

# Fetal heart rate monitoring – eFM

Award-winning online cardiocograph (CTG) training for obstetricians and midwives



- Covers all aspects of intrapartum electronic fetal monitoring
- Features highly engaging content, with interactive case studies and real fetal heart traces
- Developed by the Royal College of Obstetricians and Gynaecologists (RCOG), the Royal College of Midwives (RCM) and Health Education England e-Learning for Healthcare

**eFM equips obstetricians and midwives with the knowledge and skills to interpret cardiocographs (CTGs) correctly, thus minimising medical and legal risks.**

The programme, which is suitable for both trainees and fully qualified practitioners, features:

- knowledge-based, interactive learning sessions
- self-assessment questions
- case studies that allow you to interpret a fetal heart rate recording
- a comprehensive e-library

Using a high-quality UK training package enables you to keep your skills up to date.

eFM can be accessed via the Internet so you can study in the workplace, at home or on the move.

## key features at a glance

### • **Multidisciplinary learning**

eFM is a multidisciplinary resource for both obstetricians and midwives. Using this tool, you can improve your interpretation of CTGs and subsequent clinical management.

### • **Real-life case studies**

The programme includes case studies and interactive exercises with heart rate recordings from real labours. This gives you the chance to test your skills and knowledge and gain valuable feedback on your performance.

### • **Quality assurance**

Both the RCOG and the RCM support the use of eFM in clinical training and in ongoing professional development programmes. So, eFM meets the highest quality standards.

### • **Supports recertification**

Evidence of completion can contribute towards continuing professional development and assist in revalidation and recertification of healthcare professionals.



## Interactive exercises

eFM includes comprehensive knowledge sessions that cover a variety of themes, from issues that affect the fetal heart rate through to management in both normal and special circumstances, such as breech births.

There are also interactive case studies with heart rate traces from real labours and the associated clinical notes.

You can test your knowledge by answering questions about the results and advising on appropriate management, if needed. This allows you to practise your CTG interpretation skills as if you were in a real-life situation.

The outcome is provided at the end of each scenario, giving you feedback on your performance.

## A comprehensive e-library

The extensive e-library includes:

- clinical guidelines from the UK's National Institute for Health and Care Excellence (NICE), the RCOG and the RCM
- Cochrane reviews
- articles from the International Federation of Gynecology and Obstetrics and various professional journals

This material is relevant to the themes in the individual learning sessions.

## Certificates of completion

As you learn, you can track your progress online. Certificates can be printed or downloaded for inclusion in your training or continuing professional development portfolio.

This high-quality programme, which has won a UK e-learning award for innovation, is setting the standard for the training of obstetricians and midwives.

**PURCHASE NOW**

*“eFM is an additional resource to help supplement doctors' knowledge about the use of electronic fetal monitoring in obstetric care.*

*It is essential that maternity professionals know how to interpret CTG readings so that timely care can be offered.*

*I would encourage all my labour ward colleagues to complete eFM.”*

**Dr David Richmond**  
President, Royal College of Obstetricians and Gynaecologists

## course content

eFM includes five courses that are divided into knowledge sessions. You can take a look at some [sample sessions](#) on the website (details below).

### Course 1

#### *Background and Practical Issues*

History of fetal heart rate (FHR) monitoring, the importance of intrapartum (IP) fetal hypoxia and using the FHR as a screen for IP fetal hypoxia

Indications for continuous electronic FHR monitoring (EFM) in labour (risk for fetal hypoxia) and the role of the admissions test

A review of the evidence of the value of EFM in terms of maternal, fetal and neonatal outcomes

### Course 2

#### *Care in Normal Labour*

Care of women

Appropriate fetal monitoring in women at low risk for IP fetal hypoxia

### Course 3

#### *Normal and Non-normal CTGs*

The normal CTG (control, terminology, definitions; basic interpretation)

The impact of IP fetal hypoxia on the FHR

More complicated FHR traces, e.g. sinusoidal

Interpretation in special circumstances, e.g. breech, preterm and multiple pregnancy

### Course 4

#### *Management Issues*

Labour interventions that can affect the FHR, e.g. oxytocics, medication and regional analgesia

Interventions intended to improve the FHR, e.g. maternal positions, oxygen and reducing uterine contractions

Additional tests that help clarify fetal status, e.g. fetal pH and fetal ECG

NICE guidelines

### Course 5

#### *Education and Governance*

Educational methods for improving EFM interpretation and management

Risk management issues, including governance and audit

### Assessments

This course is taken after completing the knowledge-based sessions. It consists of five summative knowledge tests.

### Real-life case studies

