The 2020 neonatal resuscitation guidelines are based on extensive evidence evaluation performed in conjunction with the International Liaison Committee on Resuscitation and affiliated member councils.

Impact on neonatal mortality rate in the United States and Canada:

- **1960s:** 20 per 1000 live births
- **Current:** 4 per 1000 live births

Anticipation and Preparation

- Approximately **10%** of newborns need help breathing
- Approximately **1%** of newborns need further resuscitation

Umbilical Cord Management

Most newly born infants do not require immediate cord clamping or resuscitation and can be evaluated and monitored during skin-to-skin contact with their mothers after birth.

Temperature Management

Placing healthy newborn infants skin-to-skin after birth can be effective in improving breastfeeding, temperature control, and blood glucose stability.

Steps for Nonvigorous Newborns With Meconium-Stained Amniotic Fluid

1. **Initial steps:** warm, position, clear secretions, dry, and stimulate
2. **Respiratory support (PPV) and corrective steps if indicated**
3. **Direct laryngoscopy and ET suctioning only if obstruction is evident**
4. **Respiratory support (PPV) and corrective steps if indicated**
5. **Chest compressions if failure to respond to PPV**

IV/IO Access

Umbilical venous catheterization is the preferred technique in the delivery room for babies who require vascular access to infuse epinephrine or volume expanders. IO access is an alternative.

Cessation of Resuscitation

Newborns after delivery who do not respond to 20 minutes of resuscitation have a low likelihood of survival. At this point, discussions should be initiated with the family and care team regarding cessation of resuscitative efforts.

Limitations

- **Weak Evidence**: Numerous questions and practices were identified to have weak, uncertain, or absent evidence during the review of recommendations.
- **Knowledge Gaps**: Significant knowledge gaps—including team composition and training, devices for resuscitation, and special newborn populations care—were also highlighted.

ET indicates endotracheal; IO, intraosseous; IV, intravenous; and PPV, positive pressure ventilation.

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