministry of Health and Family Welfare
Government of India

Preface

India accounts for nearly 0.9 million newborn deaths per year that is 30% of global neonatal deaths. Nearly half of under 5 deaths occur in neonatal period and most of these deaths occur within first few days of birth. Birth asphyxia and sepsis are the major causes of these deaths. The National Population Policy Goal of IMR below 30/1000 live births by 2010, mandates urgent measures to be put in place to prevent these deaths to reach the NPP Goal. One of the effective measures to prevent deaths is to have skilled birth attendants trained in resuscitation, prevention of infection and temperature management. Initiation of breastfeeding within one hour of life itself is estimated to save a number of new born lives.



The Basic New born Care and Resuscitation program developed by the Ministry of Health and Family Welfare will help develop skills of health providers to address birth asphyxia and other causes of mortality at birth. The two day training envisaged under this program, would be able to enhance the skills of health providers and especially the birth attendants at facilities. It is estimated that this skill based training when put in place in the States can prevent approximately 1- 2 lakh newborn deaths every year.

The program in the first phase will be launched in the 8 EAG States (Bihar, Rajasthan, Uttar Pradesh, Orissa, Madhya Pradesh, Uttarakhand, Jharkhand, and Chhattisgarh), Jammu and Kashmir and Assam to address the high neonatal mortality in these states.

The Indian Academy of Pediatrics (IAP) and the Pediatrics Department of All India Institute of Medical Sciences have provided invaluable help in developing the manual and tools for this program. The Indian Academy of Pediatrics will also provide help in developing trainers in these States. The National Neonatal Forum will also be assisting in rolling out this national programme.

I would like to acknowledge the contributions of Dr. Panna Choudhury, National President, Dr. Naveen Thacker, Dr. Vikas Goyal of IAP; Dr. A.K. Dutta, Vice Principal, Lady Hardinge Medical college and Dr. Vinod Paul, Professor and Head of the Department of Pediatrics, AIIMS in developing this program. Use of materials from manual of AAP copyrighted material, Latter-Day Saint Charities, JN Medical College, Belgaum and WHO-CC for training and Research in newborn care, AIIMS, New Delhi is duly acknowledged. I would also like to acknowledge the contribution of Dr. B. Kishore Assistant commissioner Child Health who worked relentlessly to put up the entire thing together.

Amit Mohan Prasad, IAS
Joint Secretary (RCH),
Ministry of Health and Family Welfare,
Government of India

Facilitators Guide

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**Indian Academy
of Pediatrics**



**WHO-CC for training
and research in
newborn care, AIIMS**