

Notice of Revisions

Alberta Fetal Movement Count Chart Information for Health Professionals

A fetal movement count chart prepared by the Alberta Perinatal Health Program and the Alberta Medical Association Committee on Reproductive Care is made available for your use through Alberta Health and Wellness. The chart reflects the 2007 Fetal Health Surveillance: Antepartum and Intrapartum Consensus Guidelines published by the Society of Obstetricians and Gynecologists of Canada (SOGC) which recommends action if a woman reports decreased fetal movement of less than 6 distinct movements within 2 hours .

Directions for use of the Fetal Movement Count Chart are clearly written on the chart.

Maternal perception of **decreased** fetal movement serves as an “alarm” for possible fetal acidemia and acidosis.

It is recommended that

- Daily monitoring of fetal movements starting at 26 to 32 weeks should be done in all pregnancies **with** risk factors for adverse perinatal outcome (SOGC, 2007).
- Healthy pregnant women **without** risk factors for adverse perinatal outcomes should be made aware of the significance of fetal movements in the third trimester and asked to perform a fetal movement count if they perceive decreased fetal movements. (SOGC, 2007).

Whether or not a fetal movement count chart is used, all pregnant women should be counseled early about the importance of perceived fetal movement. The importance of fetal movement should be reinforced at each prenatal visit as an important sign of fetal wellbeing.

A maternally perceived decline in and/or absence of fetal movement requires **immediate attention and further objective evaluation** using a non-stress test and/ or biophysical profile. The future management and need for delivery should be based on the ultrasound, non stress test, and overall clinical assessment.

To order: Fetal Movement Count Chart - Form Number HS001-132:

- On-line at https://secure5.datagroup.ca/acsc/request_ext.asp; register as a new user if you have not registered already. (preferred method)
- Or
- Fax order to 780-422-1695 with name, organization, complete address including postal code, contact name and phone number, form name and number and number required.

The Society of Obstetricians and Gynaecologists of Canada. (2007) Fetal Health Surveillance: Antepartum and Intrapartum Consensus Guideline. Journal of Obstetrics and Gynaecology Canada. 29 (9) Supplement: s1-s56
<http://www.sogc.org/guidelines/documents/gui197CPG0709r.pdf>

Bocking, A.D. (2003). Assessment of fetal heart rate and fetal movements in detecting oxygen deprivation in-utero. European Journal of Obstetrics & Gynecology and Reproductive Biology. 110 Supplement 1: s108-S112.