

Method: auscultate continuously and mark one box for each 5 second count. At 32 weeks and beyond, an acceleration is an increase of two boxes UP and three boxes ACROSS. If no acceleration is heard after the first graph is complete, provide a second manual manipulation stimulus to the fetus through the abdominal wall. If no acceleration is noted after 6 minutes, the AAT is inconclusive and a follow up NST is recommended.

16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16	16
15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15
14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14	14
13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13	13
12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12
11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11	11
10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10
9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
60 seconds = 1 minute										120 seconds = 2 minutes										180 seconds = 3 minutes														

5 = 60 6 = 72 7 = 84 8 = 96 9 = 108 10 = 120 11 = 132 12 = 144 13 = 156 14 = 168 15 = 180

Interpretation: Identify baseline by drawing a line where average counts fall. An acceleration is up by 2 grid points (2 beats per 5-second count - equivalent to 24 bpm acceleration) and lasts (rises and falls) for at least 3 boxes (or 15 seconds). One or more accelerations is considered 'reactive'. For this method, normal baseline is between 108 and 156 (9 to 13). To determine variability: change in 1 grid point is minimal, change in two grid points is moderate and change in three or more grid points (in absence of acceleration) is marked variability.

