

Midwife's Practice Name, Logo, Contact Info

Example Practice Guideline: Low APGAR Score

Effective Date: [Insert Date]

Last Reviewed: [Insert Date]

Next Review Due: [Insert Date]

Clinical Definition

An APGAR score of less than 7 at 1, 5, or 10 minutes indicates potential compromise in newborn adaptation to extrauterine life. Signs include poor muscle tone, weak or absent respiratory effort, bradycardia, pale or blue color, and minimal response to stimulation.

Midwifery Management

Midwifery management may include:

- Drying, warming, and stimulation of the newborn
- Providing neonatal resuscitation as needed
- Administering supplemental oxygen as indicated

Consultation and Referral Criteria

Consult or transfer if:

- APGAR score remains <7 at 10 minutes
- Chest compressions or advanced resuscitation measures are required
- The newborn shows signs of persistent respiratory distress, hypotonia, or altered consciousness
- There is concern for complications requiring NICU-level care

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