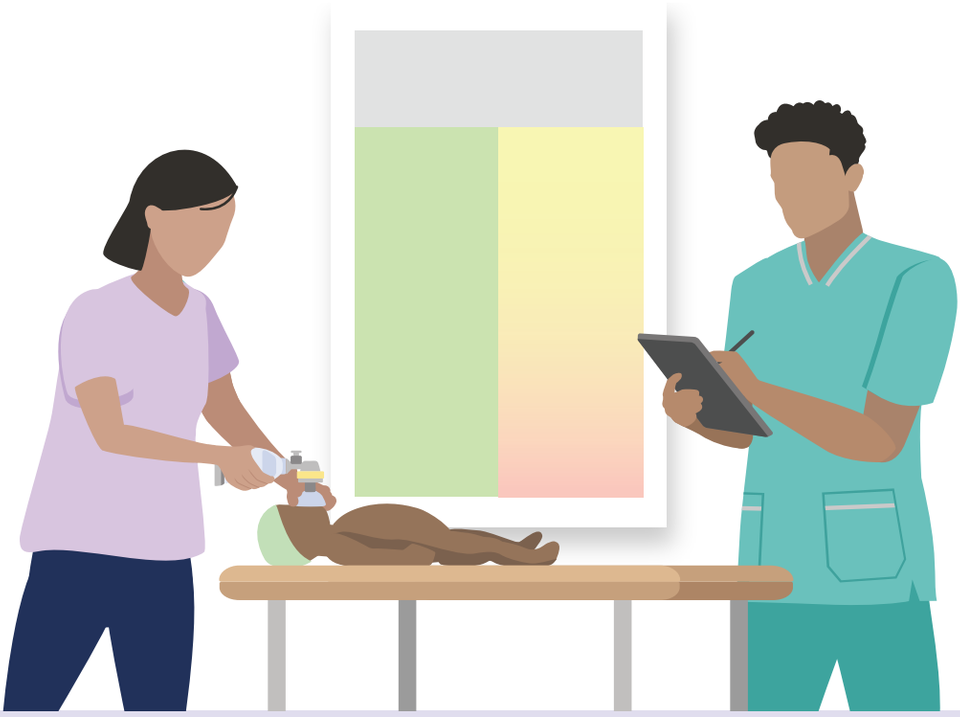
Essential Newborn Care 1

SIMULATION PRACTICE CARDS



Quick, hands-on practice of Immediate Care and Helping Babies Breathe at Birth

- Learning cases for two or three people
- Based on situations that providers encounter in the health facility

