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## **Class Prep – Fetal Monitoring**

Using your textbook (pp. 355-373, 383-385) and the provided PowerPoint, answer the following questions.

**1. What are common causes of fetal tachycardia?**

The common causes are from interruption of fetal oxygenation (resulting in metabolic acidemia). For example, fetal cardiac arrhythmias, maternal fever, infection, parasympathetic drugs, beta-sympathetic drugs, maternal hyperthyroidism, fetal anemia, or drugs (caffeine, cocaine, methamphetamines).

**2. What causes late decelerations?**

The common causes are from disruption of oxygen transfer from the environment to the fetus (resulting in transient fetal anemia). For example: uterine tachysystole, maternal supine hypotension, epidural or spinal anesthesia, placental abruption, hypertensive disorders, postterm gestation, fetal growth restriction, diabetes mellitus, or intraamniotic infection.

**3. What causes variable decelerations?**

The common causes are from umbilical cord compression. For example, maternal position with cord between fetus and maternal pelvis, cord around the fetal neck, arm leg, or another body part, short cord, knot in cord, or prolapsed cord.

**4. What is the cause of early decelerations?**

The common causes are from head compression. For example, uterine contractions, vaginal examination, fundal pressure, or placement of internal mode of monitoring.

**5. What are accelerations a response to?**

Accelerations are in response to that interruption of fetal oxygenation leading to fetal metabolic acidemia is not occurring at the time they are observed. This is a good sign of fetal wellbeing.

**6. What is the normal range for the fetal heart rate?**

The normal FHR range is 110 to 160 beats/min.

**7. What category tracing (I, II, or III) clearly indicates a fetus in distress?**

The category III tracing clearly indicates a fetus in distress.

**8. What equipment is used to evaluate contractions with external monitoring?**

A toco transducer is used to evaluate contractions with external monitoring.

**9. What fetal heart pattern is the most concerning?**

Absent variability is the most concerning fetal heart pattern.

**10. What is the most important indicator of fetal status?**

The most important indicator of fetal status is variability.