

EFM Monograph, Fetal Assessment and Safe Labor Management

Objectives

- Review fetal heart rate and uterine activity characteristics per the NICHD guidelines
- Discuss fetal heart rate physiology and its effects
- Describe the principles, classification, and interpretation of fetal heart rate patterns
- Identify intrauterine resuscitation measures in response to fetal heart rate patterns
- Summarize factors affecting uterine activity assessment and terms used to describe uterine activity
- Review the summary findings of Obstetric Care Consensus: Safe Prevention of the Primary Cesarean Delivery Group and the Arrival Trail
- Explain the interface of patient safety and fetal assessment.

Content Outline

1. Overview of the NICHD Terminology
 - A. Operational Principles
 - B. NICHD Terminology and Definitions
 1. Baseline rate
 2. Baseline variability
 3. Accelerations and decelerations
 4. Sinusoidal pattern
 5. Uterine activity
2. Fetal Heart Rate Physiology and Its Effects
 - A. Parasympathetic and sympathetic nervous systems
 - B. Baroreceptors and chemoreceptors
 - C. Hormonal influences
 - D. Sleep-Wake patterns
3. Fetal Heart Rate Pattern Interpretation
 - A. Category I
 - B. Category II
 - C. Category III
4. Intrauterine Resuscitation Measures
 - A. Actions to promote fetal oxygenation
 - B. Actions to reduce uterine activity
 - C. Actions to alleviate umbilical cord compression
 - D. Actions to correct maternal hypotension
5. Perinatal Safety
 - A. Team communication
 - B. Culture of Safety
 1. Supportive efforts
 2. Threats
 - C. Obstetric Care Consensus
 - D. Arrival Trial

Reading Material Resources

Module WB2301: EFM Monograph, Fetal Assessment and Safe Management, Simpson, Kathleen, NCC 2021, pages 1-33

A copy of the resource is included with the module.