



A	P	G	A	R
Appearance	Pulse	Grimace	Activity	Respiration
Sign	0	1	2	
<b>Color (Appearance)</b>	Blue or pale	Pink with blue extremities	All pink	
<b>Heart Rate (Pulse)</b>	Absent	Under 100 beats/minute	Over 100 beats/minute	
<b>Response to nasal catheter (Grimace)</b>	No response	Grimace	Cough, sneezing	
<b>Muscle tone (Activity)</b>	Limp “flaccid”	Some flexion	Active motion	
<b>Respiration</b>	Absent	Slow, irregular	Norma and crying	

- **Rapid evaluation of the infant by APGAR score is done:**

- **At 1 minute:** to decide the need and method for resuscitation وسائل الإنعاش
- **At 5 minutes:** to reflect the adequacy of your resuscitative efforts and to determine the need for further efforts.

- **Interpretation of APGAR score:**

- **Score > 7:**
  - ✓ Indicates good general condition (no asphyxia: ليس هناك اختناق بسبب فقدان الأوكسجين):
    - ❖ Maintain body temperature (by adequate wrapping of the baby).
    - ❖ Aseptic cutting of the umbilical cord.
    - ❖ Antibiotic eye drops.
    - ❖ Discharge after detailed examination.
- **Score of 4-6:**
  - ✓ Indicates mild to moderate asphyxia:
    - ❖ Gentle suctioning of airways (to remove aspirated amniotic fluid).
    - ❖ Free oxygen inhalation (by mask).
    - ❖ Tactile stimulation of breathing by slapping the soles, rubbing the sternum or spine.
    - ❖ If still there is no response: bag & mask ventilation using 100% oxygen at rate of 40-60 breaths/ minute.
- **Score < 4:**
  - ✓ Indicates severe asphyxia:
    - ❖ Endotracheal intubation and bag ventilation with 100% oxygen.
    - ❖ Proceed to cardiac massage at a rate of 120 beats/ minute if there is:
      - Heart Rate < 80 beats/ minute and not rising despite adequate ventilation.
      - Heart Rate < 50 beats/ minute at 1 minute.
      - Absent heart rate at birth unless macerated or extreme prematurity (< 500 grams).
    - ❖ If heart rate becomes greater than 80 beats/ minute and rising: stop cardiac massage and continue ventilation till spontaneous respiration is regained.
    - ❖ If no improvement: insert umbilical catheter and give resuscitative drugs (e.g. epinephrine).