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# NEONATAL RESUSCITATION PROGRAM

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**FIRST GOLDEN MINUTE PROJECT REPORT**



**SEPTEMBER 7, 2021**

**RUFAIDA COLLEGE OF NURSING  
JAMIA HAMDARD, NEW DELHI-110062**

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# PROLOGUE

## **Newborn Resuscitation Program: First Golden Minute Project**

The proposed project will help in accelerating bringing down of Infant and under-5 Child Mortality Rates and reaching the goal of National Population Policy (NPP) 2000 of reduction infant mortality rate to below 30 per 1000 live births. This project aims to train about 200,000 health professionals in Basic Newborn Care and Resuscitation with ultimate aim to have one person at every delivery trained in neonatal resuscitation.

Only Basic NRP course which includes Initial steps and Bag and mask ventilation is required to be disseminated at large scale. Till now NRP courses offered were Advanced NRP including endotracheal Intubation and medication which is required only in 1% babies requiring resuscitation. American Academy of Pediatrics (AAP) has pledged full support to IAP. A team from AAP will visit India every year during Pedicon to support IAP on technical issues including training of trainers.

A workshop was organized under the patronage of Ms. Veena Sharma, Principal, Rufaida College of Nursing, Jamia Hamdard. Ms. Somibala Thokchom, Assistant Professor, Rufaida College of Nursing, Jamia Hamdard and Ms. Bindu Sharma, Nursing Officer trained the delegates in getting the skills of Basic Neonatal Resuscitation: First Golden Minute Project. Ms. Somibala Thokchom was the Organizing Secretary and Ms. Jahanara Rahman was the Co-organizing Secretary for the workshop.

# EXECUTIVE SUMMARY

Newborn Resuscitation Program: First Golden Minute Project aims to train about 200,000 health professionals in Basic Newborn Care and Resuscitation with ultimate aim to have one person at every delivery trained in neonatal resuscitation.

The Convener for the workshop was Ms. Veena Sharma, Principal, Rufaida College of Nursing; Organizing Secretary was Ms. Somibala Thokchom, Assistant Professor, Rufaida College of Nursing; Joint Organizing Secretary Ms. Jahanara Rahman, Assistant Professor, Rufaida College of Nursing. The workshop was attended by faculty, hospital nursing officers and master's students of nursing from Jamia Hamdard, Batra Hospital and Holy Family Hospital.

The workshop was organized with the aim to provide opportunity to healthcare workers who deals with the newborns both in clinical setting and teaching setting to enhance the required skills to manage newborn baby who may need basic resuscitation steps immediately following birth to prevent further complications.

The workshop commenced on 8<sup>th</sup> September 2021 with a short inaugural ceremony from 9 am to 9.15 am conducted by Ms. Jahanara Rahman and the introduction and unveiling of theme was done by Ms. Somibala Thokchom and Ms. Bindu Sharma. The initial registration followed by online module-based training along with the pre-test was done online at <https://iapnrpfgm.com/nrp> by all delegates. Then skill-based workshop registration was done at the venue i.e. Rufaida College of Nursing, Jamia Hamdard (Deemed to be University).

All the delegates were divided into two groups and both groups were demonstrated with the sessions of the workshop which included Preparation for birth, Routine Care and initial steps, brief ventilation, prolonged ventilation with normal and slow tilt by Ms. Somibala Thokchom, Ms. Bindu Sharma and Ms. Jahanara Rahman. At the end performance evaluation test was organized and certificates were issued after successful completion of the evaluation test.

# PROCEEDINGS OF THE WORKSHOP

A total of 16 delegates were divided into 2 groups of 8 delegates in each group. One group was led by Ms. Somibala Thokchom and another group was led by Ms. Bindu Sharma. Ms. Jahanara Rahman assisted the instructors in workshop.

The first session was on Preparation for birth which included assessment of risk factors and planning accordingly, ensure warmth in labor room and switches on radiant warmer, washing hands with soap and water and wear gloves, preparing equipment and supplies and checking function of bag and mask. This session was followed by tea break for 15 minutes.

