

Score	0	1	2	Acronym
Skin	Entire body blue or lacks colour especially mouth and tongue	Good colour but bluish hands or feet	Good colour all over	A ppearance
Heart rate	Absent	Slow <100	Fast > 100	P ulse
Reflex responses	No response to stimulation when drying	Grimacing facial movements when stimulated	Crying and/or coughing	G rimace
Muscle tone	Limp when drying	Some bending or stretching of limbs	Active movements	A ctivity
Breathing	Absent or gasping	Weak or irregular	Good and crying	R espiration

Table 1.1

If the baby needs resuscitation, calculating the Apgar scores during resuscitation can interfere with vital aspects of treatment (ABC) and these scores can be calculated when the baby no longer needs resuscitation. However, the 5 minute score is only helpful if the baby has recovered and is no longer being resuscitated. If the baby continues to need resuscitation for > 5 minutes after birth, then we suggest that the second Apgar score is undertaken when resuscitation has ended successfully and this score is documented along with the total duration of the resuscitation given in minutes (for example 9 after 12 minutes). However, if resuscitation is discontinued and/or the baby dies then a timed second Apgar score of zero can be documented (for example zero at 21 minutes).

Low Apgar scores (scores < 7) after resuscitation has ended and the baby is alive means that further neonatal specialist care is required.

The Apgar score is only one measure of newborn well-being and, especially if the second Apgar score after the end of resuscitation is < 7, or there are other concerns related to Hypoxic Ischaemic Injury such as poor feeding and seizures, there should be further checks over the coming days, weeks and months to assess the baby's development and implement measures to improve development if this is delayed.