

Biophysical Profile

Definition:

NST plus four observations made by real time ultrasound, each scored two points if present:

- Fetal breathing movements (one or more episodes rhythmic fetal breathing movement of 30 seconds or more within 30 minutes.)
- Fetal movements (three or more discrete body or limb movements within 30 minutes.)
- Fetal tone (one or more episodes of extension of a fetal extremity with return to flexion.)
- Quantitation of amniotic fluid volume (one vertical pocket of 2cm or more)

Scoring:

- 8-10: normal
- 6: equivocal – fetus should be retested in 12 – 24 hours if preterm
- 4 or less: is non-reassuring and warrants further evaluation and consideration of delivery, and should be repeated within 6-8 hours, and if persistently non-reassuring should prompt a referral for delivery unless fetus is extremely immature.

Irrespective of the score, more frequent BPP testing or consideration of delivery may be warranted when oligohydramnios is present.

A. Indication: Non-reactive NST

- B. Non-stress test is performed when space and equipment are available as requested by providers. If circumstances do not allow and NST is requested, notify provider for management of patient.**
- C. Upon completion of the NST, the person who has demonstrated competency in completing Biophysical Profiles will perform the remaining portion of the ultrasound testing.**
- D. A full report will be given the provider, and/or the MFM MD at the conclusion of the testing.**

E. Predictive value of normal BPP: 0.6 stillbirths/1000 patients tested within one week.

References:

1. ACOG technical bulletin – October 1999, “Antepartum Fetal Surveillance”.
2. Guidelines for Perinatal Care, Fifth Edition, October 2002, ACOG, p.105.

Reviewed: Jun 12; Jul 15