
CLINICAL TRIAL REPORTS

APGAR scoring was devised by Dr Virginia Apgar over 30 years ago to assess the degree of asphyxia in newborn infants. Five variables are briefly observed and scored at one-minute after birth and indicate the need for help. A repeated scoring at five minutes indicates the response to resuscitation, and gives a rough prognostic index. Conventionally, if the score is not optimal by five minutes, the time taken to reach this point is also recorded.

After over 30 years, the Apgar scoring technique remains almost universally in use, showing an historical acceptance of the technique.

Time is Time: the unit therefore, is used purely as an “Aide Memoire” to the above technique.

With the above statement being true, it was deemed unnecessary to perform any clinical trials to set protocols.