

ALGORITHM

"Abdominal circumference and uterine fundal height measurement. Calculation of estimated fetal weight and the estimated date of delivery"

1. **Greet**, present yourself, and confirm the patient's details (the name and age), explain the main point and course of inspection and get verbal consent on realization
2. **Position**: a woman is in supine position. Bladder should be empty.
3. **Standing** the right side from the patient by the index and middle finger of right hand palpate the top of the pubic bone, and put the 0 (zero) on the measuring tape (the beginning) right here. Holding the 0 (zero) on the tape at the top of the pubic bone lay a tape on the mother's abdomen, follow the curve of her abdomen from the top of the pubic bone to the top of the uterine by the left hand define a number of centimeters that indicates the level of **uterine fundal height (FH)** above the pubis.
4. **For determination of abdominal circumference (AC)** take a measuring tape in left hand, ask a woman to lift up a pelvis. With the left hand start and intercept beginning of measuring tape behind the back of woman with the right hand. Put a tape on the middle of lumbar area. Ask a woman to lift down a pelvis. With the right hand put the beginning of tape at the umbilical level. Put a tape with the left hand so that parts of tape crossed, take away a right hand. The tape must lie on a middle distance between an iliac crista and lower edge of ribs. Look at a scale and define a number of centimeters that coincided with a zero mark of tape. It's an abdominal circumference. .
5. For determination of **estimated fetal weight**:
³⁵/₁₇ by Volsky's formula: multiply **FH** on **AC** (**FH x AC**)
³⁵/₁₇ by Yakubova's formula: add **FH** and **AC**, divide a result into 4 and multiply on 100. **(FH+AC) / 4 x 100**.
6. For determination of the **estimated date of delivery**:
³⁵/₁₇ by Negele's rule: from the date of 1 day of last menstrual period count back 3 calendar mounts and add 7 days.
³⁵/₁₇ by WHO: from the date of 1 day of last menstrual period deduct 3 calendar months.
7. **Inform** the patient about the results of examination.
8. **Fill in** the case history.
9. **Interpret** the obtained results.