

APGAR SCORE



Assess APGAR score at 1 minute and 5 minutes after birth

SCORE:	0	1	2
Colour	Blue / pale	Pink; extremities blue	Completely pink
Respiration	Absent	Slow; irregular	Good; crying
Heart rate	Absent	Below 100 beats/min	Above 100 beats/min
Muscle tone	Limp	Some flexion of extremities	Active motion
Reflex irritability	No response	Grimace	Vigorous cry; cough; sneeze