

APGAR Test

The APGAR is a quick assessment of overall newborn well being. The scores are given at one minute and five minutes of life. There are five signs that are evaluated during the APGAR evaluation:

1. The baby's color
2. His/her heart rate
3. The baby's reflex's
4. His/her muscle tone
5. The baby's respiratory effort

A score of 10 and 10 is perfect. You should know that rarely does anyone get an APGAR of 10 and 10, since no one is perfect, and the evaluation is usually subjective. The APGAR score is just a general score for immediate evaluation. A score of 7 or better for either the one or five minute mark is a good score. Many babies with scores with less than that still do very, very well!

APGAR Scoring Table

Score	0	1	2
Activity (muscle tone)	Flaccid; limp	Some flexion of extremities	Active motion
Pulse (hear rate)	Not detectable	Slow (less than 100 beats/minute)	Good (over 100 beats/minute)
Grimace (reflex irritability)	No response to stimulation	Weak cry or grimace	vigorous cry, cough, sneeze
Appearance (colour)	Pale/white; blue	pink body with blue extremities	Completely pink
Respiration (breathing)	absent	Weak, gasping, irregular	Crying, regular