

Abstract

TITLE: The relationship between maternal position and results of nonstress test among high risk pregnant women hospitalized in Alzahra treatment-educational center of Tabriz in 2003.

INTRODUCTION: Having a healthy child is one of the most important aims of pregnancy care. For decreasing fetus and infant morbidity and mortality rate, perinatal assessment such as nonstress test is required. It is one of the screening tests for fetal surveillance. Its advantages include: being noninvasive, painless, without risk to mother or fetus, no contraindication, short duration of conducting test, used for out and hospitalized patients, easy to do as well as availability of results immediately. Maternal position is one of the factors which affect the results of nonstress test. The relationship between maternal position and results of nonstress test was evaluated among high risk pregnant women hospitalized in Alzahra treatment-educational center of Tabriz in 2003.

MATERIAL AND METHOD: This is a clinical trial study in which 150 patients with singleton pregnancy at 32 to 42 week's gestation. Sampling method was nonprobability purposive. Data gathering tools were check list and sample select form. First patient was randomly assigned to a "sitting first" (semi-Fowler position) or "supine first" (left lateral position) and then position was alternated. Fetal heart rate monitoring was performed for ten minutes in each position. For data analysis, descriptive statics (means, standard deviation) and analytic statics (chi-squared test, McNemar test) were used.

RESULT: There was no significant correlation between maternal position and results nonstress test ($p=0/05$).

CONCLUSION: According to the results, using of both position for performing nonstress test is suggested.

KEYWORD: High risk pregnancy, maternal position, nonstress test.