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Emergency Medical Consultants

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NRP Preparation Packet

8th Edition



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Welcome to Emergency Medical Consultants Neonatal Resuscitation Program Skills review and validation.

The latest version of the American Academy of Pediatrics NRP course requires the participant to obtain the latest textbook, review the information, then go online to the NRP Learning Platform website, <http://www.nrplearningplatform.com> and complete the exam prior to the course. If your facility uses NRP Learning Platform for education, go to your facility's NRP Learning Platform site to complete online requirements. Review chapters 1-11 for providers. Initial providers and renewals. A passing score of 80% must be obtained.

Please note the AAP program contains no teaching or remediation. The fee to take the **NRP 8th Edition Advanced Provider Curriculum** including test is \$45.00 and, with unlimited attempts, there is also a pause feature to save if you have to step away.

Skills validation must be completed within 90 days of completing the online exam. The skills validation that we provide is mandatory but separate from the AAP's online exam.

Our staff will spend a few hours reviewing concepts, skills and scenarios. Then the instructor will document efficiency and proficiency with you as a member of a neonatal medical team. They will also be available to answer questions and assist with any concerns you may have.

The AAP wants you to take your exam prior to the skills day. We suggest you review the information and attempt the exam. If you are not successful, you may attend our program and review the information with our staff in a "teaching and learning" environment. Then you may re-attempt the exam. Remember, all of this must be completed within 90 days of your initial online exam attempt or the exam is invalid, and you must re-register with the AAP.

We are happy to assist with any questions you may have and have attached some pre-test information you may find helpful. Feel free to contact us if we can be of further assistance.

Thank you,

Shaun Fix and the NRP Staff

If you need assistance, please contact RQI Partners Customer Support at 1-866-293-1034

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NRP Learning Platform

Learner Registration and Global ID Instructions

The first time a user accesses the NRP Learning Platform, they will first be asked to accept cookies. The user can select learn more to view detailed information about the cookies.

After accepting the cookies, the learner can click on the “register now” button to register.

The learner will then be asked to provide their first name, their middle name if they have one, their last name and an email address.

Once entering their name and email address, the user can view the terms of use. If they agree to the terms, they will click “agree” and select register.

Registration is a three-step process. First, the user would receive an email, which they can use to verify their account, activate their account, and log in. Once they receive the email, the user will need to click the “verify account” button.

At this point, the user will be generated their **NRP Global ID**, which enables the user to use a single set of credentials to login to a user's consumer account and any of their linked organizational accounts. Their full name and email address will also be displayed.

The user name is defaulted to the NRP Global ID, but a user can create their own user name as well.

The user would then need to create a password based on the required password criteria. The user can view the password they typed to make sure it's correct and then type it again to confirm.

The user would then select their job title based on the list provided, and enter in their address, phone number, and whether the address they entered is a work address or home address.

The user will then see a message that their account is now active, and they can log in.

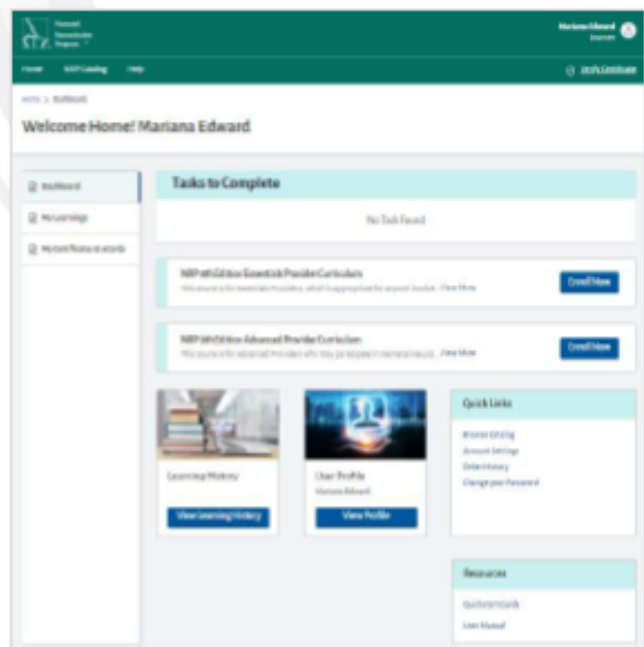
Once they have logged in, the user will be able to view the home screen.



