|  |  |  |  |
| --- | --- | --- | --- |
| Apgar Sign | 2 | 1 | 0 |
| Heart Rate Pulse | >100/min | >100/min | Absent |
| Breathing  Rate and effort | Cries well | Irregular | Absent |
| Grimace  Responsiveness or reflex irritability | Pulls away, sneezes, coughs, or cries with stimulation | Facial movement only with stimulation | Absent |
| Activity  Muscle tone | Active, spontaneous movement | Arms and legs flexed with little movement | No movement, floppy tone |
| Appearance  Skin colouration | Normal colour (also hands and feet are pink) | Normal colour  (but hands and feet are bluish) | Bluish-grey or pale all over |

This test is done to determine whether a newborn needs help breathing or is having heart trouble

**Normal Results: 7-10**  
10 is unusual, almost all newborns lose 1 point for blue hands and feet

**Abnormal results: 0-6**  
Signals that the baby needs medical attention

**Low Apgar score is often caused by:**Difficult birth**,** C-section, Fluid in the baby's airway

**A baby with a low Apgar score may need:**- Oxygen and clearing out the airway to help with breathing- Physical stimulation to get the heart beating at a healthy rate

**Most of the time, a low score at 1 minute is near-normal by 5 minutes**

*A lower Apgar score does not mean a child will have serious or long-term health problems  
The Apgar score is not designed to predict the future health of the child*