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Emergency Medical Consultants

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NRP Preparation Packet

7th Edition



(772) 878-3085 * Fax (772) 878-7909 * E-mail: info@medicaltraining.cc

597 SE Port St. Lucie Blvd * Port St Lucie, Florida 34984

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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 HealthStream website, www.healthstream.com/hlc/aap and complete the exam prior to the course. If your facility uses HealthStream for education, go to your facility's HealthStream 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 test is \$35.00 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 and eSim cases. 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 HealthStream at 1-800-521-0574

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NRP® Provider How-to Guide

Welcome to the new process for accessing 7th Edition NRP Provider Curriculum learning activities.

Follow the steps below to:

- Login
- Schedule 7th Edition NRP Provider Curriculum
- Set up your Master Account (HealthStream ID)
- Complete the learning activities in Part 1, including the Exam and eSim Cases
- Print Your Certificate of Completion
- Complete the learning activities in Part 2

1 Login to HealthStream

Go to <https://www.healthstream.com/hlc/aap>

- **First-time students who don't have a User ID and Password**
Before you login, you will need to register. Click the link [First time students click here to register](#) (located below the green LOGIN button). For your institution, select "Self-Registration" and create a user ID and password on the next screen.
- **Students who have a User ID and Password**
Login with your User ID and password.

2 Enroll in the 7th Edition NRP Provider Curriculum

After logging in, continue to the "My to-Do List" screen (located under the **To Do** tab).

Step	From This Screen	Do These Actions
2a	My To-Do List	Click FIND AN ELECTIVE IN THE CATALOG or select the Catalog tab.
2b	Catalog	Click 7th Edition NRP Provider Curriculum .
2c	7th Edition NRP Provider Curriculum	Click ENROLL (green button located at top right of screen).

3 Set up Your Master Account (HealthStream ID)

Use your personal e-mail address to establish your master account. Your master account allows you to access your course records & eCard even if you move to another institution.

Step	From This Screen	Do These Actions
3a	Create HealthStream ID (box)	Click CREATE ID . *If you already have a HealthStream ID, click I ALREADY HAVE ONE then sign in.
3b	Create HealthStream ID (box)	<ul style="list-style-type: none"> • Type in information as requested. <ul style="list-style-type: none"> –Enter your first & last name. –Use your personal email address. –Create a password. –Check "Yes, I've read the Terms of Use." • Click SAVE.
3c	Create HealthStream ID (box)	<ul style="list-style-type: none"> • You will see a message that a confirmation email has been sent to your email address. • Click Continue to Course. • Go to your email inbox, locate the email, click on the link provided.
3d	Portable Account Confirmed	You will see a message that your email address is successfully confirmed.

4 Complete the Learning Activities in Part 1

You are now ready to complete the learning activities in Part 1. You can access this list at any time from the “My to-Do List” screen (located under the To Do tab). Part 1 focuses on building a foundation of neonatal resuscitation knowledge. The learning activities in Part I include the

- Provider Exam
- eSim Cases
- Provider Exam and eSim Evaluation

Learning activities must be completed sequentially. For example, after you successfully complete the Provider Exam Section 1, Provider Exam Section 2 will be unlocked and available.

After logging in, continue to the “My to-Do List” screen (located under the **To Do** tab).

Step	From This Screen	Do These Actions
4a	My To-Do List	Click RESUME or START (to the right of 7th Edition NRP Provider Curriculum).
4b	7th Edition NRP Provider Curriculum/Courses	Click START (to the right of 7th Edition NRP Provider Course Part 1)
4c	Learning Activities	<ul style="list-style-type: none"> • Click START (to the right of Terms of Use Agreement). Scroll down to end of the Agreement. Click ACCEPT TERMS OF USE .



Then follow these steps to complete the learning activities:

Step	Learning Activity	Do These Actions
4d	Provider Exam Section 1 (25 Questions)	<ul style="list-style-type: none"> • Click START then START TEST when you are ready to begin the exam. • You may PAUSE the exam and return at another time if needed.
4e	Provider Exam Section 2 (25 Questions)	<ul style="list-style-type: none"> • Click COMPLETE TEST when you are ready to submit your answers. • After successfully passing the exam, you will see feedback for the questions that you missed. • Click EXIT TEST when finished.
4f	eSim Cases	<ul style="list-style-type: none"> • Click START to begin. Follow the prompts to move through the activity. • Click Exit Course in the top right hand corner to exit. • You must successfully complete 2 out of the 4 cases.
4g	Provider Exam and eSim Evaluation	<ul style="list-style-type: none"> • Click START. Complete the evaluation. • Click COMPLETE EVALUATION to submit.