Home Menu

The Home Menu is the landing page after logging in to the NRP LP. The side menu shows three tabs:

- Dashboard – Provides quick access to common tasks, such as continuing or enrolling in courses, viewing learning history, etc.
- My Learnings – Shows the Active Learnings as well as the Completed Learnings.
- My Certificates & eCards – Shows the certificates and eCards that the learner has earned.



NRP Learning Platform

Registering for a Course Instructions

There are two ways for a learner to purchase a course through the NRP Learning Platform.

The first is for them to log into the NRP Learning Platform and browse through the NRP Catalog.

Through the NRP Catalog, they can search for a course or filter by course type, selecting either NRP Essential Provider or NRP Advanced Provider.

Under course listing, there is a description of the course with a link to view more, including the description of the course and the learning objectives. Part 1 will display the learning activities as well as an additional description, learning objectives, and Continuing Education Credits. Part 2 will display the learning activities, an additional description, and learning objectives. Please note that Continuing Education Credits are only available following Part 1 completions.

If the learner would like to purchase the course, they would click on the “Enroll” button.

On the following page, they would add their billing address, and select whether it is a home or work address. At this point, a summary will be displayed, including the purchase price and tax. The learner can then proceed to payment. The learner would then enter their credit card information, review their billing address, and select “pay now”.

Once the payment has been processed, the learner can download the invoice, which can be saved or printed.

The learner can then start their course.

The second option for purchasing a course through the NRP Learning Platform is for learners who have not logged into the platform.

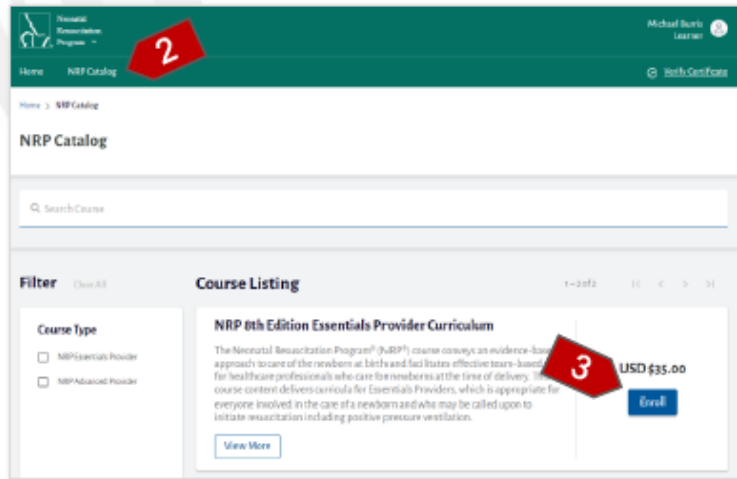
These learners can browse the catalog without logging in, would see the same information as if they were logged in, and can search, filter by course type, or look at the details under course listing.

If the learner selects enroll without being logged in to the platform, they will be brought to the login screen where they would need to either login using their existing credentials or click register now.

Common Course Actions

WI: COURSE – Searching For and Enrolling in a Course

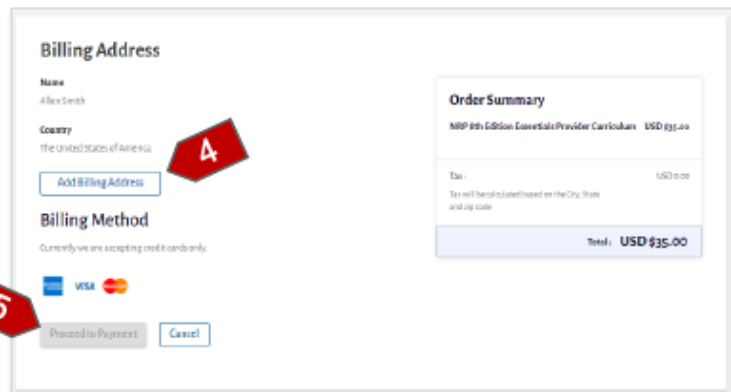
1. Login to the NRP Learning Platform.
2. Click on the “NRP Catalog” link at the top of the screen.
3. Click on the “Enroll” button for the desired course.



4. Click on the “Add Billing Address” button. (Adding a billing address is a one-time activity.)

Fill in the billing address details and click the “Save” button to return to this screen.

