

Apgar score

This article has been translated from WikiSkripta; ready for the **editor's review**.

The **Apgar score** (or Apgar score) is used to evaluate a newborn's vitality and postpartum adaptation. The newborn is assessed **after 1, 5 and 10 minutes after birth**. **5 criteria** are scored, each 0-2 points. The maximum is 10 points. Prognostically important is the value of the score at 5 minutes of life. The score is named after Virginia Apgar. (https://en.wikipedia.org/wiki/Virginia_Apgar)

Criteria ^[1]	2 points	1 point	0 points
Appearance, skin color	pink	acrocyanosis	pale or blue
Heart action	over 100/min.	under 100/min. (bradycardia)	under 60/min. (asystole)
Breathing	loud cry (eupnoea)	irregular, slow (bradypnea)	none (apnea)
Tonus, spontaneous activity	active movement	weak flexion of limbs	without movement
Reaction to irritation (grimaces during nasal suction)	cough	face stretching/retraction	none

Evaluation

- 8-10 points - normal newborn
- 7-4 points - mild birth asphyxia
- < 3 - severe birth asphyxia

Mnemonics

- *English:* **A**ppearance (skin color), **P**ulse (heart rate), **G**rimace (reflex irritability), **A**ctivity (muscle tone), and **R**espiration. Or also "**H**ow **R**eady **I**s **T**his **C**hild": **H**ear rate, **R**espiratory effort, **I**rritability, **T**one, and **C**olour.
- *German:* **A**tmung, **P**uls, **G**rundtonus, **A**ussehen, **R**efferlux.

Calculation

MediaWiki:Lékařská kalkulačka/Apgar

Links

Related Articles

- Cardiopulmonary resuscitation of the newborn
- Treatment of the newborn after birth

References

1.