



Tips For You

Clinical question: How are the accelerations that occur with contractions interpreted during a nonstress test? Rebecca

Cypher, MSN, PNNP, GWA response:

I don't know of any antepartum fetal surveillance literature that states accelerations with contractions do not count for interpretation. Just like the comment that a NST must have moderate variability to be reactive. It's probably a "sacred cow" that has been passed on from person to person.

The AWHONN Fetal Monitoring Principles and Practices chapter on NSTs will have references you can look at to answer questions. Also--you can highlight the ACOG Practice Bulletin on Antepartum Fetal Surveillance that was reaffirmed in 2019: "The tracing is observed for FHR accelerations that peak (but do not necessarily remain) at least 15 beats per minute above the baseline and last 15 seconds from base- line to baseline. The NST should be conducted for at least 20 minutes, but it may be necessary to monitor the tracing for 40 minutes or longer to take into account the variations of the fetal sleep-wake cycle." The majority of literature remarks on spontaneous (could be with a contraction) and elicited accelerations (vibroacoustic).

Another article I would recommend is by Freeman RK, Anderson G, Dorchester W. A prospective multi-institutional study of antepartum fetal heart rate monitoring. II. Contraction stress test versus nonstress test for primary surveillance. Am J Obstet Gynecol 1982; 143:778. Their findings included the fact that accelerations during a contraction stress test was predictive of what we call a negative NST.

I highly recommend instructors have access to the ACOG bulletins and committee opinions as they have a wealth of information. The references at the end of the documents really helped me as an instructor:-) Becky

AWHONN Fetal Monitoring Educational Resources

Instructors, there are multiple AWHONN resources for you to access and review before you teach courses.

Fetal Heart Monitoring Principles and Practices (hard copy or EBook)—this is the mandatory textbook for all Instructors to use when preparing to teach the Intermediate & Advanced Courses.

- Participants should also have access to the book for their pre-classroom preparation:

Intermediate Course

- Chapter 2: Physiologic Basis for Fetal Monitoring
- Chapter 3: Maternal-Fetal Assessment
- Chapter 4: Techniques for Fetal Heart and Uterine Activity Assessment
- Chapter 5: Fetal Heart Rate Interpretation
- Chapter 6: Physiologic Interventions for Fetal Heart Rate Patterns
- Chapter 7: Assessment of Fetal Oxygenation and Acid-Base Status
- Chapter 8: Communication of Fetal Heart Monitoring Information
- Chapter 9: Documentation of Fetal Heart Monitoring Information

Advanced Course

- Chapter 2: Physiologic Basis for Fetal Monitoring
- Chapter 5: Fetal Heart Rate Interpretation
- Chapter 6: Physiologic Interventions for Fetal Heart Rate Patterns
- Chapter 7: Assessment of Fetal Oxygenation and Acid-Base Status
- Chapter 8: Communication of Fetal Heart Monitoring Information
- Chapter 9: Documentation of Fetal Heart Monitoring Information
- Chapter 11: Fetal Arrhythmias

AWHONN Position Statement Fetal Heart Monitoring (2018)

This statement includes recommendations about the frequency of FHR assessments during phases and stages of labor, a question frequently asked and often misstated. The statement is included with other position statements under the Professional Resources tab on the web site.

Webinars:

- Using Critical Thinking in EFM Interpretation: A Case Study Approach (2019)
- Uterine Activity & Litigation: What Every Clinician Needs to Know! (2019)

- Documentation That Supports Patient Centered Care (2018)
- Communication During Stressful Situations (2018)

JOGNN and NWH Articles:

- Fetal Heart Rate Auscultation, 3rd edition
- Perinatal and Neonatal Implications of Sickle Cell Disease
- Decreasing Cesarean Rates in Nulliparous Women
- Effect of Peanut Ball and Position Changes in Women Laboring With an Epidural
- Interdisciplinary Team Huddles for Fetal Heart Rate Tracing Review
- Making Simulations Real Through Augmented Reality
- Creating a Culture of Excellence Around Fetal Heart Rate Tracings Through Listening and Collaboration
- Interprofessional Collaboration to Ensure Safety in Pregnant Women Who Have Congenital Heart Disease
- National Partnership for Maternal Safety: Consensus Bundle on Safe Reduction of Primary Cesarean Births—Supporting Intended Vaginal Births
- Transition From Site-Based to System-Wide Policies
- Electronic Fetal Monitoring Hourly Rounding
- Anaphylactoid Syndrome of Pregnancy
- Health Information Technology for the Perinatal Setting
- A Call for Comprehensive Care in the Fourth Trimester
- Maternal Overdose That Results in Respiratory Arrest During Pregnancy
- Implementation of Intermittent Auscultation in a Community Hospital

Holiday Closing

Our normal business hours of operation are Monday-Friday, 9:00 AM – 4:45PM ET. Please note that AWHONN Headquarters will be closed December 25 – 31, 2019 and on January 1, 2020 for the holidays. Please forward all correspondence to the FHM mailbox at fhm@awhonn.org.

