

# Apgar Score

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The **Apgar score** is a quick way for health professionals to **evaluate the health of newborns** at 1 and 5 minutes after birth.






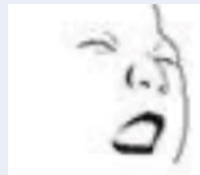



Apgar score remains the gold standard for evaluating neonate.

The score is recorded at 1 minute and 5 minutes after delivery in all infants:

score of **7 to 10** is **Normal**

score of **4 to 6** is **moderately abnormal** (will need reevaluation)

score of **0 to 3** is **low** (need intervention)

Signs	0	1	2
<b>Heart Rate</b>	0(No pulse)	<100/min	>100/min
<b>Respiration</b>	Absent	Weak cry	Vigorous cry
<b>Muscle Tone</b>	None 	Some flexion of extremities 	Active movement 
<b>Reflex irritability (Grimace)</b>	None 	Some motion 	Cry, withdrawal, Sneezing , coughing 
<b>Color of body</b>	Blue or pale 	Pink body, blue extremities 	Pink all over 

**Q1/** 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

**Q2/**You're assessing the one minute APGAR score of a newborn baby. On assessment, you note the following about your newborn patient: weak cry, some flexion of the arm and legs, active movement and cries to stimulation, heart rate 145, and pallor all over the body and extremities. What is your patient's APGAR score?

- A. APGAR 5
- B. APGAR 9
- C. APGAR 12
- D. APGAR 6

**Q3/**You're assessing the five minute APGAR score of a newborn baby. On assessment, you note the following about your newborn patient: pink body and hands with cyanotic feet, heart rate 109, grimace to stimulation, flaccid, and irregular cry. What is your patient's APGAR score?

- A. APGAR 8
- B. APGAR 5
- C. APGAR 6
- D. APGAR 3