

Fact Sheet

Monitoring the baby's heart rate with cardiotocography (CTG)

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Need to make a decision?

Use your brain!

B Benefits What are the benefits of this Procedure? How will this positively impact my labour, my baby or myself

R Risks What are the risk of this procedure? How might this negatively affect my labour, my baby or myself

A Alternatives Are there alternatives to this procedure? Are there other options that may have similar results

I Intuition What is my gut telling me about this?

N Need time/Nothing
Can this procedure be delayed? Can I take some time to think about it? What will happen if I choose to watch and wait for now?

BRAIN acronym adapted from www.chinookcitydoulas.com

References

1. National Institute for Health and Care Excellence (NICE). *Clinical Guideline 190 Intrapartum Care: Care of healthy women and their babies during childbirth*. NICE Clinical Guidelines 2014 [cited 2022; updated February 2017:][Available from: www.nice.org.uk/guidance/cg190.
2. Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG). *Intrapartum Fetal Surveillance Clinical Guideline*. 2019 [cited 2022; Fourth Edition 2019:] Available from: <https://www.ranzcog.edu.au/>.
3. Perinatal Society of Australia and New Zealand and Centre of Research Excellence Stillbirth. Clinical practice guideline for the care of women with decreased fetal movements for women with a singleton pregnancy from 28 weeks' gestation. Centre of Research Excellence in Stillbirth. Brisbane, Australia, September 2019 https://www.cec.health.nsw.gov.au/_data/assets/pdf_file/0007/589660/DFM-Clinical-Practice-Guideline.pdf

We welcome further feedback on this brochure as a way on continually improving our service.

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