

“Bright Start, Safe Heart”: A Quality Improvement Project to Improve Knowledge and Skills in Neonatal Resuscitation Among Healthcare Professionals in Uva Province, Sri Lanka

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Introduction - Neonatal resuscitation is an important skill for healthcare professionals in Neonatal Intensive Care Units (NICU) and delivery rooms. Ensuring proficiency and sustainability in these skills are vital for improving neonatal outcomes. This audit evaluates the initial knowledge and skills of neonatal resuscitation among doctors, nurses, and midwives in UVA Province, Sri Lanka, and assesses improvements following the Neonatal Life Support (NLS) program.

Methods - The study had 118 participants including 38 doctors, 40 nurses, 20 hospital midwives, and 20 field midwives. Baseline knowledge and skills were assessed using a standardized written test and practical skills evaluation. Following the assessment, all participants underwent the NLS program, which comprised of both theoretical and hands-on training. A post-program assessment was conducted using the same evaluation tools. Data were collected from multiple NLS programs held over a period of four months from February 2024 till May 2024.

Results - Initial assessment revealed that 18 out of 38 doctors (47.3%), 8 out of 40 nurses (20%), 8 out of 20 hospital midwives (40%), 4 out of 20 field midwives (20%) met the required standard, resulting in an overall competency of 38 out of 118 (32%).

After the NLS program, results showed that 38 out of 38 doctors (100%), 36 out of 40 nurses (90%), 18 out of 20 hospital midwives (90%) and 16 out of 20 field midwives (80%) met the standard. Overall Competency increased to 94 out of 118 (91.5%).

Discussion - The initial assessment revealed significant gaps in neonatal resuscitation and skills among healthcare professionals. The NLS program resulted in substantial improvements across all groups, demonstrating the effectiveness of such structured training programs. Enhanced competencies in neonatal resuscitation are likely to improve clinical outcomes for neonates requiring resuscitation.

Keywords - Neonatal Life Support, Healthcare Professionals, Uva Province, Neonatal Resuscitation