

MANAGEMENT OF RESPIRATORY DISTRESS

Signs of Respiratory Distress

- Tachypnoea
- Grunting
- Flaring of alae nasi
- Recessions
- Cyanosis

Causes – Term baby -- Check for risk factors for sepsis

- Congenital pneumonia
- TTN
- MAS
- Congenital diaphragmatic hernia
- Congenital lung abnormalities

Causes – Preterm baby

- IRDS

Check for

- Check on gestation
- Ante natal steroids
- Risk factors for sepsis

Examine for

- **Sensorium**
 - Activity /Lethargy
 - Tone – normal / hypotonic
- **Temperature**
 - Increase temp according to the skin mode
 - Decide on KMC
- **Airway & Breathing Oxygen saturation**
 - Respiratory rate
 - Check on Silverman score
 - SpO₂ in air & with FiO₂
 - Pre & post ductal with neonatal probes
 - Capillary blood gases

Airway & Breathing

- **Nasal prong oxygen or catheter**
- **CPAP ventilation**
- **Intubation & surfactant**
 - **Consider surfactant**

- **Perfusion**
 - Heart rate, peripheral pulse rate & volume
 - CRFT
 - Line of coldness
 - NIBP-Check on mean arterial pressure

Perfusion

- **IV line**
 - **10ml/kg fluid bolus**
 - **Decide on early enteral feeds (EBM)**
- **Sugar**
 - **10% dextrose**

Consider

- Consider signs of infections
- Consider CXR
- **Septic screen**
- **Decide on antibiotics**

Measure & Monitor

- Check temperature
- SpO2 by pulse oximeter
- MAP, Capillary Blood Gas, Random Blood Sugar

Signs of deterioration

- Increasing respiratory distress
- Increasing oxygen requirement
- Worsening of blood gases

Signs of Improvement

- Remove oxygen – observe every 15 minutes desaturation or cyanosis
- Alternative methods of feeding or direct breast