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Respiratory distress syndrome in a nutshell

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Respiratory Distress Syndrome (RDS) is an important cause of mortality and morbidity in preterm neonates. With the increasing number of preterm deliveries globally according to the World Health Organization, it is imperative to consider a safe place for delivery and a good obstetric care to start with. Antenatal steroids are helpful not only in reducing the risk of RDS but also reducing Necrotizing Enterocolitis (NEC) and intra ventricular hemorrhage which further improves the outcome of a preterm delivery. Delayed cord clamping is recommended as it reduces mortality in preterm newborns. Use of optimal oxygen and getting CPAP into the delivery room has improved the outcome and reduced the need for mechanical ventilation thus reducing the risk of Chronic Lung Disease (CLD). Timing the administration of surfactant is important to avoid mechanical ventilation. The increasing use of non-invasive ventilation has reduced ventilator induced lung injury and CLD. Many have embraced Heated Humidified High Flow Nasal Oxygen (HHHFNC) as an alternative to CPAP and its use has increased in view of its ease of use and lesser trauma. Caffeine facilitates early extubation in intubated preterms on ventilators and improves neuro developmental outcome. Adequate nutrition and proper temperature control starting from the point of delivery cannot be emphasized enough for this group of population.

Biography

Akumtoshi has completed his MBBS from Rajendra Institute of Medical Sciences, Ranchi and MD in Pediatrics from Assam Medical College. He is currently working as the Treasurer of Indian Academy of Pediatrics in the state of Nagaland, India and also the State Academic Coordinator for Neonatal Resuscitation Program and a Member-Scientific Committee in the East Zone Academy of Pediatrics, India.

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