Fetal Activity Monitoring

24-28 week visit
Counsel patient regarding kick counts using "Count to 10" method [1]

Decreased fetal movement?  
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**Standard Assessment for DFM [2-6]**
Assessment of fetal well-being **within 2 hours** if absence of fetal movement reported, otherwise **within 12 hours**

- Maternal blood pressure check
- Non-stress test and AFI
- Ultrasound
  - If NST and AFI reassuring, schedule follow-up ultrasound for anatomy and fetal growth

Normal evaluation?

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- Management as indicated by findings
- Document, continue routine prenatal care

**Count to Ten method**
You should count how long it takes your baby to kick 10 times, starting with the first kick (so you know your baby is awake).

All movements count as a "kick" but don’t count hiccups. Several movements at the same time count as one "kick." The quickest way to do this is to relax, lie or sit down and concentrate on feeling for kicks.

It will take most mothers less than 15 minutes to count kicks this way.

**When to contact your care provider**
- If your baby has not moved for an entire day – do not wait until the next day.
- If your baby kicked less and less in the course of a day/days, or if you feel too little activity
- If you felt less than ten kicks in 2 hours at a time of the day when your baby is usually active.

**Kick Count Apps**
- **Android**
  - Baby Kick Count Card
  - Baby Kick Tracker
  - Baby Bump Pro
- **iOS**
  - Baby Kicks
  - Fetal Activity Monitor
  - Baby Kick Country
  - iPregnant Pregnancy Tracker
  - Baby Bump Pregnancy Pro

**Kick counting chart**
http://www.countthekicks.org/
References


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Notification to Users

These algorithms are designed to assist the primary care provider in the clinical management of a variety of problems that occur during pregnancy. They should not be interpreted as a standard of care, but instead represent guidelines for management. Variation in practices should take into account such factors as characteristics of the individual patient, health resources, and regional experience with diagnostic and therapeutic modalities.

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http://www.mombaby.org