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Neonatal assessment in the delivery room: Trial to evaluate a specified type of Apgar (TEST-Apgar)

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Background: Since an objective description is essential to determine infant's postnatal condition and efficacy of interventions, two scores were suggested in the past but were not tested yet: The specified-Apgar uses the 5 items of the conventional Apgar score; however describes the condition regardless of gestational age (GA) or resuscitative interventions. The expanded-Apgar measures interventions needed to achieve this condition. We hypothesized that the combination of both (combined-Apgar) describes postnatal condition of preterm infants better than either of the scores alone.

Methods: Scores were assessed in preterm infants below 32 completed weeks of gestation. Data were prospectively collected in 20 NICU in 12 countries. Prediction of poor outcome (death, severe/moderate BPD, IVH, CPL and ROP) was used as a surrogate parameter to compare the scores. To compare predictive value the AUC for the ROC was calculated.

Results: Of 2150 eligible newborns, data on 1855 infants with a mean GA of $28\ 6/7 \pm 2\ 3/7$ weeks were analyzed. At 1 minute, the combined-Apgar was significantly better in predicting poor outcome than the specified- or expanded-Apgar alone. Of infants with a very low score at 5 or 10 minutes 81% or 100% had a poor outcome, respectively. In these infants the relative risk (RR) for perinatal mortality was 24.93 (13.16-47.20) and 31.34 (15.91-61.71), respectively.

Conclusion: The combined-Apgar allows a more appropriate description of infant's condition under conditions of modern neonatal care. It should be used as a tool for better comparison of group of infants and postnatal interventions.

Biography

Khaled El-Atawi has completed his Master and PhD degrees in Pediatrics from Ain Shams University. He also had Master degree in Healthcare Management from Royal College of Surgeon of Ireland. He is the Consultant Neonatologist and Clinical Quality Specialist in Latifa Hospital NICU, which is one of the largest tertiary units in the UAE. He is the Lecturer of Pediatric in DMCG and Pediatric Resident Supervisor in LH and a member of local and international societies and associations. He has published many papers and has been serving as an Editorial Board Member of many journals. His fields of interest are Neonatal Ventilation, Nutrition, Brain injury and protection.

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