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|  <p>B.S. Aquino Drive, Bacolod City, Negros Occidental, 6100</p> <p>DR. PABLO O. TORRE MEMORIAL HOSPITAL</p> | Document Code: | DPOTMH-NSD-DR-SOP006 |
| | Revision Number: | 0 |
| | Effective Date: | 10-30-2020 |
| | Document Type: | Standard Operating Procedure |
| | Page Number: | 1 |
| | Department/Section: | Delivery Room |
| | Document Title: | NON-STRESS TEST (NST)/ FETAL MONITORING |

PURPOSE:

To evaluate the fetal status by means of the fetal heart rate and its responsiveness by using a fetal monitor or a cardiotocograph..

OBJECTIVE:


To define the procedures involved in performing Non-Stress Test or Fetal Monitoring.

RESPONSIBLE PERSON:

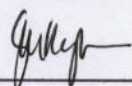

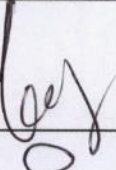

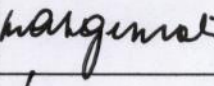
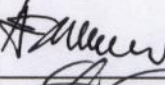

Attending Physicians, OB-Gyne Residents, Interns, Registered Nurses


GENERAL GUIDELINES:

1. The test should be done if the patient is in actual or suspected labor – term or preterm (28 weeks AOG and above)
2. Test can be ordered by the attending physician or resident on duty as part of labor monitoring.
3. The test can be done as out-patient at the Triage Area or as inpatient in the wards, depending on the patient's case.

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APPROVAL:

| | Name/Title | Signature | Date |
|------------------------|--|---|------------|
| Prepared by: | MAANE GERALDINE U. SUN, RN Delivery Room Staff Nurse |  | 10-20-2020 |
| Verified: | MA. CARMELA O. HECHANOVA, RN Delivery Room Head Nurse |  | 10-20-2020 |
| Reviewed: | GEORGE ANTHONY S. ANG, RN Accreditation Standard Internal Auditor for Patient Care |  | 10/20/2020 |
| | DENNIS C. ESCALONA, MN, FPSQua Quality Assurance Supervisor |  | 10/20/2020 |
| Recommending Approval: | MA. ANTONIA S. GENSOLI, MD, FPPS Medical Director |  | 10-21-2020 |
| | HENRY F. ALAVAREN, MD, FPSMID Total Quality Division Officer |  | 10/26/2020 |
| Approved: | GENESIS GOLDI D. GOLINGAN President and CEO |  | 12/28/2020 |


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EQUIPMENT NEEDED:

- Cardiotocograph (CTG)
- Ultrasound gel/ conduction gel
- Transducers (toco and cardio)
- Straps/ 2 belts
- Monitor paper
- Tissue paper

PROCEDURE:

1. The nurse on duty should take the initial assessment and explain the procedure to the patient. Last meal taken should be noted.
2. Ensure patient privacy by providing a blanket. Maintain good lighting on the procedure room.
3. Place the patient comfortably on the bed in supine position. Patient may need to be placed in side lying position with a wedge under the back that would allow patient to lean back if necessary. Perform hand washing before the procedure.
4. The Nurse on duty or the intern should do Leopold's maneuver to locate the back of the fetus. Next, attach the straps or belts. One strap/belt is for the Toco transducer to be placed on the fundus, to check for uterine contractions and the other strap/belt is for fetal heart rate transducer to be placed over the location of the back of the fetus.
5. Patient should be instructed to press the button for fetal movement marker every time the baby moves.
6. The test is usually done for 20 minutes or as long as needed depending on the result of the monitoring.
7. The Nurse on duty or the intern should be present during the Non-Stress Test and should report immediately to the Resident on duty when there are abnormalities

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- (e.g. Minimal Variability Fetal Heart rate Bradycardia, Persistent Tachycardia, Late Deceleration, Early Deceleration, Variable Deceleration)
8. The baby's heart rate should accelerate by 15 beats for at least 15 seconds twice in 20 minutes to be called a Reactive Non-Stress Test.
 9. Thermal strips can be printed and should be attached to the chart for inpatients or should be given to the patient upon discharge if they are outpatient.
 10. List the procedure and the number of strips printed in the charge form and they should be encoded in Bizbox accordingly. Out-patients should pay in the cashier and the receipt must be presented to the nurse on duty prior to discharge.
 11. Interpretation of the result should be written by the resident on duty at the back of the printed strips. Resident on duty should inform the attending physician of the result.
 12. The nurse on duty should clean the area/ equipment after the procedure.
 13. Document the procedure correctly in the Labor room record.
 14. Proper hand washing should be done before and after the procedure.