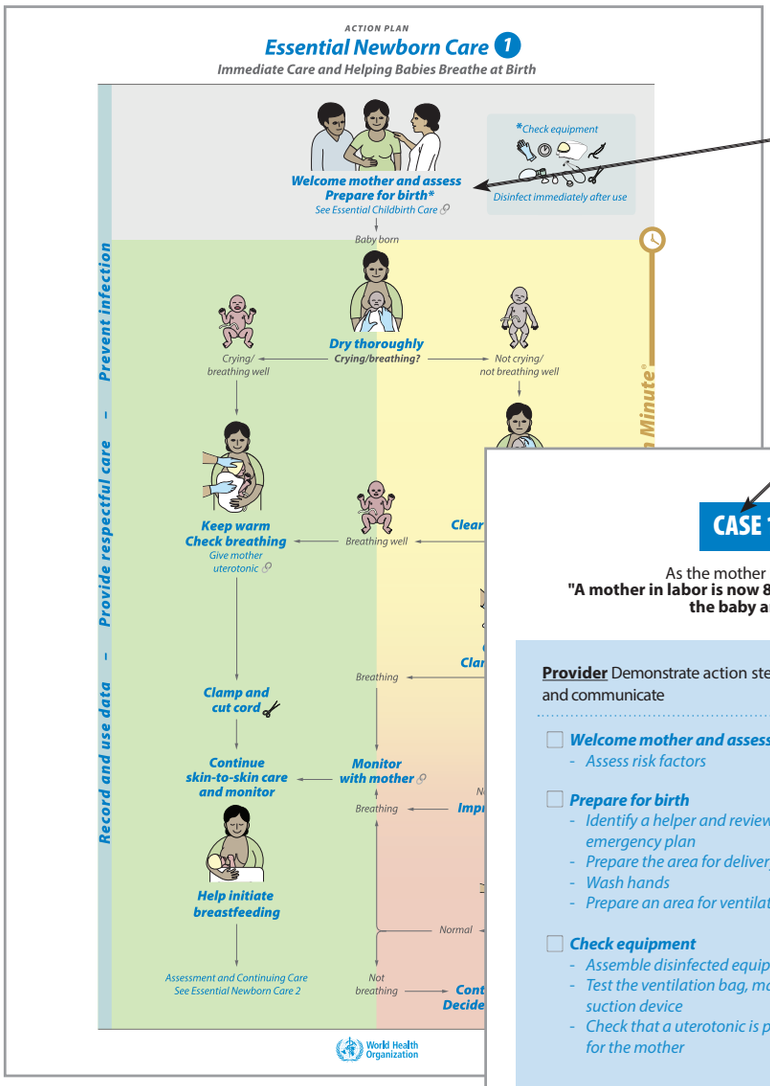
World Health Organization

The recommended management of the cases are based on WHO guidelines

PRINT
OR USE ONLINE PRACTICE CARDS:

https://hmbs.org/

Action Plan:



Action step (blue)

Case

CASE 1: Preparation for birth

As the mother (or helper), read out loud to the provider:
"A mother in labor is now 8 cm dilated. Show how you will prepare for birth of the baby and communicate with the mother."

Provider Demonstrate action steps and communicate	**Mother (or helper)** If action is not done, use the prompts to provide hint
☐ ***Welcome mother and assess***	
- *Assess risk factors*	*"Who are you?"*
☐ ***Prepare for birth***	
- *Identify a helper and review the emergency plan*	*"Is there anyone who can help you?"*
- *Prepare the area for delivery*	*"I am cold" or "The room is very dark"*
- *Wash hands*	*"Your hands are dirty" or "My hands are dirty"*
- *Prepare an area for ventilation*	*"What if my baby needs help to breathe?"*
☐ ***Check equipment***	
- *Assemble disinfected equipment*	*"Do you need things to help my baby?"*
- *Test the ventilation bag, mask and suction device*	*"Is everything working?"*
- *Check that a uterotonic is prepared for the mother*	*"Will I be ok?"*

Discuss together

Discuss together

What went well?

Did you follow the Action Plan?

If not, why, and what will you change?

How did you
- provide respectful care and communicate?
- prevent infection?
- record and use data?

EQUIPMENT

- Action Plan
- Pen and paper
- Hand cleaner
- Newborn simulator
- Gloves
- Clock
- Head covering (for baby)
- Cloths (dry and clean)
- Cord ties/clamps
- Stethoscope
- Ventilation bag and mask
- Suction device
- Scissors
- Thermometer
- Syringe

HOW TO USE THE SIMULATION PRACTICE CARDS

1. **Work in groups of two or three**

2. **Choose the case you want to practice**

3. **Find the necessary equipment**

4. **Choose roles and start the exercise**

   Mother:
   - Read the case
   - Engages with the simulator, ask questions, give prompts as needed

   Provider:
   - Demonstrate action step without looking at checklist (look at the Action Plan)
   - Communicate with the mother (and the helper).

   Helper (optional):
   - Give prompts as needed.

5. **Participants switch roles and repeat the exercise**

6. **When the exercise is finished, review the action steps and Discuss together:**
   - Provider/s review the action steps and reflect on their performance.
   - Mother/s and helper/s give comments to improve performance and show steps that were missed during the exercise.

ACTION PLAN

Essential Newborn Care 1

Immediate Care and Helping Babies Breathe at Birth

Welcome mother and assess
Prepare for birth*
See Essential Childbirth Care

*Check equipment

Disinfect immediately after use

Baby born

Dry thoroughly
Crying/breathing?

Crying/ breathing well

Not crying/ not breathing well

Keep warm
Check breathing
Give mother uterotonic

Breathing well

Keep warm
Stimulate
Clear airway if needed
Breathing?

Not breathing

Call for help
Clamp and cut cord
Ventilate

Breathing

Clamp and cut cord

Continue skin-to-skin care and monitor

Help initiate breastfeeding

Assessment and Continuing Care
See Essential Newborn Care 2

Monitor with mother

Breathing

Not breathing
No chest movement

Improve ventilation

Not breathing
Heart rate?

