



Practice Standard – Auscultated Acceleration Testing

BOARD OF DIRECT ENTRY MIDWIFERY

Equipment required:

- Doppler ¹ or fetoscope ²;
- Time piece that counts seconds ; and
- Use AAT [approved graph](#) provided by the agency. ([see graph examples](#))

To conduct the 6 minute procedure auscultated acceleration test (AAT) 6:

Step 1 - Listen to fetal heart rate (FHR) for 2 minutes to establish a baseline rate.

Step 2 - To do this, count the FHR in every other 5-second increment and record on an AAT collection graph.

Step 3 - If an acceleration of 2 beats per 5-second period does not occur during the initial 2 minutes, then perform an external manual manipulation of the fetus using a 5-second external stimulation ³ procedure.

Step 4- If no fetal movement occurs in the 2 minutes following the initial shaking procedure, repeat steps 1, 2 and 3.

Step 5 - Continue collecting data for an additional 2 min. and end at 6 minutes.

Interpretation:

- AAT6: reactive = one acceleration of at least 2 beats per 5-second period above baseline;
- 2 beats in 5 seconds is equivalent to 24 bpm acceleration;
- [Examples of reactive and non reactive tests](#)

Source: Paine, et al. (2001) Journal of Midwifery and Women's Health

¹ If a Doppler is used the digital fetal heart tone read out cannot be used in place of the actual auscultated count.

² Original study used an Allen fetoscope.

³ External stimulation is referred to as shaking procedure in the original study.

