



# Practice Standard – Auscultated Acceleration Testing

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## BOARD OF DIRECT ENTRY MIDWIFERY

### **Equipment required:**

- Doppler <sup>1</sup> or fetoscope <sup>2</sup>;
- 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 <sup>3</sup> 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

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

<sup>2</sup> Original study used an Allen fetoscope.

<sup>3</sup> External stimulation is referred to as shaking procedure in the original study.

