

Apgar Score Chart

Child's name: Emily Grace Thompson			Date of birth: August 24, 2024					
Patient's name: Sarah Thompson			Time of birth: 3:15 AM					
Examiner's name: Dr. Rebecca Miller								
One minute after birth								
Criteria	Signs and associated scores							
	1		2		3			
Activity (muscle tone)	<input type="radio"/>	None, limp, or muscles are floppy	<input type="radio"/>	Some flexion of arms and legs	<input checked="" type="radio"/>	Active motion and flexion; arms and legs resist extension		
Pulse (heart rate)	<input type="radio"/>	Absent or no heart rate	<input type="radio"/>	Less than 100 beats per minute	<input checked="" type="radio"/>	At least 100 beats per minute		
Grimace (reflexes)	<input type="radio"/>	No response to stimulation	<input checked="" type="radio"/>	Facial grimace during stimulation or suction	<input type="radio"/>	Cries, pulls away, coughs, or sneezes upon stimulation		
Appearance (skin color)	<input type="radio"/>	Body is blue or pale	<input checked="" type="radio"/>	Pink body with bluish extremities (hands/feet)	<input type="radio"/>	Body and extremities are pink		
Respiration (breathing)	<input type="radio"/>	Not breathing	<input checked="" type="radio"/>	Weak, slow, or irregular breathing	<input type="radio"/>	Strong crying; normal rate of breathing		
Total score:	7							
Score interpretation								
< 7	Baby may need help		4 - 6	Baby needs assistance breathing		< 3	Baby needs immediate help	
Five minutes after birth								
Criteria	Signs and associated scores							
	1		2		3			
Activity (muscle tone)	<input type="radio"/>	None, limp, or muscles are floppy	<input type="radio"/>	Some flexion of arms and legs	<input checked="" type="radio"/>	Active motion and flexion; arms and legs resist extension		
Pulse (heart rate)	<input type="radio"/>	Absent or no heart rate	<input type="radio"/>	Less than 100 beats per minute	<input checked="" type="radio"/>	At least 100 beats per minute		
Grimace (reflexes)	<input type="radio"/>	No response to stimulation	<input type="radio"/>	Facial grimace during stimulation or suction	<input checked="" type="radio"/>	Cries, pulls away, coughs, or sneezes upon stimulation		
Appearance (skin color)	<input type="radio"/>	Body is blue or pale	<input checked="" type="radio"/>	Pink body with bluish extremities (hands/feet)	<input type="radio"/>	Body and extremities are pink		
Respiration (breathing)	<input type="radio"/>	Not breathing	<input type="radio"/>	Weak, slow, or irregular breathing	<input checked="" type="radio"/>	Strong crying; normal rate of breathing		
Total score:	9							
Score interpretation								
A total score of 6 or lower means the baby needs more medical help.								
Additional notes								
Emily showed a significant improvement in her Apgar score from 7 to 9 within the first five minutes after birth, which is a positive sign of her adapting well post-delivery. Continue to monitor her closely, but she seems to be stabilizing nicely.								

American College of Obstetricians and Gynecologists. (2015). The Apgar score. ACOG Clinical. <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2015/10/the-apgar-score>

Apgar, V. (1953). A proposal for a new method of evaluation of the newborn infant. *Current Researches in Anesthesia & Analgesia*, 32(4), 260–267. <https://pubmed.ncbi.nlm.nih.gov/13083014/>