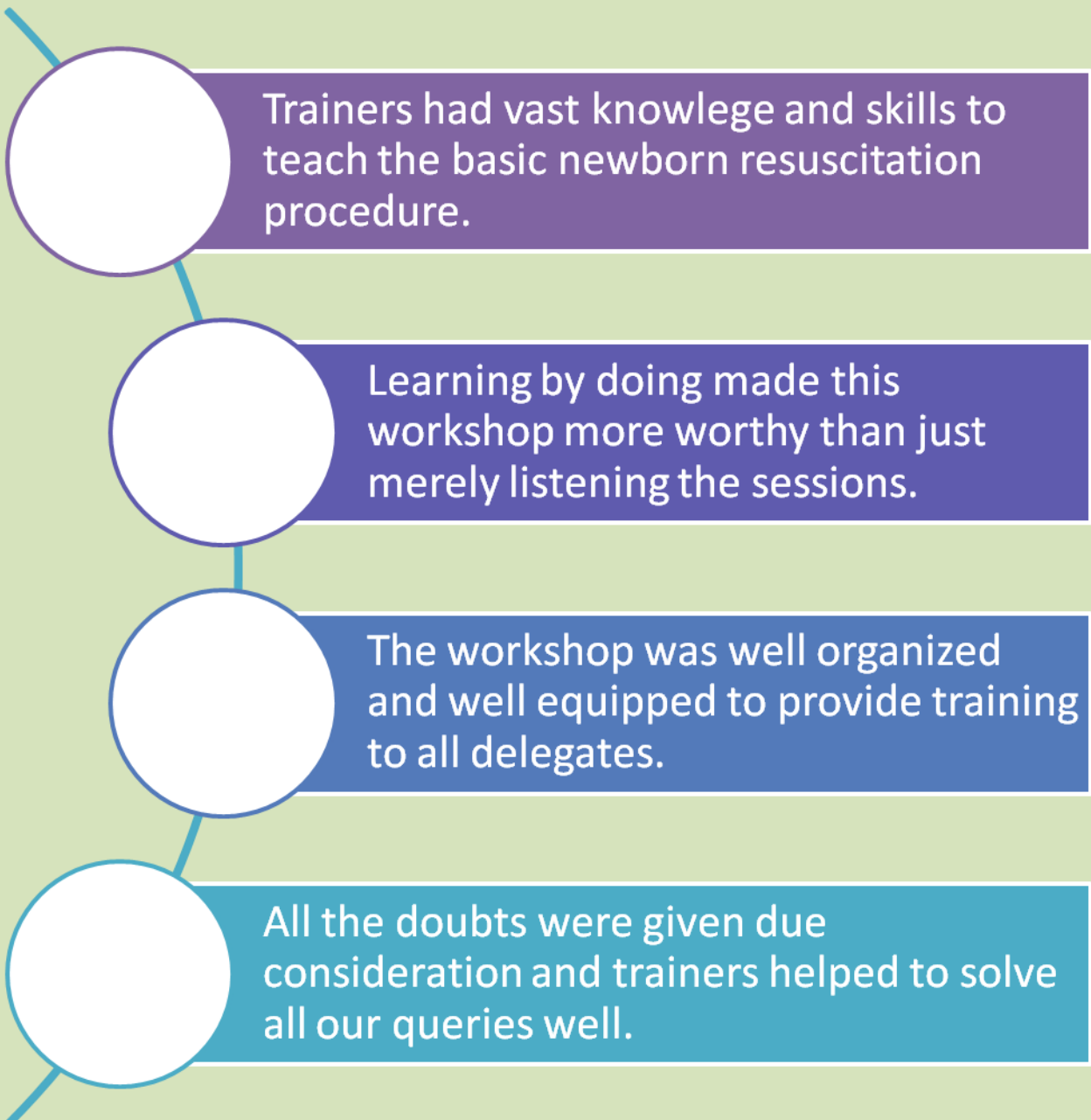
The second session was on routine care and initial steps. The steps of routine care included delivering baby on mothers abdomen and calls out time of birth, if secretions present from nose and mouth, wipe them, dry the baby and remove wet linen, assess spontaneous breathing (if baby is breathing/crying, it indicates that baby can receive routine care), keeps the baby on mother's abdomen in skin to skin contact, cover both mother and baby, ties and cuts cord in 1-3 min and advices and help mother in initiating breastfeeding. However, if the baby is not breathing well immediately after birth then it indicates need for taking initial steps which included placing the baby on radiant warmer after tying and cutting the cord, positions baby with neck slightly extended, suctions mouth then nose, stimulate baby to breath and repositioning of the baby.