5. After the Billing Address has been completed, click on the “Proceed to Payment” button.



NRP Learning Platform

Registering for an Instructor-Led Event Instructions

After a learner has purchased a course, they will see a dashboard on the home screen. Under “Tasks to Complete” they will see the course that has yet to be completed.

The user would enter the course to see Part 1 - the Cognitive portion, or Part 2 - the Instructor-Led event.

If the user scrolls down to Part 2, they can see the status is listed as “not registered.”

The user would select Register for Event, and search either by name or filter by date, time, location, or instructor name. When selecting location, the user can search within a certain distance of their location.

When the user views the available courses, they can select “view more details” to view the name of the instructor, their NRP Global ID, their organization, and a note from the instructor to the students.

The user would select register, and a notice will appear that the learner has successfully registered for the event.

If the user scrolls down, they will see the upcoming event under the Part 2 section of the screen.

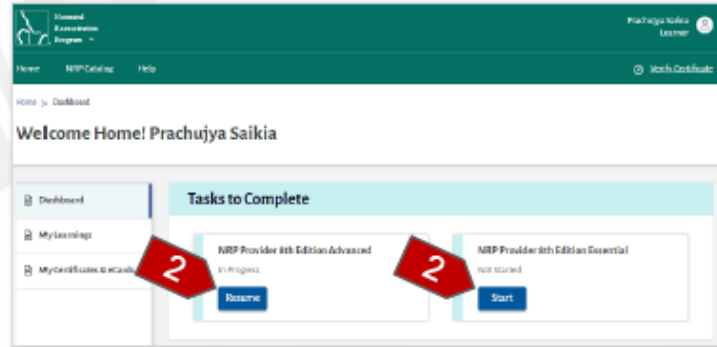
Once they are registered for the event, the user can click on the three dots under the action tab to change to a different event, withdraw from the event, or view the event details.

WI: ILE – Searching/Registering for Instructor-Led Event (ILE)

1. Login to the NRP Learning Platform.

The Dashboard will load.

2. Click on the “Start” or “Resume” button accordingly from the “Tasks to Complete” section.



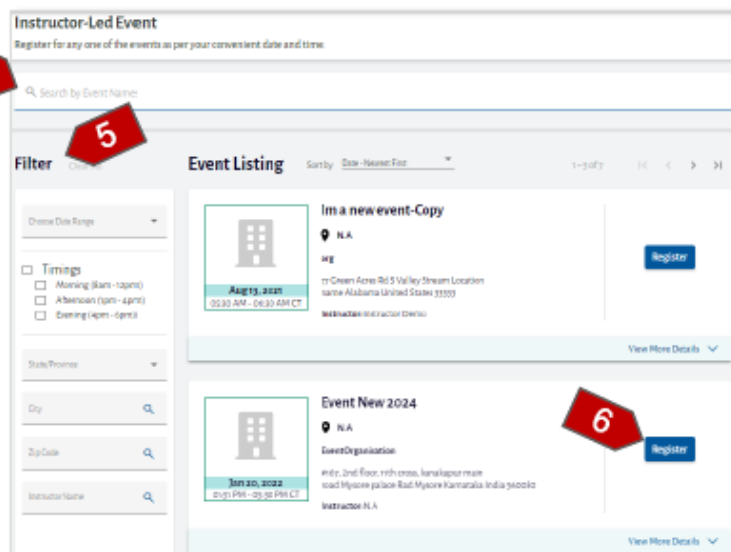
3. On the Activity page, click on the “Register for Event” button.

Activity Name	Status	Results	Action
Instructor Led Event	Not Registered	N/A	Register for Event

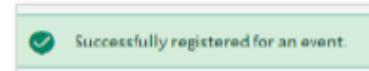
A red callout box with the number '3' points to the 'Register for Event' button.

The Instructor Led Event screen will load.

4. The list could be searched by using the search box.
5. The Filter section allows filtering the listing based on the following:
 - Date Range
 - Timings
 - State / Province
 - City
 - Zip code
 - Instructor Name
6. Click the “Register” button to register for the event.



The Activity page will load. A green bar will appear at the top of the page indicating the user has successfully registered for the event.



An email confirmation will be sent to the user.

