

PROTOCOL #2 – Testing and Triage, University of New Mexico

Fetal Movement Charting (FMC)

William F. Rayburn, M.D.

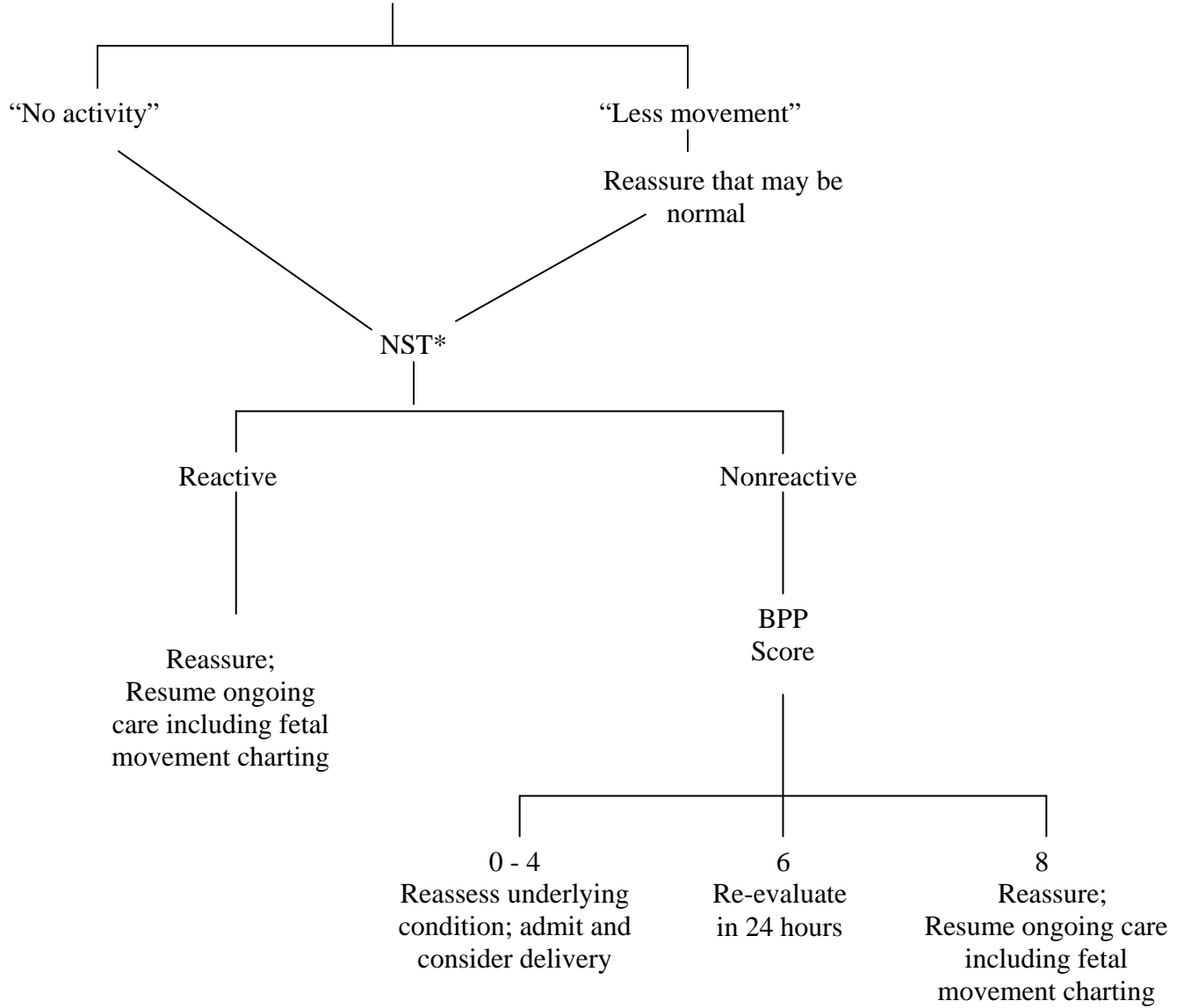
Fetal movement is an indirect measure of fetal central nervous system integrity and function. Involvement by the adequately trained mother in the daily monitoring of perceived fetal activity is beneficial in providing reassurance that the fetal condition is not deteriorating. Many fetal movement charts (FMC) have been described, and none is clearly better in screening for fetal compromise. A published investigation at UNM permitted us to adopt the ‘count to 10’ chart (see attachment) as a flexible method of encouraging our patients to participate actively in monitoring fetal activity.

An alarming reduction in perceived fetal activity requires a reassessment of any underlying antepartum complication. An initial evaluation with usually non-stress testing (NST) or direct visualization for biophysical profile testing is employed using the algorithm below (BPP).

References

1. Christensen FC, Olson K, Rayburn WF. Cross-over trial comparing maternal acceptance of two fetal movement charts. *J Matern Fetal Neonatal Med* 2003; 13:1-5.
2. Smith CV, Davis SA, Rayburn WF. Patients’ acceptance of monitoring fetal movement: a randomized comparison of charting techniques. *J Reprod Med* 1992; 37:114-16.

PERCEIVED FETAL INACTIVITY



*Options: Modified biophysical profile with NST/AFI or with BPP without NST