

APGAR SCORE

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What is the Apgar sign

- Apgar score is a test given to newborns soon after birth. This test checks a baby's heart rate, muscle tone, and other signs to see if extra medical care or emergency care is needed.
- The test is usually given twice: once at 1 minute after birth, and again at 5 minutes after birth. Sometimes, if there are concerns about the baby's condition, the test may be given again.

The Apgar score comprises five components:

- 1. Appearance** (skin color)
 - 2. Pulse** (heart rate)
 - 3. Grimace response** (reflexes)
 - 4. Activity** (muscle tone)
 - 5. Respiration** (breathing rate and effort)
- each of which is given a score of 0, 1, or 2.

THE APGAR SCORE

	Sign	0 POINTS	1 POINTS	2 POINTS
A	Appearance	blue or pale	blue extremities pink body	body & extremities pink, no cyanosis
P	Pulse	absent	<100 beats per minute	>100 beats per minute
G	Grimace	no response to stimulation, floppy	grimace on suction or aggressive stimulation	cry on stimulation
A	Activity	none	some flexion of arms and legs	active flexion against resistance
R	Respirations	absent	weak, irregular and slow	strong crying

1. You're assessing the one minute APGAR score of a newborn baby. On assessment, you note the following about your newborn patient: heart rate 130, pink body and hands with cyanotic feet, weak cry, flexion of the arms and legs, active movement and crying when stimulated. What is your patient's APGAR score?

- A. APGAR 9
 - B. APGAR 10
 - C. APGAR 8
 - D. APGAR 5
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