

Name: Yana Quel

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?
 - a. Early sign of fetal hypoxemia (when associated w/ late decelerations & minimal or absent variability)
 - b. Maternal fever/infection (chorioamnionitis)
 - c. Fetal anemia
 - d. In response to meds:
 - i. atropine, hydroxyzine (Vistaril)- both parasympatholytics
 - ii. terbutaline (Brethine)- beta-sympathomimetic
 - iii. illicit drugs such as cocaine / methamphetamines
 - iv. caffeine
 - e. Maternal hyperthyroidism
 - f. Fetal cardiac pacemakers
 - g. Fetal cardiac conduction system

2. What causes late decelerations?
 - a. Disruption of O₂ transfer from environment → fetus... fetal hypoxemia:
 - i. Uterine tachysystole
 - ii. Maternal supine hypotension
 - iii. Epidural or spinal anesthesia
 - iv. Placenta previa
 - v. Placental abruption
 - vi. Hypertensive disorders
 - vii. Post-term gestation
 - viii. Fetal growth restriction
 - ix. DM
 - x. Intraamniotic infection

3. What causes variable decelerations?
 - a. Umbilical cord compressions:
 - i. Maternal position w/ cord between fetus & maternal pelvis
 - ii. Cord around fetal neck, arm, leg, or another body part
 - iii. Short cord
 - iv. Knot in cord
 - v. Prolapsed cord

Name: Yana Quel

4. What is the cause of early decelerations?
 - a. Head compression:
 - i. Uterine contractions (UCs)
 - ii. Vaginal examination
 - iii. Fundal pressure
 - iv. Placement of internal mode of monitoring

5. What are accelerations a response to?
 - a. Spontaneous fetal movement
 - b. Vaginal examination
 - c. Electrode application
 - d. Fetal scalp stimulation
 - e. Fetal reaction to external sounds
 - f. Breech presentation
 - g. Occiput posterior position
 - h. Fundal pressure
 - i. Abd. palpation

6. What is the normal range for the fetal heart rate?
 - a. 110-160bpm

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

8. What equipment is used to evaluate contractions with external monitoring?
 - a. Tocotransducer (tocodynamometer): uses a pressure-sensing device on the maternal abd.
 - i. It records the frequency & approximate duration of uterine contractions (UCs), but not their intensity
 - b. Hand palpation to determine the intensity from mild-moderate-strong.

9. What is the most concerning fetal heart rate pattern?
 - a. Sinusoidal pattern: regular, smooth, undulating wavelike pattern that persists for at least 20 minutes
 - i. It's associated w/ severe fetal anemia, fetal sepsis, chorioamnionitis, & opioids

10. What is the most important indicator of fetal status?
 - a. Fetal Heart Rate (FHR)