

BLS Stabilization Priorities (STABLE)

S



Sugar & Safe Care

- Check glucose early
- Treat hypoglycemia

T



Temperature

- Goal 36.5–37.5°C (97.7–99.5°F)
- Prevent heat loss and hypothermia

A



Airway

- Maintain airway patency
- Suction if needed

B



Blood Pressure/Circulation

- Assess perfusion
- NS or LR bolus if poor perfusion

L



Lab Work

- Glucose
- Blood gas
- CBC & cultures as indicated

E



Emotional Support

- Communicate with family
- Explain plan and next steps

MR SOPA (NRP) Neonatal Resuscitation

M

Mask Adjustment

Ensure good mask seal, reposition mask and head, consider 2-person technique. Goal: visible chest rise.

R

Reposition Airway

Sniffing position, avoid overextension. Suction mouth and nose if needed.

S

Suction Mouth and Nose

Suction only if secretions present. Use bulb syringe or catheter as appropriate.

O

Open Mouth

Open mouth to assess obstruction. Remove visible obstruction.

P

Pressure Increase

Increase PIP gradually. Reassess after each increase.

A

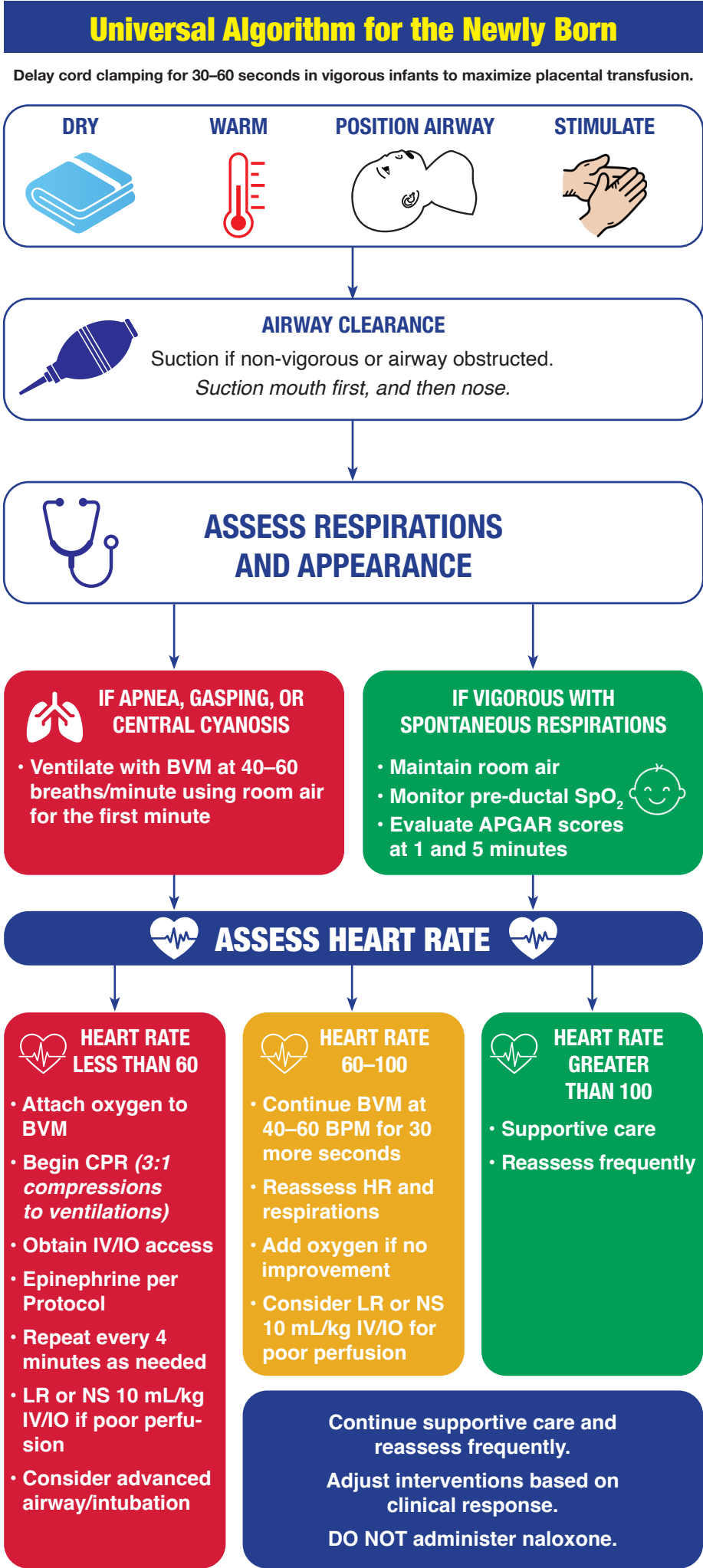
Alternative Airway

Consider LMA or endotracheal intubation. Confirm placement and continue ventilation.

Glucose Guidelines	
Age	Target Glucose
0–4 hours	≥ 40 mg/dL
4–24 hours	≥ 45 mg/dL
> 24 hours	≥ 50 mg/dL

Treatment if Hypoglycemic

- IV D10W 2 mL/kg bolus, then 5–8 mg/kg/min infusion
- Adjust per medical control
- Recheck glucose after treatment



Ventilation

- Use appropriately sized mask
- Provide PEEP if available
- Rate: 40–60 breaths/minute
- Ensure visible chest rise
- Reassess HR every 30 seconds

Oxygen Use

- Start with room air (21%)
- Titrate oxygen based on SpO₂ targets
- Attach oxygen to BVM if HR < 60 or poor response to PPV

Pre-Ductal & Post-Ductal SpO₂

PRE-DUCTAL
Right Upper Extremity (preferred)



POST-DUCTAL
Either Foot

- Pre-ductal reflects oxygenation to the brain and heart
- Post-ductal reflects systemic oxygenation after cardiac output

Normal Pre-Ductal SpO₂ Targets

Time After Birth	Target SpO ₂
1 minute	60–65%
2 minutes	65–70%
3 minutes	70–75%
4 minutes	75–80%
5 minutes	80–85%
≥ 10 minutes	85–95%

- Post-ductal may be 5–10% lower than pre-ductal in the first 10 minutes of life.
- Use trends, not single numbers.
- Use right upper extremity to assess.

APGAR Chart				
	Sign	0	1	2
A	Color (Appearance)	Blue, Pale	Pink body, Blue extremities	Pink
P	Pulse	Absent	< 100/min	≥ 100/min
G	Reflex Irritability* (Grimace)	No response	Grimace	Cough, Cry, Sneeze
A	Muscle Tone (Activity)	Limp	Some flexion	Active movement
R	Respirations	Absent	Slow/Irregular, Ineffective	Crying, Rhythmic, Effective

*Nasal or Oral Catheter Stimulus

Neonatal Size Guide		
Category	Preemie (< 3.5 kg)	Newly Born (3.5 kg)
Estimated Weight	< 3 kg	3.5 kg
Oral Airway	0	0
NP Airway	Not recommended under 1 year of age	Not recommended under 1 year of age
BVM	Infant	Infant
ETT Blade	0	0–1
ETT Size (mm)	2.5–3.0	3.0–3.5
Suction Catheter	6 F	6 F
Gastric Tube	5 F	5–8 F