

What is a BPP?

Rachel Freundlich

NON STRESS TEST + ULTRASOUND

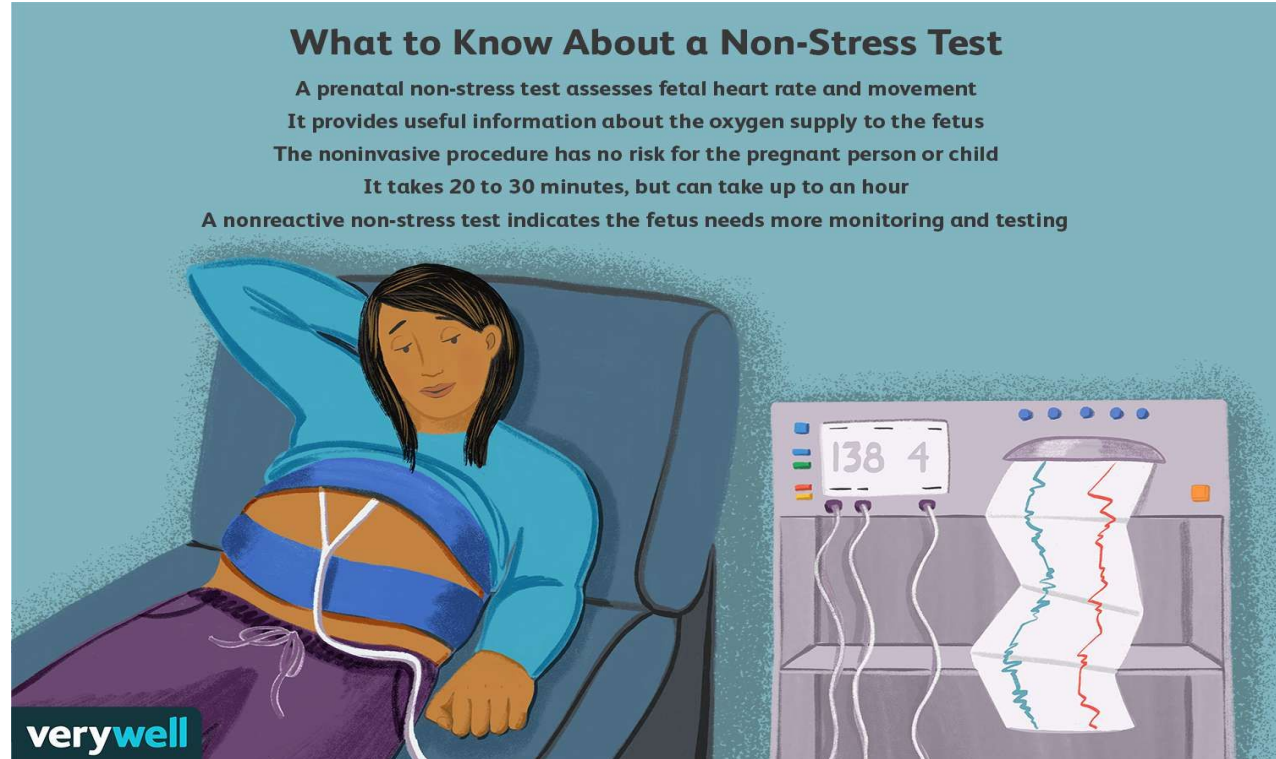


The fifth factor in a biophysical profile is the heart rate response to activity, which is measured by a nonstress test.

C. Machado
M.D.

NON STRESS TEST

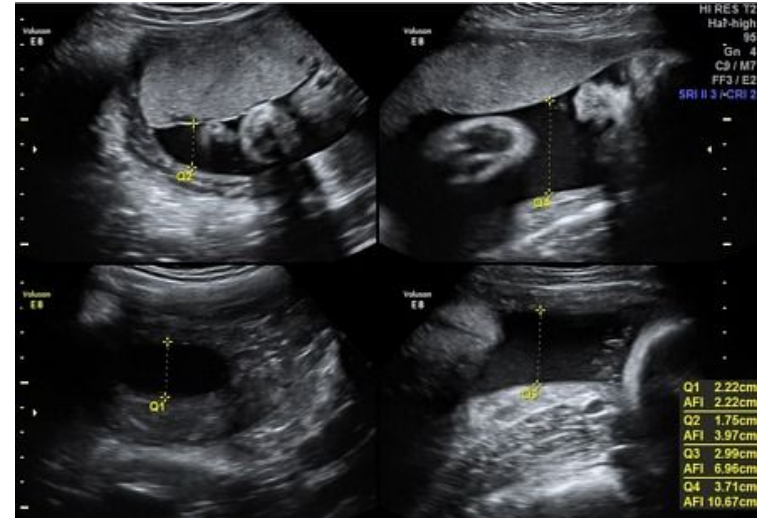
- 20-30 minutes
- Doppler ultrasound-
measures heart rate by observing blood flow
- Two bands are strapped around the mother's stomach





FETAL ULTRASOUND

- Tracks fetal movement
- Tracks fetal breathing
- Identifies fetal muscle tone
- Measures amniotic fluid



SCORING

- How do you score a BPP?
 - There are 5 parameters which are assessed
 - Scores are given 0-2
 - A total score is out 10
- What does the score indicate?
 - A score <4 may indicate that the health of the fetus is at risk
 - Baby may be delivered or other tests may be done

WHY MIGHT A PERSON GET A BPP?

- A doctor may recommend a BPP if...
 - High-risk pregnancy
 - Overdue
 - Diabetes
 - Hypertension
 - Multiple pregnancy

- Why would this be?



REFERENCES

<https://www.webmd.com/baby/bpp-biophysical-profile>

<https://myhealth.alberta.ca/Health/aftercareinformation/pages/conditions.aspx?hwid=abq1866>

<https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=hw196601&lang=en-ca#acl4053>

<https://radiopaedia.org/articles/amniotic-fluid-index>

[https://www.uptodate.com/contents/biophysical-profile-test-for-antepartum-fetal-assessment#:~:text=The%20fetal%20biophysical%20profile%20\(BPP,breathing%2C%20and%20amniotic%20fluid%20volume.](https://www.uptodate.com/contents/biophysical-profile-test-for-antepartum-fetal-assessment#:~:text=The%20fetal%20biophysical%20profile%20(BPP,breathing%2C%20and%20amniotic%20fluid%20volume.)

<https://my.clevelandclinic.org/health/diagnostics/21013-biophysical-profile>