5 Print Your Certificate of Completion

When you have successfully completed Part 1, a **Congratulations!** window will appear.

Click **VIEW CERTIFICATE** to display your Certificate of Completion.

You must print your Certificate of Completion and take it with you to the Instructor-led Event as proof that you have completed the required prework assignments.

Here is another way to access your Certificate of Completion:

Step	From This Screen	Do These Actions
5a	My To-Do List	<ul style="list-style-type: none"> • Click on the Completed tab (at the top of your screen).
5b	My Transcript	<ul style="list-style-type: none"> • Locate 7th Edition NRP Provider Course Part 1. • Click CERTIFICATE (on right side).
<i>Certificate of Completion will display.</i>		

6 Complete the Learning Activities in Part 2

Part 2 includes the Instructor-led Event (hands-on portion of the course).

The activities in this part are

- Registering for an Instructor-led Event
- Completing the Instructor-led Event Evaluation

Registering for an Instructor-led Event

Registration for an Instructor-led Event may be done

- Individually (self registration)
- By an administrator at the provider's institution
- By the instructor

For providers who need to register individually, follow the steps below. You must have completed Part 1 within 90 days to be eligible to register.

After logging in, continue to the "My to-Do List" screen (located under the **To Do** tab).

Step	From This Screen	Do These Actions
6a	My To-Do List	Click RESUME (to the right of 7th Edition NRP Provider Curriculum).
6b	7th Edition NRP Provider Curriculum/Courses	<ul style="list-style-type: none"> When all activities in 7th Edition NRP Provider Course Part 1 have been completed, a check mark will appear to the right. ✓ Locate 7th Edition NRP Provider Course Part 2. Click START to begin.
<i>You will now see a list of the Learning Activities for Part 2.</i>		



Step	Learning Activity	Do These Actions
6c	Check for Part 1 Completion	Click START . The system will verify that you have completed Part 1. Click OK .
6d	Instructor-led Event (Hands-On Session)	<ul style="list-style-type: none"> Click CHOOSE AN EVENT to access a list of available Instructor-led Events – To narrow the choices, use "Filter Events" on the left side of your screen. You may filter for date range, building/location, address, or personnel (ie, instructor). Once you locate the event that you want to attend, click REGISTER.

Completing the Instructor-led Event Evaluation

The Evaluation will remain locked until you pass the Instructor-led Event **and your instructor submits your grade**. You will receive notification by email after your grade has been submitted.

After logging in, continue to the "My to-Do List" screen (located under the **To Do** tab).

Step	From This Screen	Do These Actions
6e	My To-Do List	Click RESUME (to the right of 7th Edition NRP Provider Curriculum).
6f	7th Edition NRP Provider Curriculum/Courses	<ul style="list-style-type: none"> Locate Instructor-led Event Evaluation in the list. When you receive a passing grade, the button to the right of Instructor-led Event Evaluation will display START (instead of LOCKED). Click START. Complete the evaluation. Click COMPLETE EVALUATION to submit.

How Do I Get My NRP Provider Card?

You must complete the Instructor-led Event Evaluation to receive your NRP Provider eCard. Then you can access your eCard as follows:

- Click on the Profile tab (at the top of the screen)
- From the drop-down menu, choose **Resuscitation Cards**.
- Click **OPTIONS** to the right of "NRP Provider Card." Choose **View eCard** or **Email eCard** from the drop-down menu.

**Get stuck?
We can help!**



NRP

Call: 800-433-9016, selection 4#,
Monday - Friday, 8am - 4:30pm CST

Email: lifesupport@aap.org



HealthStream

Call: 800-521-0574, selection 2,
Monday - Friday, 7am - 7pm CST

Email: nrponline@healthstream.com



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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

