

BEST PRACTICE

Title of the practice: GCON - Golden Minute Project. Implementation of Neonatal Resuscitation Program (NRP) - Training of Trainers (TOT) Course.

1. Objectives of the Practice:

- To enhance the competency of healthcare professionals in neonatal resuscitation.
- To develop a pool of qualified trainers capable of teaching neonatal resuscitation techniques.
- To reduce neonatal mortality rates through improved resuscitation practices.

2. The Context:

- The neonatal mortality rate (NMR) in India is approximately 18.1 deaths per 1,000 live births. This reflects ongoing efforts to reduce infant mortality, but challenges persist, especially in rural and economically disadvantaged areas.
- Effective neonatal resuscitation, when implemented systematically by trained personnel, can significantly reduce neonatal deaths. Hence, it is crucial to train healthcare professionals comprehensively in these techniques.

3. The Practice:

Training Event:

- **Title:** Basic NRP Instructor Course (TOT) - First Golden Minute Project.
- **Date:** June 30, 2024
- **Time:** 08:00 a.m. – 05:00 p.m.
- **Organized by:** Godavari College of Nursing in collaboration with the Indian Academy of Pediatrics (IAP) & NNF and Dr. Ulhas patil Medical College & Hospital, Jalgaon.
- **Coordinator:** Dr. Priyadarshani Moon, Assit. Professor, Godavari College of Nursing, Jalgaon.

Programme Schedule:

- **08:00 am – 08:30 am:** Breakfast & Registration
- **08:30 am – 09:00 am:** Inauguration - Welcome, Introduction, Plan of the Day
- **09:00 am – 10:00 am:** Skill Station (Session 1) - Preparation for Birth
- **10:00 am – 11:00 am:** Skill Station (Session 2) - Routine Care, Initial Steps (including observational care)
- **11:00 am – 12:45 pm:** Skill Station (Session 3) - Brief Ventilation, Prolonged Ventilation with Normal HR, Prolonged Ventilation with Slow HR
- **12:45 pm – 01:30 pm:** Lunch
- **01:30 pm – 02:45 pm:** Skill Station (Session 4) - Performance Evaluation Test
- **02:45 pm – 03:30 pm:** Lectures on Administrative Aspects - How to Conduct Basic NRP Course, Teaching Methodology

- **03:30 pm – 04:30 pm:** Open House - Course Commitment, Suggestions & Feedback
- **04:30 pm – 05:00 pm:** Valedictory

Instructor Team:

- Dr. Gajanan Surewad (Lead Instructor)
- Dr. Priyadarshani Moon (Course Coordinator / Instructor)
- Dr. Avinash Bhosale (Instructor)
- Dr. Jagruti Nikam (Instructor)

Participants:

- **Number:** 31 healthcare professionals
- **Backgrounds:** Pediatricians, neonatologists, nurses, respiratory therapists, and other healthcare providers involved in neonatal care

4. Evidence of Success:

- **Course Content Covered:** Principles of neonatal resuscitation, initial steps of newborn care, positive pressure ventilation, chest compression and medications, endotracheal intubation, team dynamics, and simulation-based training.
- **Hands-on Training:** Practical sessions using neonatal manikins, including scenarios for term newborns, preterm newborns, and complex situations.
- **Assessment Methods:** Pre-course knowledge assessment, practical skills assessment, post-course knowledge and skills evaluation.
- **Feedback:** Positive responses from participants, commendations for practical sessions and interactive teaching methods.
- **Certification:** Participants received certificates qualifying them as NRP Basic Instructors.

5. Problems Encountered and Resources Required:

- **Problems Encountered:**
 - Limited duration for hands-on sessions.
 - Need for incorporating additional advanced resuscitation techniques.
- **Resources Required:**
 - Extended practice time.
 - Advanced training modules.
 - Resources for follow-up workshops.

6. Suggestions for Improvement:

- Increase the duration of hands-on sessions.
- Include advanced resuscitation techniques in future courses.
- Offer follow-up workshops for continued skill development.

7. Future Opportunities:

- Advanced NRP instructor courses.
- Specialized training sessions for high-risk neonatal populations.

8. Conclusion:

- The NRP TOT Basic Instructor Course held on June 30, 2024, was highly successful. It effectively equipped healthcare professionals with the necessary skills and knowledge to train others in neonatal resuscitation, contributing significantly to improving neonatal care and reducing mortality rates. Positive feedback from participants underscored the importance of such training in enhancing healthcare outcomes for newborns.
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