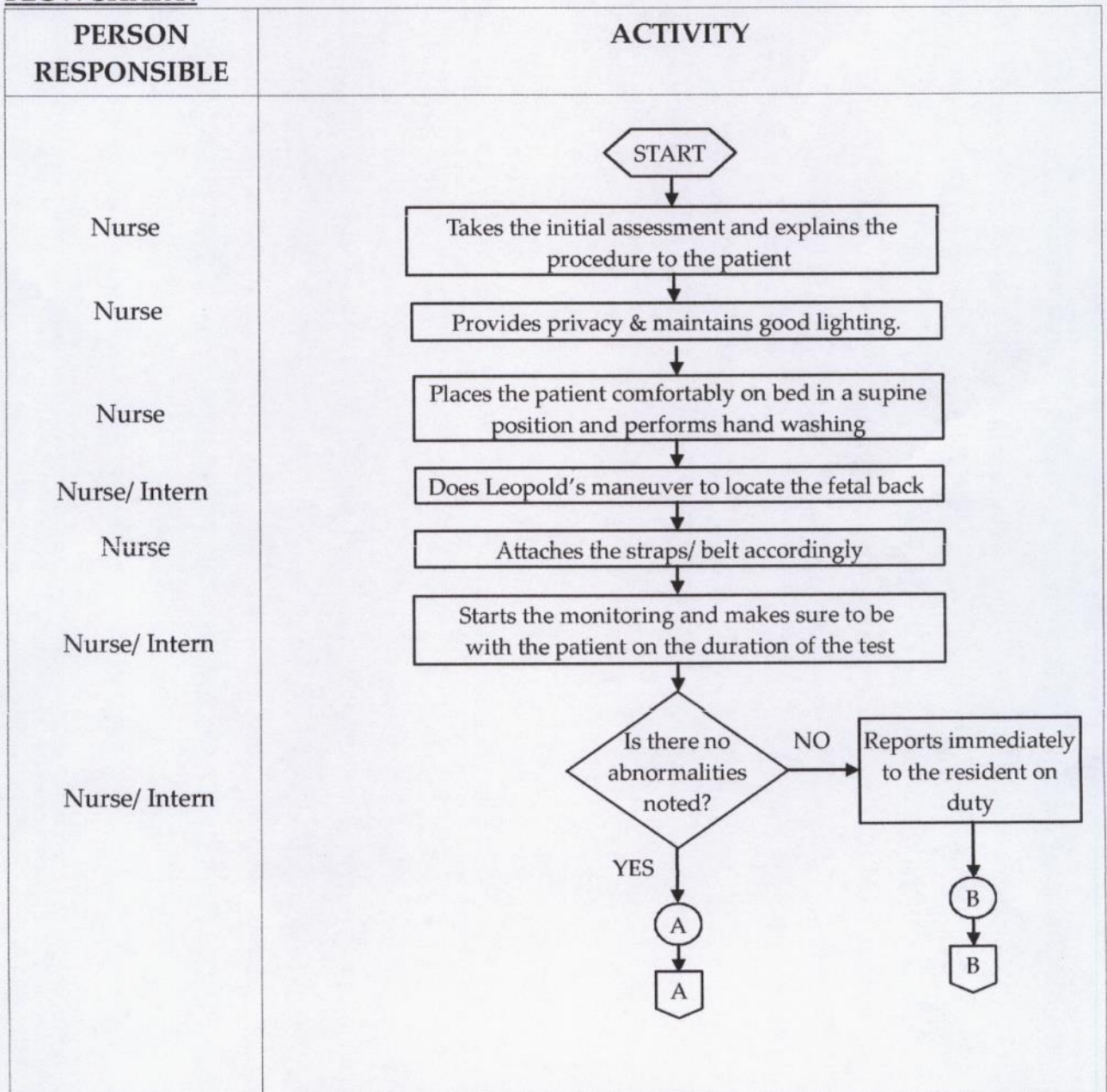


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FLOWCHART:

