

3<sup>rd</sup> World Congress on

# MIDWIFERY AND NEONATAL NURSING

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## *Karen H Strange*

*Integrative Resuscitation of the Newborn workshop, USA*

### **Saving a newborn life: The do's and don'ts of neonatal resuscitation**

A good birth is such a gift and a complicated birth is the reason YOU are there. When a baby is born not breathing or not breathing well, it's the birth practitioners job to step in and help. But that goes beyond just having an NRP card. It takes skill and confidence to breathe for a baby who isn't yet breathing for themselves. And in that moment fear and panic may be filling your body. Do you know what to do? Each of us had to undergo a transition at birth. We transitioned from intrauterine life to extrauterine life. And in that transition, our lungs went from fluid filled lungs to air filled lungs. We all did it. Most of us made that transition naturally, on our own, but some babies need help clearing that fluid. Some babies need our help. Karen H Strange is teaching the subject that she knows best: neonatal resuscitation and the transition that babies make at birth. While surveying countless midwives and birth attendants through trainings, workshops, case reviews and debriefs, the same mistakes came up time and time again. Karen has gathered birth data from across the globe and has pinpointed the 5 most common mistakes that occur in neonatal resuscitation. In this lecture, Karen breaks down the 5 main failures in neonatal resuscitation and gives you the tips you need for successful resuscitation of the newborn, in the least traumatic way. Learn the most likely complications, what often gets missed by birth practitioners, and the most frequent misunderstandings. You will leave the lecture with a new understanding of the transition that each of us makes at birth. Karen is unlike any other AAP/NRP instructor. She takes the latest updates from NRP, international resuscitation guidelines, and over 900+ debrief hours with experienced birth professionals to create the most cohesive resuscitation trainings available.

### **Biography**

Karen H Strange is a Certified Professional Midwife (1996), American Academy of Pediatrics/Neonatal Resuscitation Program Instructor (1992). She is founder of the Integrative Resuscitation of the Newborn workshop, which includes the physiology of newborn transition. She teaches the "when, why and how" of helping newborns that are either not breathing or not breathing well, with incredible clarity. She helps the provider have a sense of what the baby is experiencing which leads to a more appropriate response to newborns in need. Karen has done over 900+ hours of debrief/case reviews regarding resuscitation. She is an international speaker and has taught over 9,000 people worldwide. There are many neonatal resuscitation instructors but Karen teaches practical neonatal resuscitation, regardless of the place of birth. And her teachings instill a strong sense of confidence and competence in providers, so they can respond in the least traumatic way.

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### **Notes:**