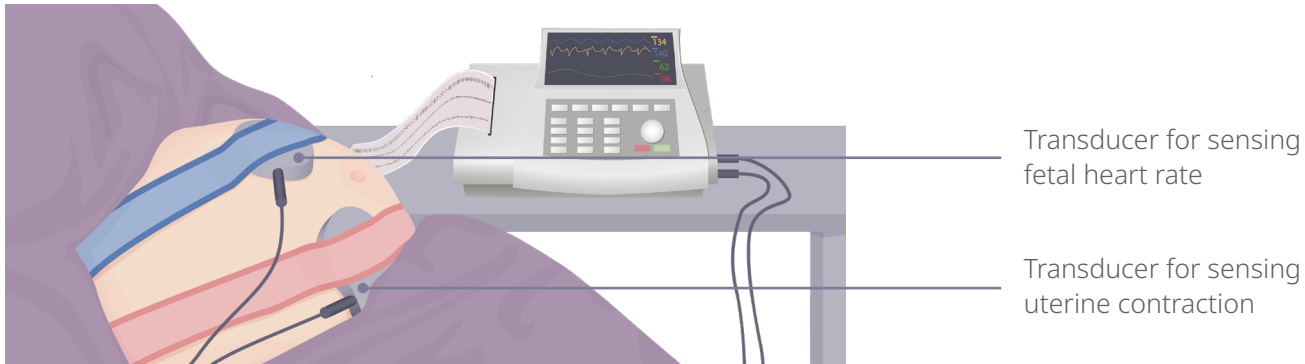




NONSTRESS TEST



The purpose of a nonstress test is to evaluate a fetus' oxygenation and wellbeing using non-invasive monitoring. It provides information about potential issues and if there is a need for further testing. The test is done in the third trimester and lasts approximately 20 minutes.



Equipment

1. Monitor: The monitor has two transducers that are placed on the abdomen with two belts that go around the waist. One transducer, the tocodynamometer, detects uterine contractions. The other transducer, the external fetal monitor, records fetal heart rate.
2. Recording paper or digital display: to visualize and interpret fetal heart rate patterns and uterine contractions
3. Gel or ultrasound transducer: to enhance contact and transmission of fetal heart rate signals

Reactive test result

- A reactive NST indicates that a fetus is receiving adequate oxygenation, is responsive to its environment, and indicates reassuring fetal status.
- Criteria for a reactive test result typically include:
 - Presence of at least two fetal heart rate accelerations within a 20-minute period
 - Each acceleration lasts for at least 15 seconds and is at least 15 beats per minute above the baseline
 - Moderate variability in fetal heart rate

Non-reactive test result

- A nonreactive NST may raise concerns and require further assessment.
- Criteria for a non-reactive test result may include:
 - Absence of sufficient fetal heart rate accelerations meeting the criteria for a reactive test over a 40-minute period
 - Lack of variability in fetal heart rate which may suggest fetal compromise or sleep cycles