

NRP SKILLS STATIONS - KEY TEACHING POINTS

Anticipate and Prepare for Resuscitation	
<input type="checkbox"/> Pre-birth questions <input type="checkbox"/> Role designation	<input type="checkbox"/> Team brief <input type="checkbox"/> Delayed cord clamping including contraindications <input type="checkbox"/> Closed-loop communication
Equipment Check	
<input type="checkbox"/> Warmth <input type="checkbox"/> Clear airway <input type="checkbox"/> Auscultate <input type="checkbox"/> Ventilate	<input type="checkbox"/> Oxygenate <input type="checkbox"/> Alternative airway <input type="checkbox"/> Vascular access <input type="checkbox"/> Medication
Initial Steps	
<input type="checkbox"/> Timing of cord clamping <input type="checkbox"/> Assess term, tone, and breathing/crying	<input type="checkbox"/> Position airway, clear secretions if needed <input type="checkbox"/> Drying and stimulating
Positive Pressure Ventilation	
T-piece resuscitator	
<input type="checkbox"/> Set up T-piece resuscitator: flow rate 10 L / min, maximum pressure setting, PIP, PEEP. <input type="checkbox"/> When to use rate 40, rate 60. <input type="checkbox"/> Two-person face mask seal. <input type="checkbox"/> Administer CPAP.	<input type="checkbox"/> Administer free flow oxygen. <input type="checkbox"/> Real time assessment (30 seconds at least) of learner's ability to provide PPV. Pay attention to consistency of pressures and rate (vary rate between 40 – 60 breaths/minute); position of learner's body and mannequin's head, learner's hand position on mannequin's face.
Self-inflating bag	
<input type="checkbox"/> Set up and check (pressure release valve, PEEP valve, manometer, valve assembly, flow rate 10 L / min). <input type="checkbox"/> Inability to provide CPAP. <input type="checkbox"/> Method of giving free flow oxygen.	<input type="checkbox"/> Real time assessment (30 seconds at least) of learner's ability to provide PPV. Pay attention to consistency of rate and pressures, position of learner's body and mannequin's head, learner's hand position on mannequin's face. <input type="checkbox"/> Vary PIP pressures: 20, 25, 30 during real time assessment.
Flow-inflating bag (omit if not used in learner's facility)	
<input type="checkbox"/> Set up and check integrity of the bag, manometer, set flow rate at 10 L/min. <input type="checkbox"/> Administer CPAP. <input type="checkbox"/> Administer free flow oxygen.	<input type="checkbox"/> Real time assessment (30 seconds at least) of learner's ability to provide PPV. Pay attention to consistency of rate and pressures, position of learner's body and mannequin's head, learner's hand position on mannequin's face. <input type="checkbox"/> Vary PIP pressures: 20, 25, 30 during real time assessment.
Effective Ventilation – MRSOPPA	
<input type="checkbox"/> Work efficiently through MRSOPPA (corrective steps to obtain and/or improve ventilation) <input type="checkbox"/> Assess chest expansion, bilateral air entry, then heart rate after each corrective step (chest expansion and air entry first to allow time for heart rate to respond to intervention). <input type="checkbox"/> Suction catheter insertion depth for oropharyngeal suction	<input type="checkbox"/> Adjust PIP to 20, 25, 30 <input type="checkbox"/> Explain rationale for adjustment of PIP with face mask off mannikin's face. <input type="checkbox"/> Emphasize 30 seconds PPV and titration of oxygen once effective ventilation established.
OGT	
<input type="checkbox"/> Indication for OGT insertion <input type="checkbox"/> Timing of insertion	<input type="checkbox"/> Measuring insertion depth <input type="checkbox"/> Secure, leave tube open to vent
SpO₂ Probe	
<input type="checkbox"/> Preductal (right hand) application <input type="checkbox"/> Clean/dry application site, ensure that light emitter and sensor approximate <input type="checkbox"/> Use posey to keep sensor flat on skin and shield from ambient light	<input type="checkbox"/> Supplemental oxygen incremental ↑ or ↓ according to target pre-ductal SpO ₂ table. <input type="checkbox"/> Titrate oxygen as needed during 30 seconds of effective PPV
ECG Monitor	
<input type="checkbox"/> Application of ECG leads <input type="checkbox"/> Timing of application of ECG leads	<input type="checkbox"/> Pulseless Electrical Activity

