

- Score of 7 or above normal. 4-6 fairly low. 3 or below critically low. Indicator of requirement for medical attention.

APGAR Score

	Score of 0	Score of 1	Score of 2	Component of Acronym
Appearance	Blue-grey or pale all over	Blue-grey at extremities body pink	Body and extremities pink	<u>A</u> pppearance
Pulse rate	Absent	< 100 beats per minute	> 100 beats per minute	<u>P</u> ulse
Reflex (grimace)	No response to airways being suctioned	Grimace on airway suction	Grimace & pull away, cough, sneeze	<u>G</u> rimace
Activity (muscle tone)	Limp; no movement	Some flexion of arms and legs	Active motion	<u>A</u> ctivity
Respiratory Effort	Absent	Weak cry; slow or irregular breathing	Good strong cry; normal rate and effort of breathing	<u>R</u> espiration

Heel prick (Guthrie test)

Newborn heel prick (Guthrie) test → Screens for various, rare conditions – developmental (non-genetic), inherited (genetic).

- Performed when baby is 1-5 days old.
- Baby's heel pricked with needle; blood spots are placed on a blood spot card for analysis.

Inborn Errors of Metabolism (IEM)

- A group of genetic disorders caused by abnormal functioning of enzymes in metabolic pathways.
 - A single gene defect in most cases - monogenetic disorders – rare.

Which IEMs are Often Monitored?

Developmental:

- Congenital Hypothyroidism

Genetic:

- Sickle cell disease
- Cystic fibrosis (CF)
- Phenylketonuria (PKU)
- Medium-chain acyl Co-A dehydrogenase deficiency (MCAD)
- Maple syrup urine disease (MSUD)
- Homocystinuria (HCU)
- Isovaleric acidaemia (IVA)

Rare: 1:4,000, congenital
hypothyroidism >1:250,000 (MSUD)