

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
Appearnace / Colour	All pink	+2
	Blue extremities	+1
	Blue / Pale	+0
Respirations	Good / Crying	+2
	Irregular / Slow	+1
	Absent	+0