END OF INSTRUCTIONS

NRP Provider Course Overview

Lesson 1: Foundation of Neonatal

Lesson 2: Preparing for Resuscitation

Lesson 3: Initial Steps of Newborn Care

Lesson 4: Positive Pressure Ventilation

Lesson 5: Alternative Airways: Endotracheal tubes and Laryngeal Masks

Lesson 6: Chest Compressions

Lesson 7: Medications

Lesson 8: Post Resuscitation Care

Lesson 9: Resuscitation Stabilization of Babies Born Preterm

Lesson 10: Special Considerations

Lesson 11: Ethics and Care at the End of Life

Introduction

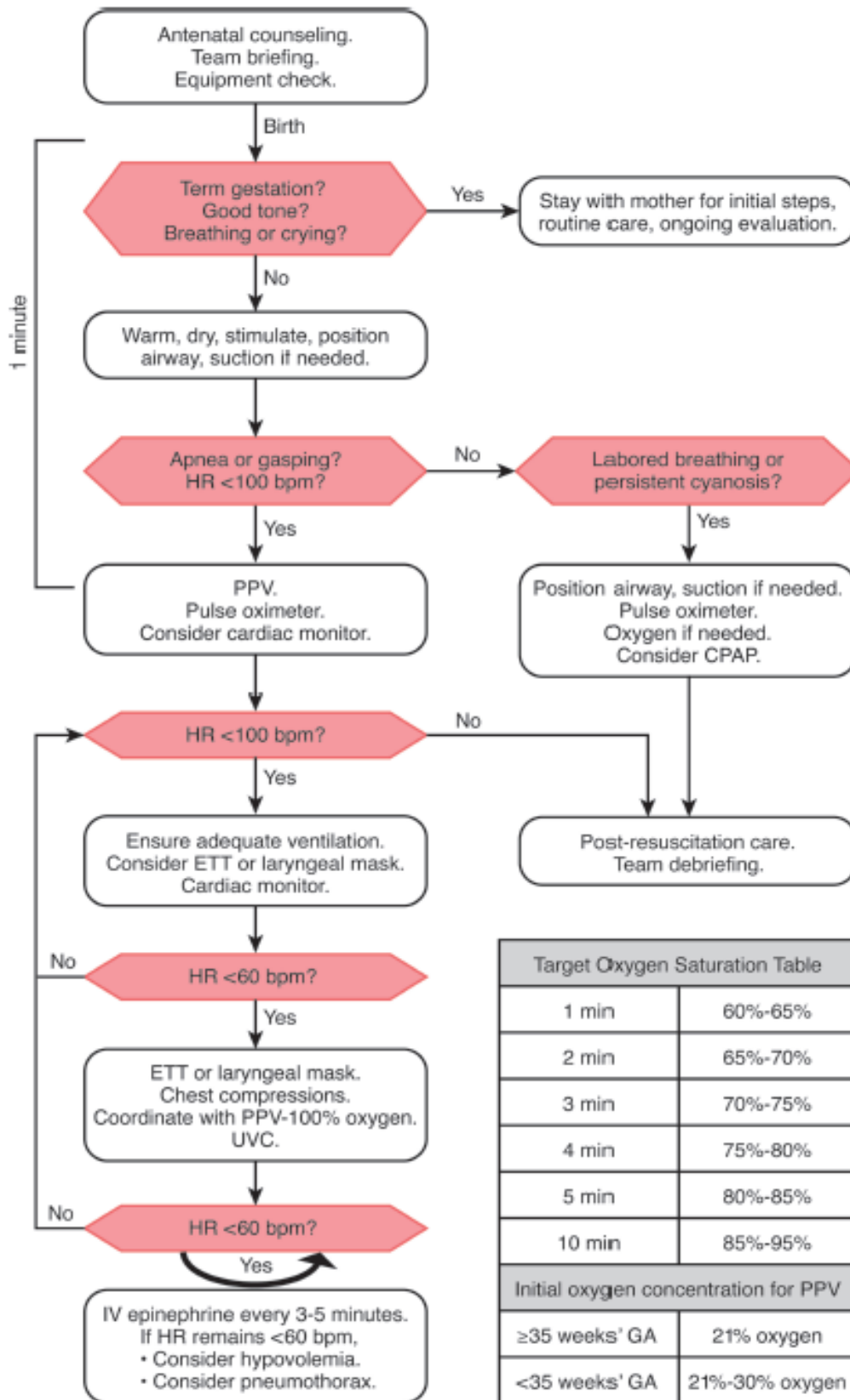
Pg viii (Lesson Completion)