Disclosure Statements and Online Disclosures are Necessary

For AWHONN to continue as the provider of contact hours for the Fetal Monitoring Courses, all Instructors must state disclosure statements at the onset of each day of courses. The statements are specific to whether the Instructor does or does not have any relevant financial relationship with any commercial interest organization. The relationship may have been a current one or one that occurred within the previous 12-month period.

For clarification, a commercial interest organization is one that produces, markets, sells or distributes health care goods or services consumed by or used on patients. Commercial entities are also those that are owned or operated by an organization that produces, markets, sells or

distributes health care goods or services consumed by or used on patients or advocates for the use of the products or services of commercial interest organizations.

Slides are included in the course presentations to ensure that Instructors make the statements. There are no exceptions for not making the statements.

In addition, each Instructor is required to complete the online disclosure statement. Notices are provided from headquarters to remind Instructors the statement is overdue. Instructors must notify fhm@awhonn.org if changes occur after completion of the online document.

For the current statements, please login and access the Course Updates documents for the respective courses. Print the pages to replace the ones in the manuals.

- Click on the FHM Instructor and Administrator box and enter your username and password
- The documents are located under Instructor Requirements > Course Updates.



Fetal Heart Monitoring Program Task Force

The Board of Directors has approved the convening of a task force of Instructor experts to review the components of the AWHONN Fetal Monitoring Program. Becky Cypher is chairing the group. The applicants selected for the task force are Megan Beglin, Maryland; Karen Bollinger, Florida; Susan Drummond, Tennessee; Hope Helferich, Kansas; Deborah Schy, Illinois; and Julie Zimmerman, Iowa.

The purpose for the task force is to ensure AWHONN's fetal monitoring program represents the interdisciplinary professional attributes essential for maintaining our professional organization as a leader in fetal monitoring education.

FHM Lecture Videos/Animations:

Animations have been embedded into slide presentations for the Intermediate and Advanced Course lectures.

The animations in the Advanced Course are on:

- Slide # 8 (Maternal Oxygenation System); the animation does not have audio.
- Slide # 28 (Oxygen Transfer During Contractions); this animation has audio.
- Slide # 123 (Lilly: Fetal Ultrasound on Delivery Day); this animation does not have audio.

The animation in the Intermediate Course is on:

- Slide # 32 (Physiologic Stress of Contractions); this animation has audio.

There are five options to play the animations during your presentations. Choosing the best option for you depends on your computer operating system. Options 2-5 will take you to the animations to “Play in New Window” and requires no additional software..

- Option 1, “Play button or “Play from Beginning,” you may receive a message at the top of the slide that your operating system requires Flash Player to play the videos. However, there is another option to play the embedded video without installing Flash Player.
- Option 2, the lecture videos will “Play in New Window” by clicking the function button
- Option 3, you can play the videos by clicking on the button in the lower left corner of the presentation slide “Go to Table of Contents.”
- Option 4, the USB Table of Contents (TOC) also has a copy of the videos listed under Lecture Video(s)
- Option 5 shows the location of videos on the USB which is original file

Using the Advanced Course as an example:

The screenshot shows a presentation slide titled "Maternal Oxygenation System" from the "AWHONN Fetal Heart Monitoring PROGRAM". The slide features an anatomical diagram of the placenta and fetal circulation. A large play button is centered over the diagram. A red arrow labeled "Option 1" points to the play button. Below the diagram is a yellow warning box: "To view the Flash® technology content in this PDF file, please install the required version of Flash Player." Below the warning box is a text box: "Fetal reserve is the excess amount of oxygen available to the fetus beyond what is normally required for metabolism." A red arrow labeled "Option 1" points to this text box. Below the text box are three green buttons: "Play from Beginning", "Pause", and "Resume". A red arrow labeled "Option 2" points to the "Play from Beginning" button. To the right of these buttons is a green box with the text: "If computer doesn't have Flash, click here, or click on video filename in USB TOC." A red arrow labeled "Option 2" points to this box. In the bottom left corner, there is a green button labeled "Go to Table of Contents" with a red arrow labeled "Option 3" pointing to it. The bottom right corner of the slide contains the text "Association of Women's Health, Obstetric & Neonatal Nurses" and a small number "8".



