



OFFICE & HOSPITAL FETAL TESTING

1. What is a **NON-STRESS** Test (NST)??
 - Test designed to detect fetal well being with no added stress to the baby
 - Place patient on fetal monitor for 20-60 minutes
 - **REACTIVE** Test= 2 heart rate accelerations of 15 beats for 15 seconds in a 20 minute period
 - **NON-REACTIVE**= 1 or No accelerations
 - Reactive test lowers risk of stillbirth to 1:2500 in one week
 - 1st part of Biophysical Profile (Reactive= 2 points, Non-Reactive= 0 points)
 - Non-Reactive Test requires finishing Biophysical Profile (BPP) or Contraction Stress Test (CST).
2. What is a **Biophysical Profile** (BPP)?
 - Test designed to detect fetal well being via Ultrasound combined with a Non-Stress Test
 - Ultrasound done weekly to twice per week
 - U/S checks for:
 1. Fetal Movement: 2 Gross Body movements in 30 minutes= 2 points, 1 or less 0 points
 2. Fetal Tone: 2 Episodes of Flexion and Extension of an Extremity (e.g. Elbow, Knee, Hand, Neck, etc.)= 2 points, 1 or less 0 points
 3. Fetal Breathing: breathing for 30 seconds consecutively= 2 points, otherwise 0 points; (fetal breathing seen by chest expanding & contracting or by viewing kidney moving up & down)
 4. Amniotic Fluid Index: Total of Fluid Level in all Four Quadrants (>5 = 2 Points, <5= 0 points)
 - Scoring system based on Perfect score of **10**
3. What does the scoring system **Mean**??
 - 10 out of 10: very reassuring with a stillbirth rate of 1:5000 - 1:7500 in the following week

- 8 out of 10: reassuring with stillbirth rate of 1:1000 for the following week
 - 6 out of 10: suspicious test, Contraction Stress Test versus repeat in 24-48 hours needed
 - 4 out of 10: very suspicious: delivery versus repeat test in one hour
 - 2 out of 10: Immediate Delivery!!!
 - 0 out of 10: Immediate Delivery!!!
 - There are **NO** odd numbers in the scoring system recognized by **ACOG** (American College of Obstetricians & Gynecologists)
4. What is a Contraction Stress Test (CST)??
- Place on monitor as in a Non-Stress test?
 - Either Through Nipple Stimulation or Pitocin Drip Create a contraction pattern of 3, one minute long, contractions in a 10 minute period.
 - If no Heart Rate Decelerations present during or after contractions Test = NEGATIVE.
 - If Heart Rate Decelerations present during contractions Test= Equivocal
 - If Heart Rate Decelerations present after contractions Test= POSITIVE.
5. What do the Results of a CST mean??
- Negative Test: Reassuring and plan to repeat BPP in one week.
 - Equivocal Test: Requires Labor Induction and Delivery; C/S if Fetus does not tolerate Labor
 - Positive Test: Immediate Delivery by Cesarean Section (C/S)
6. Who needs Fetal Testing??
- Mothers with a complicating medical condition (Hypertension, Diabetes, Lupus, etc.).
 - Mothers with histories of 3rd trimester complications (Abrupton, Preterm Labor, etc.).
 - Mothers with a current pregnancy complication (Gestational Diabetes, Placenta Previa, Poor Fetal Growth, etc.).
 - Any Mother who has an increased risk of stillbirth over the general population!!!!!!!!!!!!