



# CONTRACTION STRESS TEST



The purpose of a contraction stress test (CST) is to assess the response of the fetal heart rate (FHR) to uterine contractions. It helps determine the fetus' ability to tolerate the stress of labor by evaluating the adequacy of placental oxygenation during contractions.

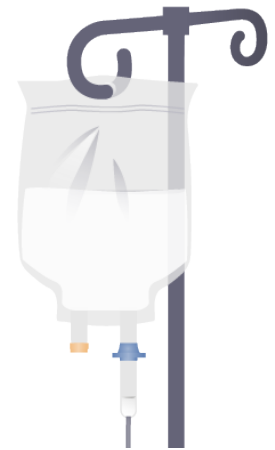
During a CST, uterine contractions are stimulated either naturally through spontaneous contractions or artificially induced using oxytocin (Pitocin) or nipple stimulation. Two transducers and belts are placed around the client's abdomen. One transducer continuously monitors the fetal heart rate. The other transducer monitors the contractions.

## Negative CST

- A negative (i.e., normal) test result demonstrates no late decelerations and fetus is not experiencing significant distress during contractions.
- A negative CST result indicates that the fetus is likely tolerating uterine contractions well and is considered reassuring.

### Care considerations:

A negative CST provides reassurance regarding fetal well-being, but ongoing fetal surveillance may still be required, especially in high-risk pregnancies.



## Positive CST

- A positive CST result suggests that the fetus may be experiencing distress during contractions due to inadequate placental oxygenation.
- Criteria for a positive CST typically include the presence of late decelerations in the fetal heart rate during more than 50% of contractions within a 10-minute window.

### Care considerations:

A positive CST requires further assessment to determine the appropriate management strategy. Interventions such as close monitoring or expedited delivery may be warranted.

- 1 Transducer for sensing uterine contraction
- 2 Transducer for sensing fetal heart rate
- 3 Contractions
- 4 Uterus
- 5 Fetal heart

