APGAR Newborn Assessment (APGAR Score)

Category: Pediatrics, Obstetrics | Items: 5 | Time: ~1-2 min

Description / When to Use

Rapid assessment of newborn at 1 and 5 min

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 5 items in this scale. Estimated completion time: 1-2 min.

Scale Items

1. Appearance (skin color)
   0 = Blue/pale all over | 1 = Pink body, blue extremities | 2 = Pink all over
2. Pulse
   0 = Absent | 1 = < 100 bpm | 2 = >= 100 bpm
3. Grimace (reflex irritability)
   0 = No response | 1 = Grimace | 2 = Cough/sneeze/cry
4. Activity (muscle tone)
   0 = Limp | 1 = Some flexion | 2 = Active motion
5. Respiration
   0 = Absent | 1 = Slow / irregular | 2 = Strong cry

Scoring Guide

Sum all 5 items. Total range 0-10.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0–3	Severely depressed	Resuscitation required.
4–6	Moderately depressed	Some intervention may be needed.
7–10	Reassuring	Reassuring.

Psychometric Properties

See original validation study for reliability and validity data.

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Citation (APA Format)

Apgar V. Curr Res Anesth Analg. 1953;32(4):260-267.

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