

The Apgar Score

Nursing

Five signs at one and five minutes, describing how a newborn adapts.

Each sign scores 0, 1 or 2. One point is the intermediate response.

Sign	0 points	2 points
Appearance	Blue or pale all over	Pink all over
Pulse	Absent	Over 100 per minute
Grimace	No response	Cry, cough or sneeze
Activity	Limp	Active movement
Respiration	Absent	Strong cry

Educational reference. Scored at 1 and 5 minutes, and repeated if low. Resuscitation begins on assessment, never on waiting for a score.