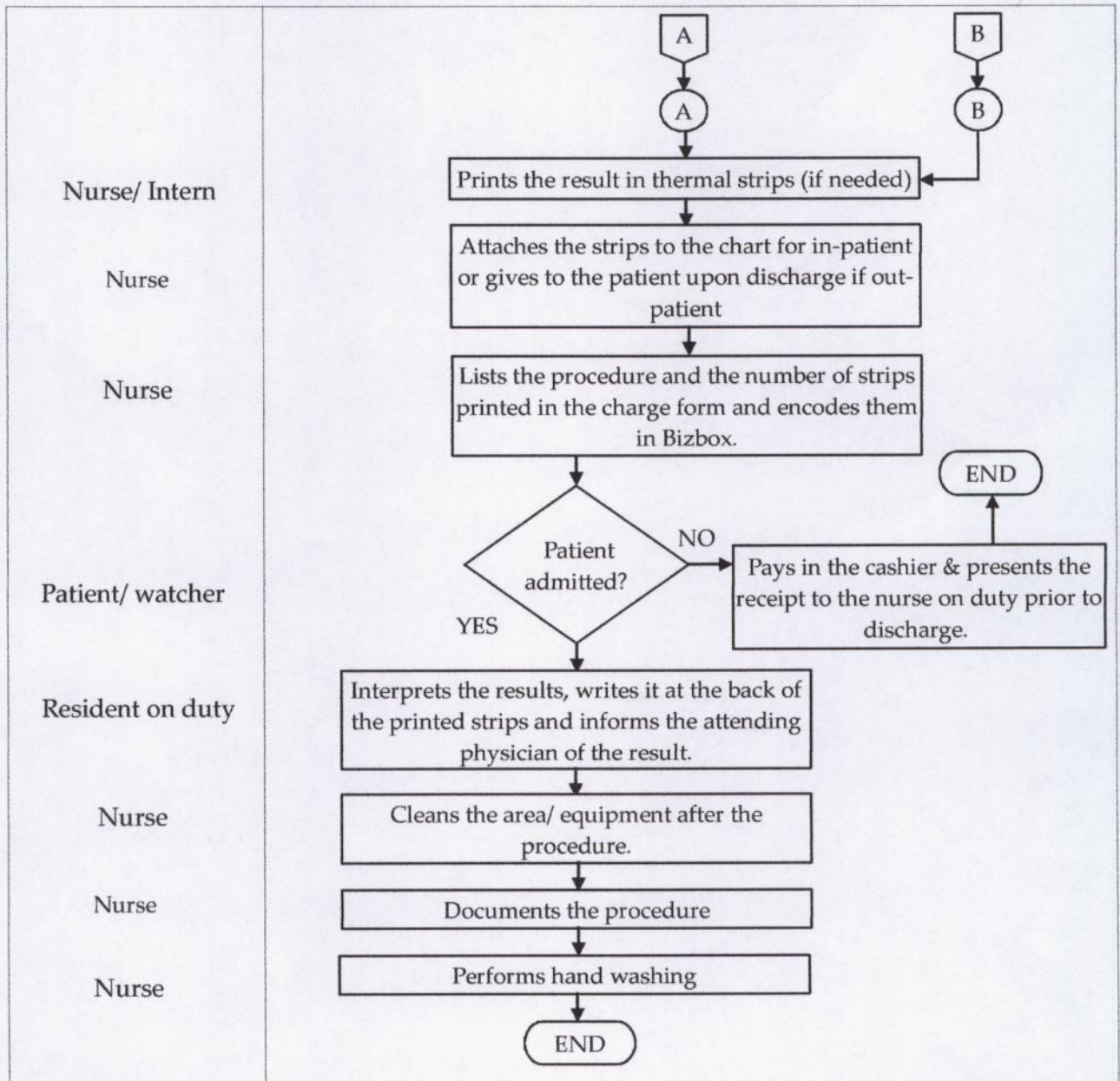





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REFERENCE:

Tilbrook, Vanessa. "Fetal Surveillance (Cardiotocography)." *South Australia Health, SA Maternal, Neonatal & Gynaecology Community of Practice*, 4 July 2020, www.sahealth.sa.gov.au/wps/wcm/connect/2d017b2a-a5af-45d3-ab0f-b44f45f850c2/Fetal+Surveillance+%28Cardiotocography%29_PPG_v1_1.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-2d017b2a-a5af-45d3-ab0f-b44f45f850c2-n5xtMEM.