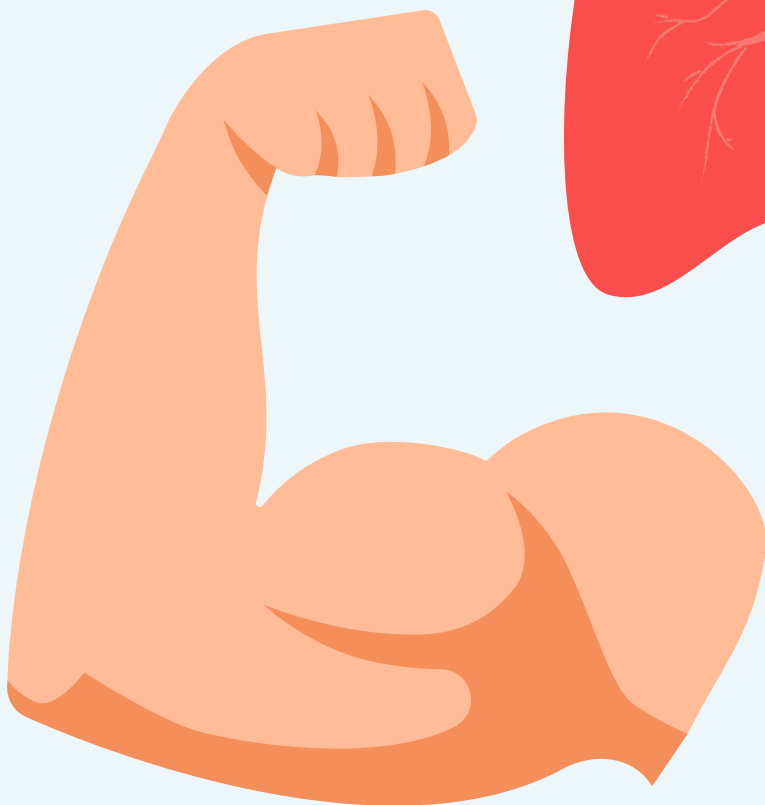
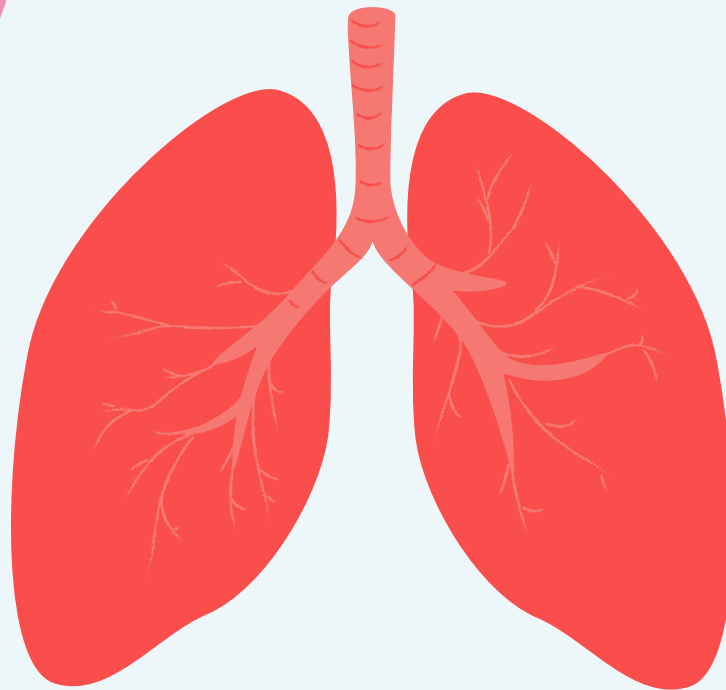


THE APGAR TEST





THE APGAR TEST



An Apgar Score test is performed at 1 and 5 minutes by healthcare personnel to assess your infant's fetal responses. Apgar stands for "appearance (skin color), pulse (heart rate), grimace (reflexes), activity (muscle tone) and respiration (breathing rate and effort)." The

Apgar test checks an infant's heart rate, muscle tone and other signs indicating if extra medical care or immediate emergency care is needed. This test is non-invasive and can be done with baby laying on the chest of either parent

| SIGN | SCORE | | |
|--------------------|-------------------------|---------------------------------|--------------------------------------|
| | 0 | 1 | 2 |
| HEART RATE | ABSENT | <100 | >100 |
| RESPIRATORY EFFORT | ABSENT | IRREGULAR OR GASPING | GOOD CRY |
| MUSCLE TONE | FLACCID | PARTIAL FLEXION OF EXTREMITIES | COMPLETE FLEXION OR ACTIVE MOVEMENTS |
| REFLEX RESPONSE | NO RESPONSE | GRIMACE | CRY |
| COLOUR | BLUE (CYANOTIC) OR PALE | BODY PI NK BUT EXTREMITIES BLUE | COMPLETELY PINK |

Simon, L., Shah, M., & Bragg, N. (2024). APGAR score. *National Library of Medicine*.
<https://pubmed.ncbi.nlm.nih.gov/29262097/>