Option 4
08 Lecture Videos

- 01 Maternal Oxygenation System Slide 8
- 02 Oxygen Transfer During Contractions Slide 28
- 03 Lilly: Fetal Ultrasound On Delivery Day Slide 123

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Association of Women's Health, Obstetric & Neonatal Nurses

Name

- 00 Table of Contents of USB
- 01 AdvInstResManual
- 02 AdvCOOutline Handout
- 03 AdvCOOutline Presentation
- 04 AdvCOOutlineSlideswScript
- 05 AdvAdminGuidelines
- 06 Membership Information flyer
- 07 Logos
- 08 Lecture Videos

Option 5



Another suggestion, you may want to open the course videos prior to the beginning of your lecture, minimize the file and optimize when you get to that part of the lecture.

Fetal Heart Monitoring Simulation Intermediate II & Fetal Heart Monitoring Simulation Advanced II

Two new fetal monitoring educational programs were released to the AWHONN online learning center in November. These programs, Fetal Heart Monitoring Simulation Intermediate II (FHMSIM-Intermediate II) and Fetal Heart Monitoring Simulation Advanced II (FHMSIM Advanced II) may be used for interval fetal monitoring education and for validating proficiencies in tracing interpretation. Both programs include two case studies with animated tracing segments for the learner to assess, interpret and analyze. Questions related to the systematic evaluation of the case information and tracings are included.

These programs complement the current Fetal Heart Monitoring Simulation Intermediate and Fetal Heart Monitoring Simulation Advanced.

Each program provides 1.5 contact hours of CNE for the learner.

Visit the online learning center through the AWHONN Store.

An Introduction to Fetal Heart Monitoring Online Course Update

The Introduction to Fetal Heart Monitoring Course has undergone revisions that include a change in the name. This program is now entitled An Introduction to Fetal Heart Monitoring. Along with the name change, the content has been revised and the Relias platform has added enhancements for the program.

The contact hours for the program will expire December 31, 2022.

For information about the program, please visit the **AWHONN web site**:

<https://reliasacademy.com/rls/store/browse/productDetailSingleSku.jsp?productId=c613749>

2019 Webinars

Early in 2019, members were surveyed to rate topics for webinar production during the year. We are pleased to share that six webinars are available on the AWHONN Online Learning Center as of the publication of this newsletter. They are:

- Surviving a Deposition: What Every Clinician Should Know
Speaker: Lisa Miller
- Uterine Activity & Litigation: What Every Clinician Should Know
Speaker: Lisa Miller
- Using Critical Thinking in EFM Interpretation: A Case Study Approach
Speaker: Susan Drummond
- Cardiac Conditions in Pregnancy: How to Provide Nursing Care for Optimum Outcomes
Speaker: Monique Lloyd
- Conducting Effective Simulation Based Training
Speaker: Julie Arafah
- Use of Insulin for Intrapartum Patients
Speaker : Molly Killion

Available in January 2020:

- Perinatal Sepsis
Speaker: Carol Burke

Webinars are a free member benefit and are available for nominal costs for non-members. Please visit the Store/Online Learning Center and browse the webinar titles.

2019 Call for Instructor Trainers

Congratulations! The following individuals were selected as Instructor Trainer Candidates during the 2019 Call for Instructor Trainers:

- Kathy Brinson
- Nancy Comello
- Brianne Fallon
- Kim Johnson
- Jennifer Kendrick
- Sheree Korecki
- Tricia Lewis
- Melissa McNew
- Boots Vandemark

Reminder: Instructor Trainer Candidates must successfully complete their Instructor Course teach back within one year of notification of acceptance. The teach back must be observed and evaluated by an Instructor Trainer in order to receive Instructor Trainer status.

AWHONN Website Is Changing

As the year comes to a close, we will be updating our website to have a different look and feel for the new year. Don't worry, your resources will still be searchable and available. All members will be given additional information soon.

We look forward to working with you in 2020. FHM Team Members fhm@awhonn.org.