Asphyxia

Signs of Asphyxia during Labour

- Prolonged or difficult labour.
- Ruptured membranes with little fluid (dry delivery).
- Green or yellow coloured thick amniotic fluid.
- Cord comes out first or cord wound tightly around baby’s neck.
- Preterm labour (delivery before completing 8 months and 14 days of pregnancy).
- Baby’s position such that the head does not come out first.
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Managing Asphyxia

Note time of birth, and start counting time. Meanwhile clean baby and cover with a soft dry cloth.

Observe baby 30 seconds after birth. If there is no cry or only a weak cry, or if breathing is weak or there is no breathing, it means the baby is asphyxiated.

Place baby in position with head slightly extended. Place a folded cloth under baby’s shoulders to keep the head extended.

Immediately clean the mouth with mucus extractor.

If baby does not breathe, suction the throat; if there is still no breath, suction the nose with mucus extractor.

Call for help as soon as possible.