

## NCC Monograph – Fetal Assessment and Safe Care During Labor- Focus on Electronic Fetal Monitoring

### Objectives

- Understand the importance of fetal assessment in perinatal safety
- Identify key definitions and principles of fetal heart rate (FHR) monitoring
- Recognize factors influencing fetal heart rate patterns
- Classify fetal heart rate patterns using the three-tiered system
- Apply intrauterine resuscitation measures
- Describe components of uterine contractions and their significance

### Content Outline

1. Purpose and Importance of Fetal Assessment
2. NICHD Terminology and Fetal Heart Rate Interpretation
  - A. Operational principles for using NICHD terminology
  - B. FHR characteristics
    1. Baseline rate
    2. Variability
    3. Accelerations
    4. Decelerations
    5. Sinusoidal patterns
    6. Tachycardia and bradycardia
3. Physiologic Factors Affecting Fetal Heart Rate Patterns
  - A. Parasympathetic and sympathetic nervous systems
  - B. Baroreceptors and chemoreceptors
  - C. Medications and maternal conditions
4. Fetal Heart Rate Pattern Classification
  - A. Category I, II, and III criteria
  - B. Interventions based on FHR classification
5. Intrauterine Resuscitation Measures
  - A. Promoting fetal oxygenation
  - B. Reducing uterine activity
  - C. Addressing umbilical cord compression
  - D. Improving uterine blood flow
  - E. Role of maternal oxygen administration
6. Uterine Activity Assessment
  - A. Frequency
  - B. Duration
  - C. Relaxation time
  - D. Strength/intensity
  - E. Resting tone

### Reading Material Resources- Page 2

## Reading Material Resources

**Module WB2801A: NCC Monograph – Fetal Assessment and Safe Care During Labor – Focus on Electronic Fetal Monitoring** is based on the resource listed below. A copy of the resource is included with the module.

NCC Monograph- Fetal Assessment and Safe Care During Labor – Focus on Electronic Fetal Monitoring, Simpson, Kathleen, National Certification Corporation, 2025, 1-10