

# Questionnaire

**Demographic data (anonymous):**

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- Age: .....
- Sex:      ☐ female                      ☐ male
- Month/year of paramedic training: .....
- Additional medical training:
  - ☐ Senior paramedic (without advanced emergency competence)
  - ☐ Senior paramedic (with advanced emergency competence)
  - ☐ Medical student
  - ☐ Nurse
  - ☐ Nurse assistant / midwife
  - ☐ Other (please specify): .....
- Have you been involved in an out-of-hospital birth during your paramedic work?
  - ☐ Yes                                      ☐ No
- Have you resuscitated a neonate after birth (i.e. delivery of positive pressure ventilation and/or chest compressions) during your paramedic work?
  - ☐ Yes                                      ☐ No

**Thank you for your participation in this survey!**

**The following questions refer to the recommendations by the  
European Resuscitation Council (ERC) 2015**

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**For each question, only one answer is correct („single choice“):**

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**1) How many trained professionals should ideally be present at all home deliveries?**

- ☐ At least one
- ☐ Two, one of whom must be fully trained and experienced in providing mask ventilation and chest compressions in the newborn
- ☐ Three, one of whom must be fully trained and experienced in providing mask ventilation and chest compressions in the newborn
- ☐ None

**2) How should environment and equipment be prepared before delivery?**

- ☐ Warm, well-lit, draught free area
- ☐ Well-lit area, open windows for delivery of fresh air
- ☐ Warm, well-lit area and open windows for delivery of fresh air
- ☐ Delivery of fresh air and, if possible, therapeutic hypothermia

**3) If a birth takes place in a non-designated delivery area, what is the recommended minimum set of equipment?**

- ☐ A device for safe assisted lung aeration and subsequent ventilation of an appropriate size for the newborn
- ☐ Defibrillator
- ☐ Ultrasound device
- ☐ Cardiotocography device for recording of fetal heart sounds and uterine contractions

**4) In uncompromised neonates who do not require resuscitation after birth, when should the umbilical cord be clamped?**

- ☐ Immediately
- ☐ After at least one minute
- ☐ After at least three minutes
- ☐ After at least five minutes

- 5) **Which room temperature is recommended for support of transition or resuscitation of neonates after birth?**
- ☐ 20 – 23 °C
  - ☐ 23 – 25 °C
  - ☐ 25 – 28 °C
  - ☐ More than 28 °C
- 6) **Which three parameters should be simultaneously assessed during initial neonatal assessment?**
- ☐ Breathing, heart rate, reflexes
  - ☐ Breathing, heart rate, muscle tone
  - ☐ Breathing, heart rate, skin color
  - ☐ Breathing, skin color, muscle tone
- 7) **What do neonates who breathe inadequately or present apneic, with normal or reduced (muscle) tone, and a heart rate of less than 100 min<sup>-1</sup> require frequently?**
- ☐ Drying and covering with warm towels, no further interventions
  - ☐ Drying and covering with warm towels, mask inflation
  - ☐ Drying and covering with warm towels, mask inflation, and chest compressions
  - ☐ Drying and covering with warm towels, drug administration
- 8) **Which interventions are first needed in gasping or apneic neonates?**
- ☐ Chest compressions
  - ☐ Head tilt and delivery of ventilations
  - ☐ Opening the airway and delivery of five positive pressure inflations
  - ☐ Primary endotracheal intubation
- 9) **In which situation should the oropharynx be suctioned?**
- ☐ Always
  - ☐ Only if the airway is obstructed
  - ☐ Only the nasopharynx should be suctioned
  - ☐ Only if cardiopulmonary resuscitation is required

**10) How should the first five positive pressure inflations be delivered?**

- ☐ Constant initial inflation pressure for 2–3 seconds
- ☐ Peak inspiratory pressure should be increased during the first five inflations
- ☐ Constant expiration pressure for 2–3 seconds
- ☐ Maximum volume of the ventilation bag should be delivered

**11) Which intervention is required if the chest is not rising during positive pressure ventilation?**

- ☐ Endotracheal intubation
- ☐ Auscultation for signs of pneumothorax
- ☐ Reposition the baby's head, 2-person airway control, consider airway alternative, repeat inflation breaths
- ☐ Assuring that the baby's head is tilt, repeat inflation breaths

**12) Which initial inspiratory oxygen concentration should be used in term infants?**

- ☐ 0%
- ☐ 21 %
- ☐ 79 %
- ☐ 100 %

**13) At which time point should an oxygen saturation of 90% be reached?**

- ☐ After one minute of life
- ☐ After three minutes of life
- ☐ After five minutes of life
- ☐ After ten minutes of life

**14) What has to be ensured before circulatory support may be effective?**

- ☐ Room temperature of 25 – 28 °C
- ☐ Heart rate below 100 beats min<sup>-1</sup>
- ☐ Successful lung inflation
- ☐ Availability of a defibrillator

**15) In which situation should chest compressions be delivered?**

- ☐ During every resuscitation of a neonate
- ☐ If no heart rate is detectable
- ☐ If the heart rate is less than 60 beats  $\text{min}^{-1}$  despite adequate ventilation
- ☐ If ventilation is not sufficient

**16) Which compression-to-ventilation ratio is recommended for resuscitation of a neonate after birth?**

- ☐ 3:1
- ☐ 5:2
- ☐ 15:2
- ☐ 30:2

**17) At which frequency should chest compressions be delivered during resuscitation of a neonate after birth?**

- ☐ 90  $\text{min}^{-1}$
- ☐ 100  $\text{min}^{-1}$
- ☐ 120  $\text{min}^{-1}$
- ☐ 160  $\text{min}^{-1}$

**18) Which compression depth and technique are recommended for delivery of chest compressions during resuscitation of a neonate after birth?**

- ☐ Compression depth: one half of the anterior-posterior diameter of the chest; Technique: 2-finger-technique
- ☐ Compression depth: one third of the anterior-posterior diameter of the chest; Technique: 2-thumbs-technique
- ☐ Compression depth: one fourth of the anterior-posterior diameter of the chest; Technique: 2-thumbs-technique
- ☐ Compression depth: one third of the anterior-posterior diameter of the chest; Technique: 2-finger-technique

**19) How often should the heart rate be re-checked during delivery of ventilation and chest compressions?**

- ☐ Every 30 seconds
- ☐ Every minute
- ☐ Every two minutes
- ☐ Chest compressions should not be stopped for heart rate re-assessment

**20) In which situation should the use of drugs be considered during resuscitation of a neonate after birth?**

- ☐ In every resuscitation of a neonate
- ☐ If the heart rate remains less than 60 beats  $\text{min}^{-1}$  despite adequate ventilation and chest compressions
- ☐ If the heart rate remains less than 100 beats  $\text{min}^{-1}$  despite adequate ventilation and chest compressions
- ☐ In case an emergency physician arrives