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## **Class Prep – Fetal Monitoring**

Using your textbook (pp. 356-373, 383-385) and the provided PowerPoint, answer the following questions.

1. What are common causes of fetal tachycardia? Maternal fever, dehydration, and anxiety. Fetal early hypoxia, infection, or premature.
2. What causes late decelerations? After the contraction is underway, leading to a gradual decrease in the FHR baseline.
3. What causes variable decelerations? Fetal hypoxia leading to temporary, abrupt FHR decrease.
4. What is the cause of early decelerations? Decreased cerebral blood flow from the baby's head descending stimulates the chemoreceptors, which then activate the vagal nerve, slowing the FHR.
5. What are accelerations a response to? Fetal well being.
6. What is the normal range for the fetal heart rate? 110-160
7. What category tracing (I, II, or III) clearly indicates a fetus in distress? III
8. What equipment is used to evaluate contractions with external monitoring? Tocotransducer along with an ultrasound transducer.
9. What is the most concerning fetal heart rate pattern? Recurrent late decelerations with absent variability and bradycardia.

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