

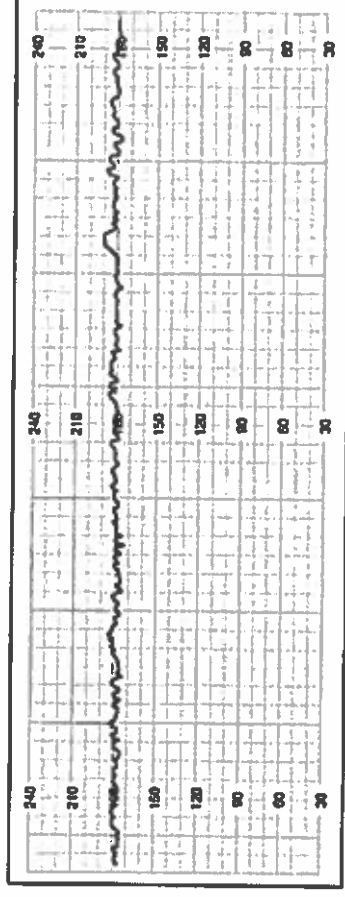
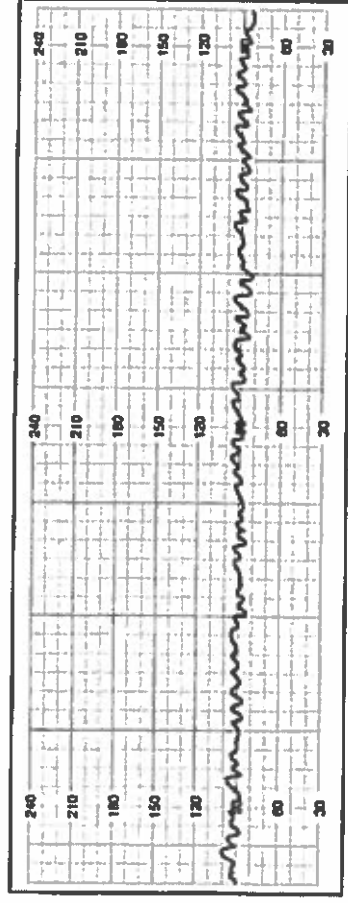
Basic Steps to Fetal Heart Monitor Interpretations

Baseline – mean FHR rounded to increment of 5 beats per min during a 10 minute window

Normal Range 110-160

Bradycardia < 110

Tachycardia > 160



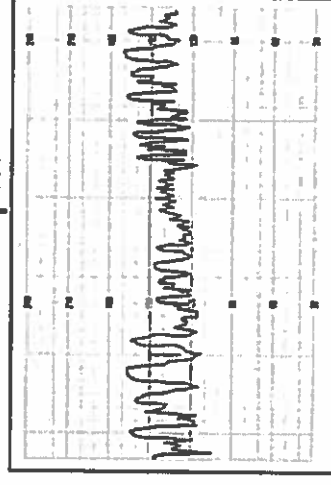
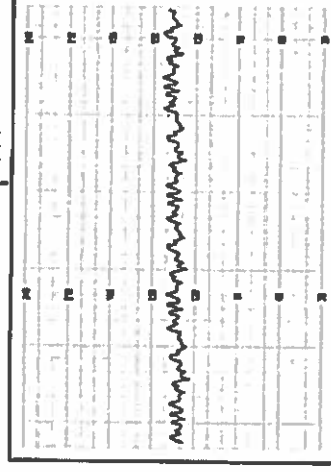
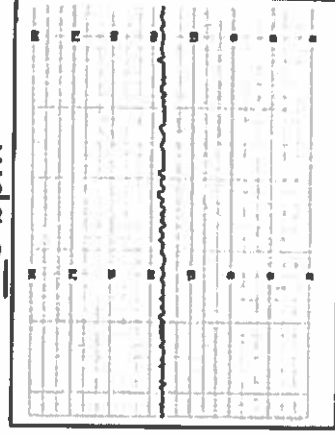
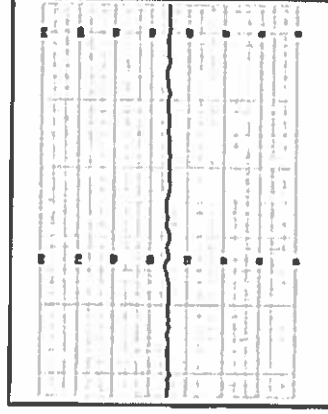
Variability – fluctuation in the baseline FHR that are irregular in amplitude and frequency

