

## APGAR Scoring for Newborns

	Sign	0 Points	1 Point	2 Points
<b>A</b>	Activity (Muscle Tone)	Absent/Limp	Some flexing (bending) of arms and legs	Active Movement
<b>P</b>	Pulse	Absent, no heart rate	Heart rate is below 100 baby is not very responsive	Heart rate is above 100 baby is obviously vigorous
<b>G</b>	Grimace (Reflex Irritability)	No response to airways being suctioned	Grimace during suctioning	Sneeze, cough, pulls away during suctioning
<b>A</b>	Appearance (Skin Color)	Blue-gray, pale all over	Normal, except for extremities	Normal over entire body
<b>R</b>	Respiration	Absent, not breathing	Slow, irregular, Weak cry; may sound like whimpering or grunting	Good, strong crying

A score is given for each sign at one minute and five minutes after the birth. If there are problems with the baby an additional score is given at 10 minutes. A score of 7-10 is considered normal, while 4-7 might require some resuscitative measures, and a baby with apgars of 3 and below requires immediate resuscitation. Continue to assign scores every five minutes thereafter as long as the Apgar score is less than 7.

Sources for more information:

Human Labor and Birth by Harry Oxorn

Childbirth.org site: <http://www.childbirth.org/articles/apgar.html>

<http://www.babycenter.com/refcap/pregnancy/childbirth/3074.html>

<http://www.neonatology.org/ref/apgar.html>