1. Successful completion of Part 1 is required before learners attend the skills/simulation portion of the course within 90 days.
Part 1 contains the following:
 - Terms of use Agreement
 - Provider Exam Section 1 (25 questions)
 - Provider Exam Section 2 (25 questions)
 - Provider Exam
2. To successfully complete the course, providers must complete Part 1 as above and Part 2 which includes: demonstrate mastery of resuscitation skills in the integrated skills station, and participate in simulated resuscitation scenarios, as determined by the course instructor(s).
3. Upon successful completion of these requirements participants are eligible to receive a course completion e-card through RQI NRP Learning Platform after completing the online evaluation form.
4. Once the online course evaluation is completed an electronic course completion card will be available in the learners NRP database profile.

Neonatal Resuscitation Program Key Behaviors

- ✧ Know your environment
- ✧ Use available information
- ✧ Anticipate and plan
- ✧ Clearly identify a team leader
- ✧ Communicate effectively
- ✧ Delegate workload optionally
- ✧ Allocate attention wisely
- ✧ Use available resources
- ✧ Call for additional help when needed
- ✧ Maintain professional behavior

FIGURE 1



NRP® 8th edition algorithm. From Weiner G. *Textbook of Neonatal Resuscitation*. 8th ed. Itasca, IL: American Academy of Pediatrics; 2021. Used with permission. bpm indicates beats per minute; PPV, positive-pressure ventilation; CPAP, continuous positive airway pressure; ETT, endotracheal tube; UVC, umbilical venous catheter; GA, gestational age.

Critical Performance Steps

- ◆ Ask the 4 pre-birth questions
 - What is the expected gestational age?
 - Is the amniotic fluid clear?
 - How many babies are expected?
 - Cord Plan?
- ◆ Assemble team
- ◆ Perform pre-resuscitation briefing
- ◆ Perform equipment checks
- ◆ Warm
- ◆ Clear the airway
- ◆ Auscultate
- ◆ Ventilate

Ventilation Corrective Steps “MR SOPA”

M: Mask adjustment
R: Reposition the baby’s head
S: Suction the mouth and nose
O: Open the baby’s mouth
P: Pressure increase
A: Alternative airway

- ◆ Oxygenate
- ◆ Intubate
- ◆ Medicate

NRP Prep Test

Please complete before the class as the covered content will be discussed and incorporated into the skills demonstrations. The questions at the end of each chapter are very helpful to reinforce the content of the text.

1. At every delivery, how should we anticipate and prepare for resuscitation needs?
 - a. By calling for needed people after birth
 - b. By preparing for all complications with equipment and personnel
 - c. By evaluating chances of complications and only activating resus team for >75% chance
 - d. By depending on the arrival of the medical provider to decide

2. Equipment needed for every resuscitation includes:
 - a. Suction, heart monitor, forms, and transport isolette
 - b. Infant hats, forms, and neonatologist
 - c. Life Pack 12, spinal needle, and suction
 - d. Suction, pulse oximetry, PPV device, warmth device, IV access and meds

3. Which of the following would NOT indicate to anticipate a **certain** problem at the delivery?
 - a. Normal maternal health, term gestation, normal FHR strip/tones, negative Beta strep
 - b. Maternal substance abuse, small for dates gestation, meconium in SROM
 - c. Maternal trauma, maternal fever, maternal Type II diabetes
 - d. Repeated abnormal FHR, strip with decelerations, twin gestation

4. Pulse oximetry is a part of the neonatal assessment. What does that tell us?
 - a. We can charge for the procedure now
 - b. We can leave off counting heart rates except every 5 minutes
 - c. We will have an indication of successful extrauterine transition and oxygenation
 - d. We will not need to intervene with low heart rates

5. 3 devices to provide PPV are discussed in the text – where may they be found (usually)?
 - a. Self inflating bag – EMS, ED, L/D, OR
 - b. T-piece resuscitator – EMS, ED, L/D, OR
 - c. Flow inflating bag – Antepartum, EMS, OR
 - d. None are right – we only use Neo-tee everywhere

6. How can we stimulate a neonate to breathe?
 - a. Suctioning, drying, flicking soles of feet
 - b. Making loud noises to startle the infant
 - c. Vigorous sternal rubs
 - d. Turning the warmer to 105 degrees

