

### 3. Asphyxia Diagnosis and Management

#### Objective of the session

By the end of the session, the ASHA will learn about:

- Identify signs of asphyxia in the newborn.
- Support and if necessary, manage asphyxia in the newborn.

#### What is Asphyxia?

A baby having any one of the following symptoms at the time of birth is asphyxiated:

- No cry
- Weak cry
- No breathing
- Weak breathing.

If a baby has asphyxia, it is an Emergency. A life can be saved or lost in these five minutes. If you are present at the time of birth, and there is no doctor or nurse, you should try to help to manage the baby. However, in many such newborns, your efforts may not make enough difference and you should not feel bad or blame yourself for this. Depending on the area in which you work, you may be trained in using a bag and mask to treat asphyxia as in Annexe 3.

#### Consequences of Asphyxia

##### Immediate (at birth)

- Baby is born dead (stillbirth)
- Dies at once or within a few days
- Unable to suckle.

##### Long term

If the baby survives, it may have:

- Mental retardation
- Epilepsy (seizures and fits)
- Spasticity (difficulty walking or moving arms and hands).

#### These signs warn of asphyxia during labour

1. Prolonged or difficult labour
2. Ruptured membranes with little fluid (dry delivery)
3. Green or yellow colour thick amniotic fluid