Normal

Slow

Not breathing

Continue ventilation
Decide on advanced care

The Golden Minute®

60 sec

Record and use data – Provide respectful care – Prevent infection

CASE 1: Preparation for birth

As the mother (or helper), read out loud to the provider:
"A mother in labor is now 8 cm dilated. Show how you will prepare for birth of the baby and communicate with the mother."

Provider Demonstrate action steps and communicate	**Mother (or helper)** If action is not done, use the prompts to provide hint
☐ ***Welcome mother and assess*** - *Assess risk factors*	*"Who are you?"*
☐ ***Prepare for birth*** - *Identify a helper and review the emergency plan* - *Prepare the area for delivery* - *Wash hands* - *Prepare an area for ventilation*	*"Is there anyone who can help you?"* *"I am cold" or "The room is very dark"* *"Your hands are dirty" or "My hands are dirty"* *"What if my baby needs help to breathe?"*
☐ ***Check equipment*** - *Assemble disinfected equipment* - *Test the ventilation bag, mask and suction device* - *Check that a uterotonic is prepared for the mother*	*"Do you need things to help my baby?"* *"Is everything working?"* *"Will I be ok?"*

Discuss together

What went well?

Did you follow the Action Plan?

If not, why, and what will you change?

How did you
- provide respectful care and communicate?
- prevent infection?
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ACTION PLAN

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Crying/breathing?

Crying/ breathing well

Not crying/ not breathing well

Keep warm
Check breathing
Give mother uterotonic

Breathing well

Keep warm
Stimulate
Clear airway if needed
Breathing?

Not breathing

Call for help
Clamp and cut cord
Ventilate

Breathing

Clamp and cut cord

Continue skin-to-skin care and monitor

Help initiate breastfeeding

Assessment and Continuing Care
See Essential Newborn Care 2

Monitor with mother

Breathing

Not breathing
No chest movement

Improve ventilation

Not breathing
Heart rate?

Normal

Slow

Not breathing

Continue ventilation
Decide on advanced care

The Golden Minute®

60 sec

Record and use data – Provide respectful care – Prevent infection

CASE 2: Routine care

As the mother (or helper), read out loud to the provider:
"A baby is born. Show how you will care for a baby who is crying and breathing well, and communicate with the mother."

Provider Demonstrate action steps and communicate	**Mother (or helper)** If action is not done, use the prompts to provide hint
☐ ***Call out time of birth***	*"When was my baby born?"*
☐ ***Dry thoroughly***	
- *Remove wet cloth*	*"My baby is wet"*
☐ *Recognize crying/ breathing well*	*"Is my baby OK?"*
☐ ***Keep warm***	
- *Place baby skin-to-skin*	
- *Cover with dry cloth*	*"My baby is cold"*
☐ ***Check breathing***	
☐ *Give mother uterotonic*	*"Should I get some medication?"*
- *Check for bleeding*	
☐ ***Clamp and cut cord***	*"When do you cut my baby's cord?"*
☐ ***Continue skin-to-skin care and monitor***	*"My baby is cold"*
- *temperature*	
- *breathing*	
- *mother for bleeding*	
☐ ***Help initiate breastfeeding***	*"Can you help me breastfeed?"*

Discuss together

What went well?

Did you follow the Action Plan?

If not, why, and what will you change?

How did you
- provide respectful care and communicate?
- prevent infection?
- record and use data?

ACTION PLAN

Essential Newborn Care 1

Immediate Care and Helping Babies Breathe at Birth

Welcome mother and assess
Prepare for birth*
See Essential Childbirth Care

*Check equipment

Disinfect immediately after use

Baby born

Dry thoroughly
Crying/breathing?

Crying/ breathing well

Not crying/ not breathing well

Keep warm
Check breathing
Give mother uterotonic

Breathing well

Keep warm
Stimulate
Clear airway if needed
Breathing?

Not breathing

Call for help
Clamp and cut cord
Ventilate

Breathing

Clamp and cut cord

Continue skin-to-skin care and monitor

Help initiate breastfeeding

Assessment and Continuing Care
See Essential Newborn Care 2

Monitor with mother

Breathing

Not breathing
No chest movement

Improve ventilation

Not breathing
Heart rate?

Normal

Slow

Not breathing

Continue ventilation
Decide on advanced care

The Golden Minute®

60 sec

Record and use data – Provide respectful care – Prevent infection

CASE 3: The Golden Minute

Stimulate breathing and clear the airway if needed

As the mother (or helper), read out loud to the provider:
"A baby is born. Show how you will care for the baby who is NOT crying or breathing well. Communicate with the mother."

