

MCN for Neonatology

West of Scotland

Neonatal Guideline



Teaching Basic Life Support to Parents / Carers

This guideline is applicable to all medical, nursing and midwifery staff working in neonatal units in the West of Scotland. Teaching basic life support to parents / carers will be standardised throughout the neonatal service.

Introduction

The purpose of this guideline is to offer basic life support information to the parents of all the babies in Neonatal Units in the West of Scotland. The overall aim being to afford parents / carers the knowledge and confidence to attempt basic life support should the need arise.

Resuscitation Council UK Baby and Child CPR Book

All parents / carers of babies admitted to the Neonatal Unit will receive a copy of the Resuscitation Council UK Baby and Child CPR book entitled "Aaron's Heart." This should be viewed before discharge. In addition, parents should be given a copy of the leaflet "Managing a Choking Baby." Most parents/ carers should receive a direct face-to-face practical demonstration of basic life support if available and appropriate.

A face-to face practical demonstration to parents /carers will be offered in the case of

- A baby going home on oxygen
- A baby with a history of an airway problem
- A baby going home with an apnoea monitor (except for parents who receive an apnoea monitor from the Scottish Cot Death Trust (SCDT). Teaching for these parents / carers will be provide by the SCDT.
- Any baby who has been admitted to the NNU for thirty days or more with a risk of sudden collapse
- Any baby whose parents have specifically requested a face-to-face session
- A request made by a Neonatal Consultant

Who will teach parents face-to face basic life support?

Neonatal nurses / midwives who have attended a one-day course run by a Resuscitation Officer and who have been judged competent to teach basic life support may be involved. Teaching will be delivered as described in the Baby and Child CPR Book (Resuscitation Council UK, 2023). The four-stage technique will be used to deliver teaching.

A record of training will be kept by completing a Resuscitation Training Record form – one copy of which will be filed in the baby's case notes and another copy kept at the staff base. (In addition, an [electronic record of training](#) will be kept by the Neonatal Midwife Educator- is this happening now).

References:

[Baby and child CPR book | Resuscitation Council UK](#)

[How to give a baby CPR- Resuscitation Council UK](#)

[Choking - Parent Guide Infant.doc](#)



Authors:

Susan Alexander, Advanced Neonatal Nurse Practitioner, NNU, RHC

Other professionals consulted

Alan Logan, Senior Resuscitation Officer, RHC

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