Alternative Airways	
LMA Insertion	
<input type="checkbox"/> Check and prepare LMA for insertion. <input type="checkbox"/> Inflatable cuff type: inflate cuff without holding LMA, detach syringe. <input type="checkbox"/> Limitations of LMA.	<input type="checkbox"/> Assess air entry and CO ₂ detector for color change cycling. <input type="checkbox"/> Remove LMA: suction oropharynx, (for inflatable cuff type deflate cuff) and remove LMA.
Intubation: Insertion and Assisting	
<input type="checkbox"/> ETT and laryngoscope blade sizes. <input type="checkbox"/> Prepare equipment including stylet prep. <input type="checkbox"/> Insert laryngoscope gently without torque on upper gum. <input type="checkbox"/> Suction under direct visualization as needed prior to Intubation. <input type="checkbox"/> ETT insertion depth: vocal cord guide, nose to tragus length (NTL) + 1 cm or per NRP gestational age / weight table. <input type="checkbox"/> CO ₂ detector use and limitations: emphasis on assistant checking air entry while waiting for CO ₂ detector to activate.	<input type="checkbox"/> Signs of successful intubation: equal air entry, symmetrical chest rise, CO ₂ detector color cycling, mist in tube, ↑ SpO ₂ , ↑ heart rate. <input type="checkbox"/> Secure ETT: how to hold ETT against upper gum until secured with tape or securement device. <input type="checkbox"/> Assistant's role: supporting baby, passing suction catheter/ETT, timing intubation, attaching CO ₂ detector and ventilation system, assessing signs of successful intubation. <input type="checkbox"/> DOPE mnemonic; how to assess and troubleshoot, including the use of the secretion aspirator.
Chest Compressions	
<input type="checkbox"/> Practice counting heart rate for 6 seconds. <input type="checkbox"/> Emphasize whole sentence "start compressions with 100% oxygen". <input type="checkbox"/> Compressor stands at the head of the bed. <input type="checkbox"/> Thumb method.	<input type="checkbox"/> Compression location, depth, rate, recoil, and coordination with ventilation. <input type="checkbox"/> 60 seconds of compressions, then re-evaluate air entry, heart rate, SpO ₂ while continuing ventilation at 60 breath/minute. <input type="checkbox"/> Practice handover of chest compressions.
Intravascular Access	
UVC Insertion	
<input type="checkbox"/> Clean as possible prep and insertion technique. <input type="checkbox"/> Equipment; including catheter size. <input type="checkbox"/> Prime single lumen UVC using a small-bore extension set with med port OR 3-way stopcock (site dependant supply). <input type="checkbox"/> Antiseptic solution and cleansing umbilicus / skin; discuss VLBW. <input type="checkbox"/> Cord tie location. <input type="checkbox"/> Cut cord 2 cm above skin line.	<input type="checkbox"/> Catheter insertion and depth, aspirate for blood (vs looking for flashback). <input type="checkbox"/> Secure UVC: hold in place (do not let go), timing of suturing, bridge taping or alternative securing device. <input type="checkbox"/> Assistant's role: discuss with provider who prepares equipment, sterile field, primes catheter; attach medication and/or volume while provider holds catheter in place.
IO Needle insertion (omit if not used by learner)	
<input type="checkbox"/> Equipment including IO needle size. <input type="checkbox"/> Prime extension set with 0.9% NaCl. <input type="checkbox"/> Landmark (flat aspect of tibia); clean site.	<input type="checkbox"/> Insertion perpendicular to skin. <input type="checkbox"/> Advancement of needle, removal of stylet, secure. <input type="checkbox"/> Signs of incorrectly placed IO Needle: not sturdy or swelling upon infusion.
Medications and volume	
<input type="checkbox"/> Epinephrine: Canadian doses for ETT (0.1mg/kg) and UVC/IO/IV (0.2mg/kg; medication concentration 0.1mg/mL) <input type="checkbox"/> Prepare epinephrine using a rapid fill connector and label (one dose per syringe). <input type="checkbox"/> Administration via ETT. <input type="checkbox"/> Administration via UVC or IO.	<input type="checkbox"/> Flush UVC or IO with 3 mL 0.9% NaCl post epinephrine Administration. <input type="checkbox"/> Timing for repeat doses of epinephrine (vascular). <input type="checkbox"/> Prepare volume: 0.9% NaCl, O Rh negative blood (including how to obtain in their facility) and how to administer. <input type="checkbox"/> Closed loop communication.
Less than 32 Weeks Gestation (thermoregulation)	
<input type="checkbox"/> Wet-in-bag resuscitation (food grade plastic bag/sterile isolation bag/commercial plastic wrap) – do not dry body. <input type="checkbox"/> Dry head, put on warm hat. <input type="checkbox"/> Servo temperature probe.	<input type="checkbox"/> Placement of pulse oximeter probe and ECG leads. <input type="checkbox"/> Auscultate over bag. <input type="checkbox"/> Cut hole in bag for UVC insertion. <input type="checkbox"/> Chemical gel pad.