Bossier Healthcare for Women

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 (Abruption, 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!!!!!!!!!!

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