Provider Demonstrate action steps and communicate	**Mother (or helper)** If action is not done, use the prompts to provide hint
☐ ***Call out time of birth***	*"When was my baby born?"*
☐ ***Dry thoroughly***	*"My baby is wet"*
- *Remove wet cloth*	*"My baby is cold"*
☐ *Recognize not crying/ not breathing well*	*"Is my baby OK?"*
☐ ***Keep warm***	
- *Place baby skin-to-skin*	*"My baby is cold"*
- *Cover with dry cloth*	
☐ ***Stimulate***	*"How can you help my baby breathe?"*
☐ ***Clear airway if needed***	*IF PROVIDER ASKS, say:* *"Nothing is blocking the airways".*
☐ *Recognize breathing well*	*"Is my baby OK?"*
☐ ***Keep warm***	
☐ ***Check breathing***	
☐ *Give mother uterotonic*	*"Should I get some medication?"*
- *Check for bleeding*	
☐ ***Clamp and cut cord***	*"When do you cut my baby's cord?"*
☐ ***Continue skin-to-skin care and monitor***	*"Will my baby get cold?"*
- *temperature*	
- *breathing*	
- *mother for bleeding*	
☐ ***Help initiate breastfeeding***	*"Can you help me breastfeed?"*

Discuss together

What went well?

Did you follow the Action Plan?

If not, why, and what will you change?

How did you
- provide respectful care and communicate?
- prevent infection?
- record and use data?

ACTION PLAN

Essential Newborn Care 1

Immediate Care and Helping Babies Breathe at Birth

Welcome mother and assess
Prepare for birth*
See Essential Childbirth Care

*Check equipment

Disinfect immediately after use

Baby born

Dry thoroughly
Crying/breathing?

Crying/ breathing well

Not crying/ not breathing well

Keep warm
Check breathing
Give mother uterotonic

Breathing well

Keep warm
Stimulate
Clear airway if needed
Breathing?

Not breathing

Call for help
Clamp and cut cord
Ventilate

Breathing

Clamp and cut cord

Continue skin-to-skin care and monitor

Help initiate breastfeeding

Assessment and Continuing Care
See Essential Newborn Care 2

Monitor with mother

Breathing

Not breathing
No chest movement

Improve ventilation

Not breathing
Heart rate?

Normal

Slow

Not breathing

Continue ventilation
Decide on advanced care

The Golden Minute®

60 sec

Record and use data – Provide respectful care – Prevent infection

CASE 4: The Golden Minute
Ventilate

As the mother (or helper), read out loud to the provider:
"A baby is born. Show how you will care for the baby who is NOT crying or breathing well. Communicate with the mother."

Provider Demonstrate action steps and communicate	**Mother (or helper)** If action is not done, use the prompts to provide hint
☐ ***Call out time of birth***	*"When was my baby born?"*
☐ ***Dry thoroughly***	*"My baby is wet"*
- *Remove wet cloth*	*"My baby is cold"*
☐ *Recognize not crying/ not breathing well*	*"Is my baby OK?"*
☐ ***Keep warm***	
- *Place baby skin-to-skin*	*"My baby is cold"*
- *Cover with dry cloth*	
☐ ***Stimulate***	*"How can you help my baby breathe?"*
☐ ***Clear airway if needed***	*IF PROVIDER ASKS, say:*
	"Nothing is blocking the airways"
☐ *Recognize not breathing*	*"Is my baby OK?"*
☐ ***Call for help***	*"Should you get some help?"*
☐ ***Clamp and cut cord***	*"When do you cut my baby's cord?"*
- *Move to area for ventilation*	*"Is my baby OK now?"*
- *Stand at head*	
- *Check mask size*	
☐ ***Ventilate***	*"Is what you are doing working?"*
- *40 breaths per minute*	
- *Observe chest movement*	
☐ *Recognize breathing*	*"Is my baby OK now?"*
☐ ***Monitor with mother***	*"My baby is cold"*
- *Give mother uterotonic*	*"Should I get some medication?"*
☐ ***Continue skin-to-skin care and monitor***	
- *temperature*	
- *breathing*	
- *mother for bleeding*	
☐ ***Help initiate breastfeeding***	*"Can you help me breastfeed?"*

Discuss together

What went well?

Did you follow the Action Plan?

If not, why, and what will you change?