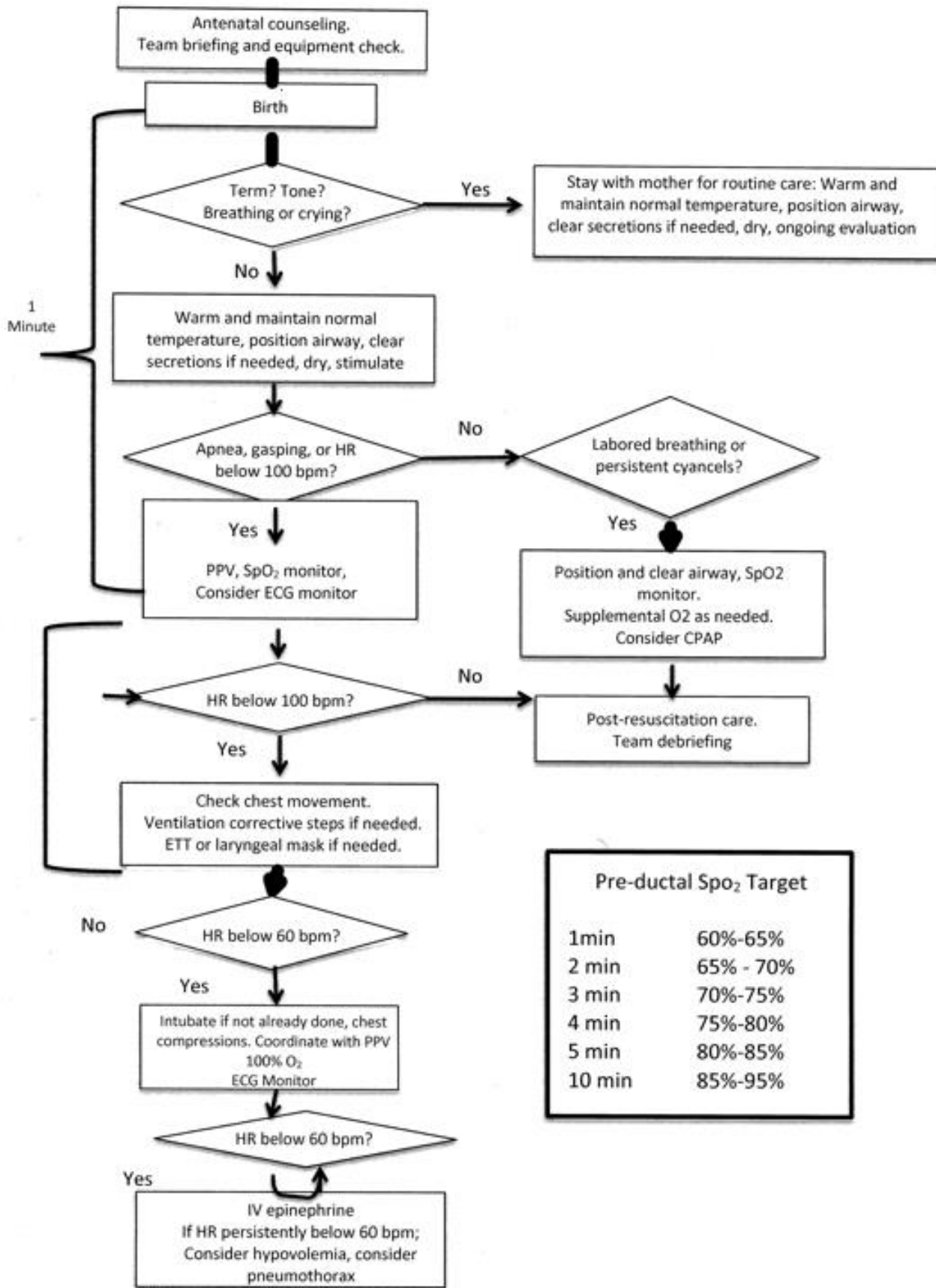
Introduction

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)
 - eSim Cases (Must complete at least 2 of the 4 eSim Cases)
 - Provider Exam and eSim Evaluation
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 Health Stream 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



Pre-ductal SpO ₂ Target	
1 min	60%-65%
2 min	65% - 70%
3 min	70%-75%
4 min	75%-80%
5 min	80%-85%
10 min	85%-95%

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?
 - Are there any additional risk factors?
- ◆ 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 compressions
 - 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 7th Edition NRP eCard

- ❖ Only 7th Edition eCards can be accessed.
- ❖ To access your eCard:
- ❖ Click the Profile tab to open the options list.
- ❖ Select the Resuscitation Cards option to open the My Resuscitation Cards page.
- ❖ You can view and email your eCard from the My Resuscitation Cards page.

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.