** APGAR Scoring Chart**

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| --- | --- | --- | --- |
| Clinical Signs | Zero | One | Two |
| **A** = Appearance (Color) | Blue, pale | Body pink, Extremities blue | All pink |
| **P** = Pulse (Heart Rate) | Absent | < 100 | > 100 |
| **G** = Grimace (Reflex Response)  **1,2** | No response | Grimace | Cough, sneeze |
| **A** = Activity (Muscle Tone) | Limp | Some flexion of arms and/or legs | Well flexed |
| **R** = Respiratory effort | Absent | Weak cry, Hypoventilation | Strong cry |

**Add score from each category to equal APGAR score (0-10). Typically APGAR scoring is done at 1 and 5 minutes after birth.**

**1** Response to catheter in nostril (tested after pharynx is cleared)

**2** Tangential foot slap