



APGAR SCORE

- The Apgar Score measures a newborn’s physical status.
- Each of the five categories are scored from 0-2 and then totaled. Apgar scoring is done twice: 1 minute after birth and 5 minutes after birth.
- Resuscitation, if needed, should not await Apgar scoring.

Scoring	0	1	2
Heart rate	Absent	Slow (below 100)	100
Respiratory Effort	Absent	Weak Cry; Hypoventilation	Strong Cry
Muscle Tone	Limp	Slight Flexion of Extremities	Active Flexion
Reflex Responses (to bulb syringe in nostril)	No response	Some Grimace	Cough or cry
Color	Blue, pale	Body pink, Extremities blue	Completely pink

Example of Apgar Score Calculation:

A newborn is found to have:

Heart rate = 160 = 2
 Resp Effort weak cry = weak cry = 1
 Muscle Tone = limp = 0
 Reflex Response = some grimace = 1
 Color = pink = 2
 Apgar Score = 6

Total Apgar Score indications:

7-10 a healthy neonate.
 4-6 a potentially sick neonate.
 0-3 a severely depressed neonate.

Approved:

Reviewed: N/A
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