Before the initiation of the third session the instructors switched the two group. The third session was on brief ventilation which included selecting appropriately sized mask, positioning mask properly on baby, begin ventilation and look for chest rise in initial five breaths (if no chest rises visible then take ventilation corrective measures), ventilate for 30 seconds at 40-60 breaths per minute, assess breathing, gradually discontinue positive pressure ventilation and provide observational care. After this session 30 minutes lunch break was given.

The last session was on prolonged ventilation with normal and slow tilt which included need for help and continuous ventilation if no spontaneous breathing appears followed by adding oxygen and monitoring heart rate. If heart rate is more than 100 beats per minute then continue ventilation and reassess after every 30 seconds for spontaneous breathing then gradually discontinue positive pressure ventilation and provide post-resuscitation care. However, if heart rate is less than 100 beats per minute after taking all the corrective steps and adding oxygen, continue ventilation and hand over baby to person trained in advanced care or organize referral.

After successful completion of all these skill-based sessions, the instructors conducted performance evaluation test. All delegates scored 80-100% score in performance evaluation test and later certificates were issued by Ms. Veena Sharma, Ms. Somibala Thokchom, Ms. Bindu Sharma and Ms. Jahanara Rahman.

# FEEDBACK OF WORKSHOP



Trainers had vast knowlege and skills to teach the basic newborn resuscitation procedure.

Learning by doing made this workshop more worthy than just merely listening the sessions.

The workshop was well organized and well equipped to provide training to all delegates.

All the doubts were given due consideration and trainers helped to solve all our queries well.

# GLIMPSES OF THE WORKSHOP









# ANNEXURE I: ORGANISING TEAM

## ORGANIZING TEAM FOR THE WORKSHOP ON NEONATAL RESUSCITATION PROGRAM

### FIRST GOLDEN MINUTE PROJECT REPORT

Indian Academy of Paediatrics & National Neonatology forum in collaboration with  
Rufaida College of Nursing, Jamia Hamdard (Deemed to be University)

Organizing Secretary: Ms. Somibala Thokchom, Co-Organizing Secretary: Ms. Jahanara Rahman

S.NO.	DESCRIPTION OF RESPONSIBILITY	FACULTY I/C
1	Arrangement of skill stations	Ms. Bindu Sharma
2	Anchoring of the whole event	Ms. Jahanara Rahman
3	Arrangement for the registration form and certificates	Ms. Jahanara Rahman
4	Preparation of workshop schedule and coordination with another trainer	Ms Somibala Thokchom
5	Workshop Report	Ms. Jahanara Rahman
6	Preparation of Banner	Ms. Somibala Thokchom
7	Photography	Ms. Somibala Thokchom

## ANNEXURE II: WORKSHOP BANNER



**Indian Academy of Pediatrics**  
&  
**National Neonatology Forum**



# **Basic Neonatal Resuscitation Program**

## **First Golden Minute Project**

Venue of Workshop:- Ruffaida College of Nursing, Jamia Hamdard, New Delhi - 110062

Date:- 7<sup>th</sup> September, 2021

Under Academic Grant from Johnson & Johnson, India

# ANNEXURE III:WORKSHOP SCHEDULE

**Indian Academy of Paediatrics & National Neonatology forum  
in collaboration with  
Rufaida College of Nursing, Jamia Hamdard (Deemed to be University)**

**Basic Neonatal Resuscitation Program: First Golden Minute Project**

Time Duration: 8 hours (9:00am-4:00 pm)

