

Infant resuscitation CPR guide

Information for patients



Name: _____

Date: _____

If a baby is found unconscious:

- Check for danger (ensure your surrounding environment is safe).
- Check for response.
Ensure you **DO NOT** shake the baby.
- Get help. Shout / call 999

Think **A B C** (airways, breathing, circulation)

- Place head in a neutral position. Check **AIRWAY** is open with no blockages.
- Look, listen and feel for any **BREATHING** for 10 seconds.



**If breathing, put baby on their side.
Stay with baby and wait for help to arrive.**

If baby is not breathing:

- Give five rescue breaths (cover baby's mouth and nose with your mouth).



If no response:

- Start chest compressions. Place both thumbs together in the centre of baby's chest and wrap fingers around baby's ribcage. Push approximately 1/3 chest depth. Deliver 30 chest compressions.



If baby is choking

- Position baby face down (support their head) with their head lower than their chest.
- Give five sharp back slaps between their shoulder blades with the heel of your hand.



If baby is still choking

- Position baby face up on your arm (support the back of their head with your hand) with their head lower than their chest.
- Using two fingers, push down sharply in the centre of baby's chest up to five times.
- Repeat above back slaps and chest thrusts.
- If baby becomes unconscious start CPR.



Useful links:

<https://www.bliss.org.uk/research-campaigns/research/research-achievements/resuscitation-video>

<https://www.nhs.uk/conditions/pregnancy-and-baby/resuscitating-a-baby/>

<https://www.redcross.org.uk/first-aid/learn-first-aid-for-babies-and-children/unresponsive-and-not-breathing-baby>

<http://www.sja.org.uk/sja/first-aid-advice/first-aid-for-parents/first-aid-for-new-baby/baby-not-breathing.aspx>

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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