7. If you have not completed endotracheal intubation within the recommended time limit, you should;
 - a. Continue the intubation attempt for another 30 seconds using free-flow oxygen to support the baby
 - b. Stop resume PPV with a mask, then try again or insert a LMA

8. A good practice when calculating medication doses for the neonate is to:
 - a. Calculate in your head and use a 5 cc syringe
 - b. Call into the nursery and ask someone to come
 - c. Remember the 1kg to 1ml rule
 - d. Use a chart and verify with another provider

9. It is important to use proper rate and inflation pressure when doing PPV. Why?
 - a. Adequately inflating lungs will positively affect the heart rate to rise
 - b. Following the protocol will always work regardless of size and position
 - c. It will provide a little extra air to leak out the mask
 - d. You will never have to do MR SOPA

10. Laryngoscopes are held in the ____ hand and used with a ____ to confirm placement of the tube in the trachea
 - a. Right; SPO2
 - b. Left; ETCO2 detector
 - c. Left; ECG monitor
 - d. Right; ETCO2 detector

11. Complications of endotracheal intubation attempts include:
 - a. Right mainstem bronchus intubation
 - b. Pneumonia
 - c. Liver laceration
 - d. CO2 retention and alkalosis

12. Laryngeal mask airway placement is never an adequate airway maintenance strategy
- True
 - False
13. Access for medications for the resuscitation include:
- Scalp vein, cut down, subclavian central line
 - Femoral central line, scalp vein, cut down
 - Umbilical vessel, Intraosseous
 - Intraosseous, cut down, subclavian central line
14. Giving Narcan for respiratory depression is indicated for:
- Administration of a benzodiazepine to mother before birth
 - Respiratory depression after delivery from a heroin addicted mother
 - Administration of the general anesthetic gas for a crash C-section
 - Administration of an opiate to mother before birth
15. It is necessary to start chest compressions during resuscitation – what is the correct way?
- HR <60, 120 events per minute with 90 compressions and 30 breaths
 - HR>60, SPO2 <75
 - HR<60, 80 compressions, 40 breaths
 - HR>60, Apgar <5
16. Preterm neonates have several risk factors for complications:
- Immature immune system, small blood volume, resistance to oxygen
 - Tissues easily damaged from oxygen, small BSA/mass ratio
 - Lungs lacking surfactant, heat loss related to large BSA/mass ratio, weak muscles
 - Immature immune system, small blood volume, small BSA/mass ratio
17. When faced with an ethical resuscitation decision, what may be done?
- Call for an ethics consult and determine what the parents understand and want to be done
 - Resuscitate regardless of gestational age or anomaly or parental wishes
 - Do not initiate resuscitation unless required by law
 - Resuscitate regardless of DNA testing results or parental wishes or anomaly

18. To decompress the gastric cavity after PPV, we can insert a _____?
- Chest tube
 - Peripheral IV
 - Uri-catheter to bladder
 - Orogastric tube
19. We expect ____% of neonates to need assistance at birth and prepare for ____% of births to have complications.
- 5 and 100
 - 5 and 50
 - 10 and 100
 - 10 and 50
20. Newborns always need _____ and rarely need _____
- Routine care and medications
 - Routine care and intubation of the trachea
 - Routine care and PPV
 - Routine care and blow by oxygen
21. What conditions may make us suspect an interruption in normal transition to extrauterine breathing?
- Tachycardia and high systolic blood pressure
 - Tachypnea and bradycardia
 - Tachypnea with acrocyanosis
 - Tachycardia and Apgar of 9
22. What conditions may cause an in utero compromise?
- Maternal hypotension, drug use, multiple gestations
 - Deterioration of the umbilical cord or placental integrity
 - Placental abruption
 - All of the above
23. You have “stated” PPV for an apneic newborn, the HR is 40 bpm and is not improving with PPV. Your assistant does not see chest movement. You should:
- Start the ventilation corrective steps
 - Proceed to chest compression's
 - Consider terminating efforts
 - Consider giving epinephrine via scalp vein IV