How did you
- provide respectful care and communicate?
- prevent infection?
- record and use data?

ACTION PLAN

Essential Newborn Care 1

Immediate Care and Helping Babies Breathe at Birth

Welcome mother and assess
Prepare for birth*
See Essential Childbirth Care

*Check equipment

Disinfect immediately after use

Baby born

Dry thoroughly
Crying/breathing?

Crying/ breathing well

Not crying/ not breathing well

Keep warm
Check breathing
Give mother uterotonic

Breathing well

Keep warm
Stimulate
Clear airway if needed
Breathing?

Not breathing

Call for help
Clamp and cut cord
Ventilate

Breathing

Clamp and cut cord

Continue skin-to-skin care and monitor

Help initiate breastfeeding

Assessment and Continuing Care
See Essential Newborn Care 2

Monitor with mother

Breathing

Not breathing
No chest movement

Improve ventilation

Not breathing
Heart rate?

Normal

Slow

Not breathing

Continue ventilation
Decide on advanced care

The Golden Minute®

60 sec

Record and use data – Provide respectful care – Prevent infection

CASE 5: Improve ventilation

As the mother (or helper), read out loud to the provider:
"A baby is not breathing, you start ventilation and there is no chest movement. Show how you will care for the baby and communicate with the mother."

Provider Demonstrate action steps and communicate	**Mother (or helper)** If action is not done, use the prompts to provide hint
☐ *Recognize not crying/ not breathing* ☐ *Recognize chest not moving*	*"Is my baby OK?"*
☐ ***Improve ventilation*** - *Reapply mask* - *Reposition head* - *Clear mouth and nose* - *Open mouth* - *Squeeze the bag harder*	
☐ *Recognize breathing*	*"Is my baby OK? IF PROVIDER ASKS, say: "The baby is breathing now"*
☐ ***Continue skin-to-skin care and monitor with mother*** - *breathing, color, heart rate* - *temperature* - *bleeding (mother)*	
☐ ***Help initiate breastfeeding*** - *Communicate with mother and family* - *Continue essential newborn care, identify the baby, complete birth record*	*"What happened?"*
☐ ***Disinfect equipment***	

Discuss together

What went well?

Did you follow the Action Plan?

If not, why, and what will you change?

How did you
- provide respectful care and communicate?
- prevent infection?
- record and use data?

ACTION PLAN

Essential Newborn Care 1

Immediate Care and Helping Babies Breathe at Birth

Welcome mother and assess
Prepare for birth*
See Essential Childbirth Care

*Check equipment

Disinfect immediately after use

Baby born

Dry thoroughly
Crying/breathing?

Crying/ breathing well

Not crying/ not breathing well

Keep warm
Check breathing
Give mother uterotonic

Breathing well

Keep warm
Stimulate
Clear airway if needed
Breathing?

Not breathing

Call for help
Clamp and cut cord
Ventilate

Breathing

Clamp and cut cord

Continue skin-to-skin care and monitor

Help initiate breastfeeding

Assessment and Continuing Care
See Essential Newborn Care 2

Monitor with mother

Breathing

Not breathing
No chest movement

Improve ventilation

Not breathing
Heart rate?

Normal

Slow

Not breathing

Continue ventilation
Decide on advanced care

The Golden Minute®

60 sec

Record and use data – Provide respectful care – Prevent infection

CASE 6: Decide on advanced care

As the mother (or helper), read out loud to the provider:
"A baby is not breathing, but has chest movement with bag and mask ventilation. Show how you will care for the baby and communicate with the mother."

Provider Demonstrate action steps and communicate	**Mother (or helper)** If action is not done, use the prompts to provide hint
☐ *Recognize not breathing* ☐ *Recognize slow heart rate*	*"Is my baby OK?"* *IF PROVIDER ASKS, say: "Heart rate is 70"*
☐ ***Continue ventilation*** ☐ *Recognize not breathing* ☐ *Recognize normal heart rate*	*"Is my baby OK?"* *IF PROVIDER ASKS, say: "Heart rate is 120"*
☐ ***Decide on advanced care*** - *Communicate with mother and family*	*"What happened?"*
☐ ***Record data*** - *Prepare referral note*	*"What do I tell the new doctor?"*

Discuss together

What went well?

Did you follow the Action Plan?

If not, why, and what will you change?

How did you
- provide respectful care and communicate?
- prevent infection?
- record and use data?