

BACK TO BASICS

Intermittent Auscultation

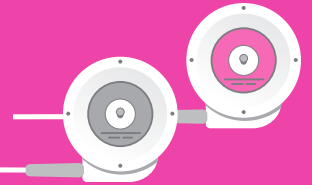
WHO

ONE clinician
+
ONE low-risk woman



HOW

- **Perform Leopold's**
- **Listen** for at least 30 seconds between contractions to determine fetal heart rate baseline)
- **Assess** the fetal heart rate for the latter part of the contraction and after uterine contractions for at least 15–30 seconds to detect any changes
- **Palpate** contraction frequency, strength, and uterine resting tone
- **Document** FHR characteristics, uterine activity pattern, and management
- **Apply EFM to clarify** indeterminate or abnormal pattern for further assessment



BENEFITS

- Freedom of movement
- Shared decision-making
- Patient satisfaction
- Supports low-intervention birth



AWHONN

PROMOTING THE HEALTH OF
WOMEN AND NEWBORNS

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