

Apgar Score

APGAR SCORE

Parent's Name: _____ Date: _____ dd / mm / yyyy
 Child's Name: _____ Time of Birth: _____

ONE MINUTE AFTER BIRTH

Score Legend: < 7 - Baby may need help. 4 to 6 - Baby needs assistance breathing. < 3 - Baby needs immediate help.

Activity (muscle tone) - 1 minute

- ☐ 0 - None, limp, or muscles are floppy ☐ 1 - Some flexion of arms and legs
☐ 2 - Active motion and flexion; arms and legs resist extension

Pulse (heart rate) - 1 minute

- ☐ 0 - Absent or no heart rate ☐ 1 - Less than 100 beats per minute ☐ 2 - At least 100 beats per minute

Grimace (reflexes) - 1 minute

- ☐ 0 - No response to stimulation ☐ 1 - Facial grimace during stimulation or suction
☐ 2 - Cries, pulls away, coughs, or sneezes upon stimulation

Appearance - 1 minute

- ☐ 0 - Body is blue or pale ☐ 1 - Pink body with bluish extremities (hands/feet) ☐ 2 - Body and extremities are pink

Respiration (breathing) - 1 minute

- ☐ 0 - Not breathing ☐ 1 - Weak, slow, or irregular breathing ☐ 2 - Strong crying; normal rate of breathing

Total score (1 minute): /10: _____

FIVE MINUTES AFTER BIRTH

Scoring Legend: < 6 - Baby needs more medical help.

Activity (muscle tone) - 5 minutes

- ☐ 0 - None, limp, or muscles are floppy ☐ 1 - Some flexion of arms and legs
☐ 2 - Active motion and flexion; arms and legs resist extension

Pulse (heart rate) - 5 minutes

- ☐ 0 - Absent or no heart rate ☐ 1 - Less than 100 beats per minute ☐ 2 - At least 100 beats per minute

Grimace (reflexes) - 5 minutes

- ☐ 0 - No response to stimulation ☐ 1 - Facial grimace during stimulation or suction
☐ 2 - Cries, pulls away, coughs, or sneezes upon stimulation

Appearance - 5 minutes

- ☐ 0 - Body is blue or pale ☐ 1 - Pink body with bluish extremities (hands/feet) ☐ 2 - Body and extremities are pink

Respiration (breathing) - 5 minutes

- ☐ 0 - Not breathing ☐ 1 - Weak, slow, or irregular breathing ☐ 2 - Strong crying; normal rate of breathing

Total score (5 minutes): /10: _____