Auscultation of Fetal Heart Rate

OBJECTIVE: Demonstrate the ability to count and assess the fetal heart rate using a fetoscope, a Doppler and a Pinard horn.

EQUIPMENT: A fetoscope, a Doppler, a Pinard horn, gel, and a watch or clock with a second hand

Fetoscope

Skill Mastery

1.  □ □ Explain the procedure to the woman.
2.  □ □ Assist the woman to a supine position.
3.  By palpation, determine the following:
   a.  □ □ fetal position
   b.  □ □ fetal presentation
   c.  □ □ fetal lie
4.  □ □ Place the head of the fetoscope on the woman’s abdomen where you are most likely to find fetal heart tones.
5.  □ □ Listen and count the beats for at least one minute.
6.  □ □ Listen and count for two or more five or six-second intervals.
7.  □ □ Multiply.
8.  □ □ Compare counts to determine variability.
9.  Assess for variability of the fetal heart rate:
   a.  □ □ as it occurs spontaneously, and/or
   b.  □ □ as it occurs with fetal activity, and/or
   c.  □ □ as it occurs with palpation of the fetus. Then note:
      1.  □ □ any irregularity of heart rhythm or of heart sounds
      2.  □ □ loudness of the heart tones relative to the position of the fetus
10. □ □ If the location of the fetal heart tones conflicts with your assessment of #3 above, repeat #3 to be sure of fetal position, if necessary. (More applicable in later pregnancy.)
11. □ □ Discuss the significance of any findings with the woman.
12. □ □ Document findings and compare with earlier recordings, if any.

Examiner’s Signature: ___________________________________________ Date: _________________

Examiner’s Signature: ___________________________________________ Date: _________________
Doppler

Skill Mastery Procedure

1. ☐ ☐ Explain the procedure to the woman.

2. ☐ ☐ Assist the woman to a supine position.

3. By palpation, determine the following:
   a. ☐ ☐ fetal position
   b. ☐ ☐ fetal presentation
   c. ☐ ☐ fetal lie

4. ☐ ☐ Place the Doppler (with gel applied) on the woman’s abdomen where you are most likely to find fetal heart tones.

5. ☐ ☐ Listen and count the beats for at least one minute.

6. ☐ ☐ If applicable, listen and count for two or more five or six-second intervals.

7. ☐ ☐ Multiply.

8. ☐ ☐ Compare counts to determine variability.

9. Assess for the following variability of heart rate (in the second and/or third trimester):
   a. ☐ ☐ as it occurs spontaneously, and/or
   b. ☐ ☐ as it occurs with fetal activity, and/or
   c. ☐ ☐ as it occurs with palpation of the fetus. Then note:
      1. ☐ ☐ any irregularity of heart rhythm or of heart sounds
      2. ☐ ☐ loudness of heart tones relative to position of fetus

10. ☐ ☐ If the place you found the heart tones conflicts with your assessment of #3 above, repeat #3 to be sure of fetal position, if necessary. (More applicable in later pregnancy.)

11. ☐ ☐ Discuss the significance of any findings with the woman.

12. ☐ ☐ Document findings and compare with earlier recordings, if any.

Examiner’s Signature: ____________________________________________ Date: _____________

Examiner’s Signature: ____________________________________________ Date: _____________

Pinard Horn

Skill Mastery Procedure

1. ☐ ☐ Explain the procedure to the woman.

2. ☐ ☐ Assist the woman to a supine position.