

Appendix K: Appearance, Pulse, Grimace, Activity, Respiration (APGAR) Scoring System

- The newborn’s APGAR score is based on assigning up to two points for each clinical sign with a maximum score of 10
- The APGAR score is to be obtained at one (1) and five (5) minutes after birth

SIGN	APGAR SCORE		
	0	1	2
Appearance (skin color)	Blue or pale	Acrocyanotic (peripheral cyanosis)	Completely pink or typical color for newborn
Pulse (heart rate)	Absent	< 100	> 100
Grimace (muscle tone)	Limp	Some flexion	Active motion
Activity	No response	Grimace (minimal response to stimuli)	Prompt response to stimuli
Respirations	Absent	Slow and irregular	Vigorous crying

- APGAR score interpretation:
 - 8-10: Normal
 - 5-7: Need for supplemental oxygen
 - 3-4: Need for assisted ventilation with BVM
 - 0-2: Need for CPR
- An APGAR score ≤ 7 requires immediate intervention
- The management of respiratory distress and/or cardiovascular instability take priority over obtaining an APGAR score