

Apgar Score Table

Use the Apgar score table below to assess the condition and prognosis of newborns. The Apgar scoring system is as relevant today as it was nearly 50 years ago. ■

APGAR score table to assess the condition and prognosis of newborns									
APGAR five components*	Signs	Symptoms and associated scores			Time/Minutes				
		Score = 0	Score = 1	Score = 2	1	5	10	15	20
1 Appearance	Colour	Blue, pale	Body pink; extremities blue	Completely pink					
2 Pulse	Heart rate	Absent	<100 beats/min	>100 beats/min					
3 Grimace	Reflex irritability	No response	Grimace	Cry					
4 Activity	Muscle tone	Limp, flaccid	Some flexion of extremities	Active, well-flexed					
5 Respiration	Respiratory effort	Absent	Gasping; slow, irregular	Regular, good lusty cry					
TOTAL APGAR SCORE =									
A score of 7 or higher = condition is good or excellent									

To calculate the APGAR score:

The total score is the sum of the five components.* It should be done at one and five minutes, and thereafter at five-minute intervals until a score of 7 is achieved. A score of 7 or higher indicates the baby's condition is good or excellent.

Adapted from: Casey BM, McIntire DD, Leveno KJ. The Continuing Value of the Apgar Score for the Assessment of Newborn Infants. *NEJM* 2001;344(7):467-471.