Absent
0-1

Minimal
≤ 5 bpm

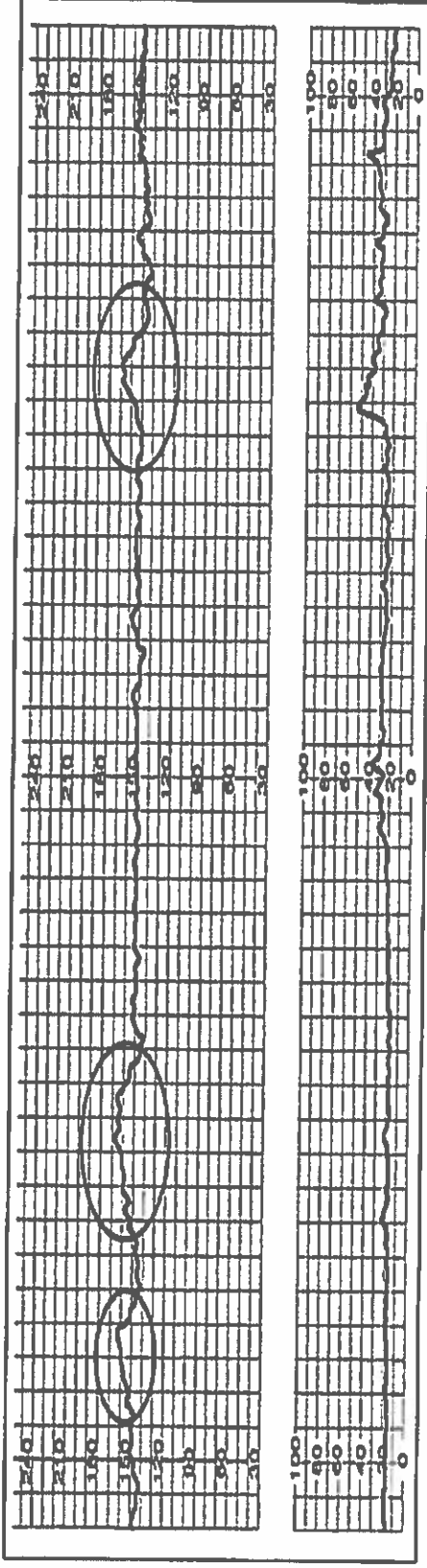
Moderate
6-25 bpm

Marked
> 25 bpm

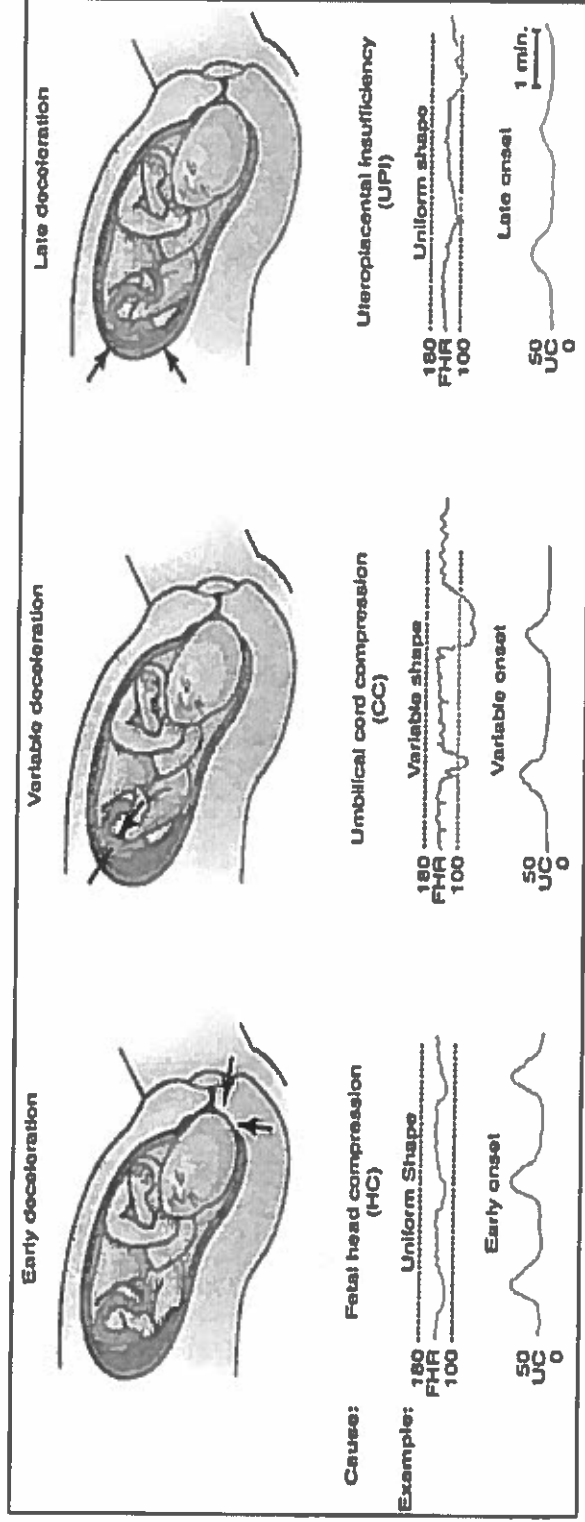


Accelerations / Decelerations

Periodic – in relation to uterine contractions & persist over time
 Episodic – pattern not associated with contractions
 Accelerations



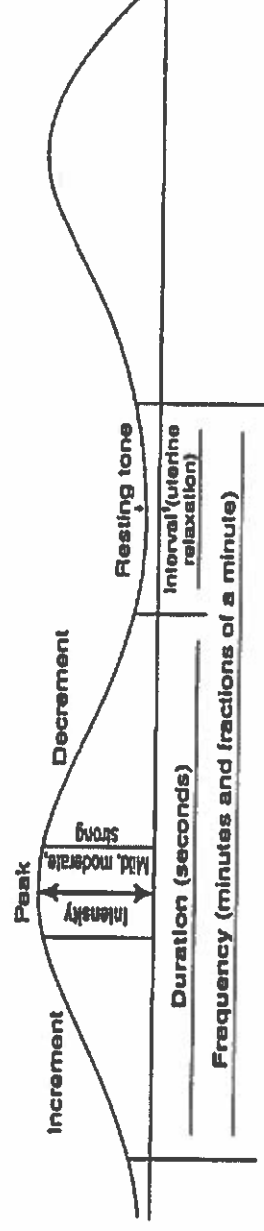
Decelerations



Uterine Contraction

Frequency – start of UC to start of next UC - usually reported in minutes

Duration – start to end on UC – usually reported in seconds



Strength -

Palpation

Mild

Moderate

Strong

IUPC (intrauterine pressure catheter) - Reported in mmHg