

Virginia Apgar

by Guy Belleranti

Virginia Apgar earned her medical degree from Columbia University in 1933. Her goal was to establish herself as a surgeon.



She began as a surgical intern and resident for three years at Columbia Presbyterian Hospital. Then, the head of the surgical department advised her to enter the field of obstetrics during the depression era and saw that many other women fail trying to meet the same fate.

Struggling to secure additional training at Bellevue Hospital in New York.

Then, she returned to get Board Certification and became the first woman to perform surgery at Columbia University.

Dr. Apgar became the first female professor in the College of Physicians and Surgeons at Columbia University.

Dr. Apgar soon concentrated on obstetric anesthesiology. This is where she would make her biggest mark. She became passionate on the health and welfare of newborn infants. She pointed out that both mother and infant were patients. Since newborn deaths were highest in the first 24 hours after birth, she decided newborn conditions needed more careful monitoring.

Dr. Whipple had seen that she wanted to grant Virginia Apgar to

advice. She received training at Bellevue Hospital in

the second woman in the department of

Dr. Apgar became the

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To do this monitoring she developed the Newborn Scoring System. This system was a precursor to the Apgar score, a system that uses Dr Apgar's initials. The Apgar scoring system became the standard in hospitals throughout the world. It greatly improved infant survival rates.

Basically, the Apgar system evaluates the newborn infant using five observable signs. A is for Appearance or color. P is for Pulse or heart rate. G is for Grimace, the baby's reflexes and response to irritation. A is for Activity or movement of arms and legs. And R is for Respiration, is the baby breathing easily.

Dr. Apgar decided to check the baby again at five minutes after the first check when added together either the one minute score or five minutes score is needed.

Virginia Apgar's work led to the creation of the Virginia Apgar Foundation for Infant Health. Here, she concentrated on research and raising funds for related medical topics.

Dr. Apgar accomplished much in medicine. However, she also had other interests. She loved fishing and stamp collecting. And she had a great love for music. She was an accomplished cellist and violinist. She even built some of her own instruments.

Virginia Apgar died in 1974 at the age of 65. Twenty years later the U.S. Postal Service honored her with a stamp bearing her picture.

-Originally purchased by EdGate Total Reader in 2006 for use in a Lexile-based reading assessment program.

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one minute after birth and the best score. The scores for each sign and the total is under 5 at which point medical intervention is needed. A score of 10 with the Apgar score. Dr. Apgar lectured at the National Conference on the March of Dimes. She was a pioneer in the study of birth defects and traveled the world, lecturing on

Name : _____

Virginia Apgar

- 1) According to the writer which of the following is the most important among the various details mentioned in the text?
- a) Dr. Apgar's great efforts in the prevention of birth defects
 - b) Her path-breaking accomplishments in assessing the overall well-being of new-born infants
 - c) Her inspiring other women to surpass men and achieve great heights in the medical field
 - d) Dr. Apgar's setting an example for people by practicing a plethora of pastimes while being

- 2) With what interest was she involved in the field of anesthesia? _____'s interest towards

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- 3) Enumerate Virginia Apgar's contributions to the field of medicine.

Name : _____

Virginia Apgar

4) How does paragraph ten complement the overall structure of the text, despite containing little information about the core idea discussed in the article?

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5) Obstetrics is the midwifery. Find nearby hospital:

with childbirth and only practiced in your

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Virginia Apgar

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Dr. Alan urged

depression er

Dr. Whipple h

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3) Enumerate Virginia Apgar's contributions to the medical field.

In addition to

r scoring system,

Virginia Apgar made many diverse and noteworthy contributions to

medical science. She rose to become director of the division of congenital

defects at the National Foundation for Infantile Paralysis. This foundation

later became the March of Dimes. Here, she concentrated on educating the

public about the prevention of birth defects and raising funds for continued

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Name : _____

Virginia Apgar

research. She also traveled the world, lecturing on related medical topics.

4) How does paragraph ten complement the overall structure of the text, despite containing little information about the core idea discussed in the article?

Paragraph ten doesn't have any details about the medical achievements of

Virginia, and the paragraph is different in that it gives information to the

reader about

the part of the

who wouldn't

find ample time

message to check

personal interests

elaborate play on

well-rounded Apgar,

clock, but would

to serve to send a

to pursue their

5) Obstetrics is the midwifery. Find nearby hospital:

Answers may

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