Silverman-Andersen Score

Respiratory distress in the newborn · 5 signs, 0 to 2 points each · 0 to 10

Sign	0	1	2
Thoracoabdominal dissociation	Synchronized	Fixed chest, abdomen rises	See-saw breathing
Intercostal retraction	None	Mild	Marked
Xiphoid retraction	None	Mild	Marked
Nasal flaring	None	Mild	Intense
Expiratory grunt	None	Audible with stethoscope	Audible without stethoscope

0	1 - 3	4 - 6	7 - 10
No respiratory distress	Mild	Moderate	Severe

The opposite of APGAR: here MORE points means WORSE, and 0 is normal