



APGAR

Refer to [OB/Labor](#) & [Newborn](#) COGs as needed.

APGAR - 1 minute & 5 minutes after birth			
Sign	0 Points	1 Point	2 Points
Appearance Skin color	Blue-gray, pale all over	Pink except for extremities	Pink over entire body
Pulse	Absent	< 100 minute	> 100 minute
Grimace Reflex irritability	No response to stimuli	Grimaces in response to stimuli	Sneezes, coughs, pulls away
Activity Muscle tone	Absent, flaccid	Arms and legs flexed	Active movement
Respiration	Absent	Slow, irregular	Good, crying

Resuscitation efforts should not be delayed or stopped in order to obtain an APGAR score.

Scores:

- 10 Infant is in best possible condition
- 7 to 9 Infant is slightly depressed but near normal
- 4 to 6 Infant is moderately depressed
- 0 to 3 Infant is severely depressed