

INDICATION

Perform on every live newborn at 1 and 5 minutes of life. Validated method to report status of a newborn and response to resuscitation.

ADDITIONAL INFORMATION

The 5 criteria are **not** of equal importance. **Heart rate** and **Respirations** are most important and **Colour** least important. However the score is not weighted in regard to these.

1 minute score deemed the point of most marked depression

5 minute score deemed better predictor of prognosis

INTERPRETATION

SCORE	OUTCOME
≥7	Normal
4-6	Low - may need medical intervention
≤3	Critically low - needs medical intervention

CALCULATION

Total score = sum of scores for each question

QUESTION	POINTS
Activity / Muscle tone	Active +2
	Some extremity flexion +1
	Limp +0
Pulse	≥100 BPM +2
	<100 BPM +1
	Absent +0
Grimace	Sneeze / Cough +2
	Grimace +1
	None +0
Appearance / Colour	All pink +2
	Blue extremities +1
	Blue / Pale +0
Respirations	Good / Crying +2
	Irregular / Slow +1
	Absent +0