Venue: Rufaida College of Nursing

## Program Schedule

<b>S. No</b>	<b>Session</b>	<b>Time</b>	<b>Faculty</b>
1.	<b>Registration</b>	<b>9:00am – 10:00 am</b>	
2.	<b>Preparation for birth</b>	<b>10:00 am - 11:00am</b>	<b>Ms Somibala Thokchom Ms Bindu Sharma</b>
	<b>Tea Break (11:am – 11:15 am)</b>		
3.	<b>Routine Care &amp;Initial steps</b>	<b>11:00am – 12:30 pm</b>	<b>Ms Somibala Thokchom Ms Bindu Sharma</b>
4.	<b>Brief ventilation</b>	<b>12:30 pm- 1:30 pm</b>	<b>Ms Somibala Thokchom Ms Bindu Sharma</b>
	<b>Lunch Break (1:30 – 2:00pm)</b>		
5.	<b>Prolonged ventilation with normal and slow tilt</b>	<b>2:00 pm – 3:00 pm</b>	<b>Ms Bindu Sharma Ms Somibala Thokchom</b>
6.	<b>Performance evaluation test</b>	<b>3:00 pm – 4:00pm</b>	
	<b>Tea Break 4:00 pm</b>		

**Ms Jahanara Rahman  
Co-Organising Secretary**

**Ms Somibala Thokchom  
Organising Secretary**

**Ms Veena Sharma  
Convenor**

## ANNEXURE IV: LIST OF PARTICIPANTS

S.NO.	NAME OF PARTICIPANTS	INSTITUTION
1	ANJU V R	HAHC HOSPITAL
2	ANJALI	HAHC HOSPITAL
3	UMRA KHAN	HAHC HOSPITAL
4	KAMALPRIYA DEVI	LBBCON
5	KONJENGBAM REBIKA DEVI	RCON
6	MAIHAZ BI	RCON
7	RENU	RCON
8	SWETA MARY JACOB	RCON
9	THIYAM KANANBALA	BATRA HOSPITAL
10	SABIHA PARVEEN	RCON
11	SOUMYA VIJU	RCON
12	GARIMA CHAUDHARY	RCON
13	PRACHI YADAV	RCON
14	SAKSHI	RCON
15	ASHA SHARMA	RCON
16	KSHETRIMAYUM NALINI DEVI	LBBCON

# ANNEXURE V: TEMPLATES OF CERTIFICATES



## IAP-NNF Neonatal Resuscitation Program

### First Golden Minute Project

# CERTIFICATE



This is to certify that Dr./Mr./Mrs./Ms. \_\_\_\_\_ has successfully completed the

**Basic NRP course of the IAP-NNF Neonatal Resuscitation Program First Golden Minute Project**

held on \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_\_ City, \_\_\_\_\_ State.



**Dr. Piyush Gupta**  
IAP President 2021



**Dr. Remesh Kumar R**  
IAP President 2022



**Dr. Bakul Parekh**  
IAP President 2020



**Dr. G V Basavaraja**  
IAP Hon. Secretary  
General 2020 & 2021



**Dr. Rajan Pejaver**  
NNF President



**Dr. Dinesh Tomar**  
NNF Secretary



**Dr. C P Bansal**  
Chairperson  
IAP NRP FGM



**Dr. S S Kamath**  
Chairperson  
IAP NRP FGM



**Dr. Vikas Goyal**  
National Coordinator  
IAP NRP FGM



**Dr. Somashe Khar Nimbalkar**  
National Coordinator  
IAP NRP FGM

Course  
Coordinator

Lead  
Instructor





## IAP-NNF Neonatal Resuscitation Program

### First Golden Minute Project



### CERTIFICATE

This is to certify that Dr./Mr./Mrs./Ms. \_\_\_\_\_ has participated as a 'Faculty' in the  
Basic NRP Course

of the IAP-NNF Neonatal Resuscitation Program First Golden Minute Project

held on \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_\_ City, \_\_\_\_\_ State.

Dr. Piyush Gupta  
IAP President 2021

Dr. Remesh Kumar R  
IAP President 2022

Dr. Balaji Parekh  
IAP President 2020

Dr. G V Basvaraja  
IAP Hon. Secretary  
General 2020 & 2021

Dr. Ranjan Pejaver  
NNF President

Dr. Dinesh Tomar  
NNF Secretary

Dr. C P Bansal  
Chairperson  
IAP NRP FGM

Dr. SS Kamath  
Chairperson  
IAP NRP FGM

Dr. Vilas Goyal  
National Coordinator  
IAP NRP FGM

Dr. So mashekhar Nimbalkar  
National Coordinator  
IAP NRP FGM

Under Academic Grant from **Johnson & Johnson**