### APGAR Score

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

- **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 الأكسجين):
      ✷ 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).