24. We have to intubate a neonate of 32 weeks gestational age and weight of 2000 grams. What size ET tube should we select and where is the lip to tip marker?
- a. 4.0 and 12
 - b. 3.5 and 12
 - c. 4.0 and 8
 - d. 3.5 and 8
25. You recognize your resuscitated baby will require an emergent transfer to a Level III nursery. You are in the state of FL. You are 2 hours from the nearest facility. What is the best decision for the safety of your neonate?
- a. Arrange transport with your local EMS and send a labor nurse with the baby
 - b. Arrange transport with the nearest neonatal transport team (available in 6 hours)
 - c. Arrange transport with the nearest immediately available neonatal transport (ground or air)
 - d. Arrange transport with your RT and your local EMS agency

NRP Prep Test Answer Key

1. B
2. D
3. A
4. C
5. A
6. A
7. B
8. D
9. A
10. B
11. A
12. B
13. C
14. D
15. A
16. C
17. A
18. D
19. C
20. A
21. B
22. D
23. B
24. D
25. C

Accessing Your 8th Edition NRP eCard

Learner (Individual/Global) Quick Start Guide Common Course Actions

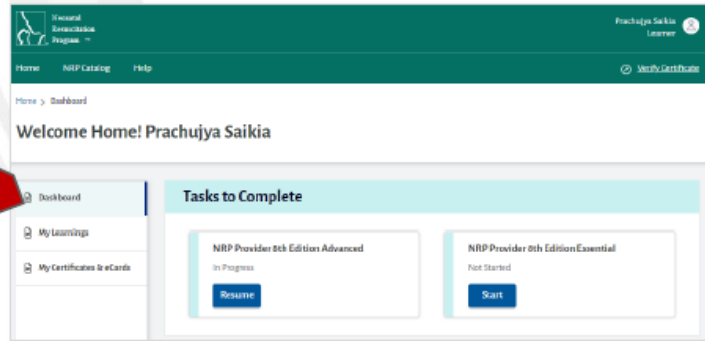


WI: COURSE – Viewing Certificate/eCard

1. Login to the NRP Learning Platform.

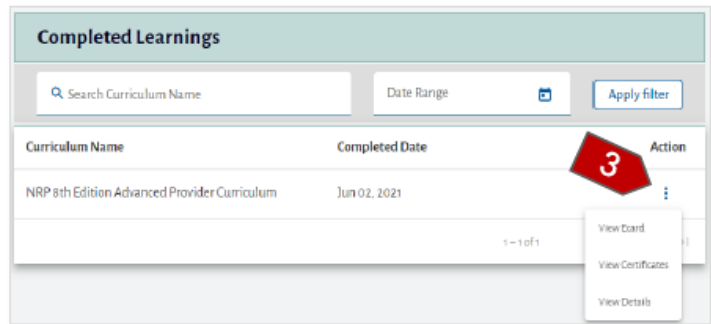
The Dashboard will load.

2. Click the “My Learnings” tab.



3. In the Completed Learnings section, click on the Action button, (the three dots under the Action column).

A menu will open. Click on one of the options.



- View eCard – Allows the user to view the eCard for the course.
- View Certificate – Allows the user to view the certificates for the course.
- View Details – Allows the user to view the Activity page to view the details of the course.

END OF INSTRUCTIONS

Neonatal Resuscitation Program® Provider Course Individual Recording Sheet



RETURN THIS SHEET TO ANY INSTRUCTOR AT THE END OF THE COURSE

Provider Course Date: _____ Name: _____

Credentials: RN MSN NNP RCP MD DO PA Other _____

Performance Skills Stations Checklists Completed (per instructor assessment of learning needs)

Instructor Initials

- _____ Preparing for Resuscitation (includes Equipment Check)
- _____ Initial Steps of Newborn Care
- _____ Positive-Pressure Ventilation
- _____ Intubation (perform or assist)
- _____ Laryngeal Mask Placement (perform or assist)
- _____ Chest Compressions
- _____ Prepare Emergency Umbilical Venous Catheter for Placement
- _____ Place or Assist With Placement of Emergency Umbilical Venous Catheter
- _____ Prepare Epinephrine for Administration
- _____ Administer Epinephrine via Umbilical Venous Catheter
- _____ Administer Epinephrine via Endotracheal Tube
- _____ **Integrated Skills Station (required course component)**
- _____ **Simulation and Debriefing (required course component)**

INSTRUCTOR INITIALS/SIGNATURES

Instructor Reminder: Participant must pass all components of the course within 90 days of completing Part 1 of the NRP Provider Course Curriculum.