



## NEONATAL RESUSCITATION TRAINING IN TWO NIGERIAN STATES: A SIX MONTH FOLLOW-UP

**Disu EA, Ferguson IC, Solarin A, Faleti AO, Oputa J, Akinbi O, Njokanma OF**

*Correspondence: Dr E. A. Disu, Consultant Paediatrician/Lecturer, College of Medicine, Lagos State University Teaching Hospital, Ikeja, Lagos. Tel +234- 802- 2909- 730, email: arumadis@yahoo.com.*

### **Objective**

Neonatal resuscitation train-the-trainer courses were taught by certified trainers in two states in Nigeria. The objectives were to (1) strengthen doctors and nurse/midwife practical resuscitation skills, (2) qualify participants as neonatal resuscitation course instructors, and (3) establish ongoing training programs in participant hospitals.

### **Methodology**

Two-day instructors' courses were conducted separately for doctors and nurse/midwives in Abia and Rivers States in September 2006 by U.S. and Nigerian professionals, with sponsorship from the Church of Jesus Christ of Latter-day Saints. Lectures were interspersed with practice sessions to ensure competency in resuscitation skills and decision-making. Instruction was also provided on teaching others. Training kits were provided to encourage ongoing training of other birth attendants, and resuscitators were provided to equip participant delivery rooms. A telephone survey was conducted approximately six months after the training to determine the effects of the training course.

### **Results**

A total of 214 professionals participated in the NRT courses, and 60 training kits were given to participant organizations. A telephone survey reported more than 2,100 infant resuscitations per month by course participants, and more than 3,000 trainings of medical personnel attending newborn births in the first six months after the master training.



## **Discussion**

Neonatal resuscitation training is effective in impacting skills which could result in reducing morbidity and mortality from perinatal asphyxia and meconium aspiration in neonates. Institutional organization and commitment surfaced as keys for NRT successes. Administrative bureaucracy appears to be a major obstacle in establishing effective NRT programs.

## **Conclusion**

Expansion of infant resuscitation training is a cost-effective way to reduce problems associated with perinatal deaths and the attainment of the millennium development goal four of reducing under-five mortality in Nigeria.