

APGAR Score

Introduction

APGAR: A rapid newborn assessment performed at 1 & 5 minutes after birth to evaluate the infant's condition and response to resuscitation.

Start at: 1 min and 5 min after birth (repeat at 10, 15, 20 min if score <7).

COMPONENT		0 POINT	1 POINT	2 POINT
A	Appearance (Color)	● Blue / Pale	● Pink body, blue extremities	● Completely pink
P	Pulse (Heart Rate)	● Absent	● < 100 bpm	● ≥ 100 bpm
G	Grimace (Reflex Irritability)	● No response	● Grimace	● Cough / Cry / Withdraw
A	Activity (Muscle Tone)	● Limp	● Some flexion	● Active movement
R	Respiration (Breathing)	● Absent	● Slow / Weak cry	● Good cry

Interpretation

7 - 10	NORMAL
4 - 6	MODERATE DEPRESSION
0 - 3	SEVERE DEPRESSION



- Pulse (HR) is the most important APGAR component.
- APGAR does NOT determine whether to start resuscitation. Start NRP based on HR, breathing, and tone, not the APGAR score.
- APGAR is mainly used to assess the baby's response to resuscitation and overall condition, not to guide the initial decision to resuscitate.