

APGAR

SIGN	POINTS		
	0	1	2
APPEARANCE (Color)*	Pale or blue	Body pink, extremities blue	Pink
PULSE (Heart beat rate)	Not detectible	Below 100	Over 100
GRIMACE (Response to foot flick)	No response to stimulation	Grimace	Lusty cry
ACTIVITY (Muscle tone)	Flaccid (no or weak activity)	Some movement of extremities	A lot of activity
RESPIRATION (Breathing)	None	Slow, irregular	Good (crying)

*In non-Caucasian children, the color of mucous membranes of the mouth, of the whites of the eyes, and of the lips, palms, hands and soles of the feet will be examined.

SCORES

Severe: 0-2

Moderate: 3-4

Mild: 5-7

No Asphyxia: 8-10

- ❖ Baby is “scored” at one minute after birth and again at five minutes after birth.
- ❖ The score at 5 minutes gives a more accurate assessment of the baby’s condition; a low score at five minutes is more serious than a low score at one minute.
- ❖ Anything above a 7 means baby is ok.