

# Brief Resolved Unexplained Events

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**INQUIRE**



- Short-lived event?
- Younger than one year old?
- Resolved?
- Normal exam?



- At least one characteristic:
  - Pallor/cyanosis
  - Absent, decreased, or irregular breathing
  - Altered level of consciousness
  - Hypertonia or hypotonia



## IDENTIFY

### Low-Risk

### High-Risk

- Older than 60 days old
- More than 32 weeks gestation
- First episode
- Lasted for less than 1 minute
- No CPR by a trained professional
- Normal exam

- Younger than 60 days old
- Less than 32 weeks gestation
- Not the first episode
- Lasted for more than 1 minute
- CPR by a trained professional
- Irregular exam

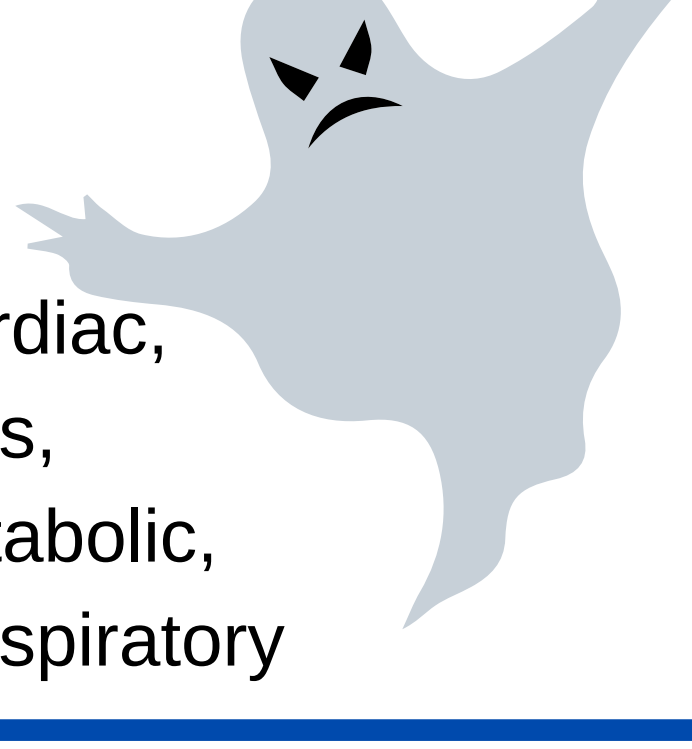
## FRIGHTENING EPISODES

### Common Causes

- GER, URI, Seizures

### Rare Causes

- Airway issues, Sepsis, Cardiac, NAT, Congenital anomalies, Drugs/toxins, GI, IEM, Metabolic, Endocrine, Neurologic, Respiratory



## INTERVENE

- Obtain a detailed history of before, during, and after the event; past and family history (especially cardiac and neurologic disorders); physical examination, labs, and imaging as indicated.
- Consider environmental and social factors and ALWAYS consider CHILD MALTREATMENT.

### High-Risk

- Work up as indicated

### Low-Risk

- EKG
- Observe and monitor in the ED
- Pertussis PCR
- DO NOT NEED:
  - CBC for anemia
  - Viral panel
  - Electrolytes
  - IEM (glucose, lactic acid, or bicarbonate)
  - Neuroimaging for NAT
  - CSF analysis
  - EEG
  - CXR
  - ECHO
  - Polysomnography
  - Discharge home on apnea monitors
  - Prescribe antiepileptic or acid suppression
  - Admission

## DISPOSITION

### Lower risk

- Focus on education
- Provide follow-up and support for caregivers
- Manage parental anxiety

### Higher risk

- Treat underlying condition or apparent cause
- Admit for inpatient observation



For higher-risk events, admit for cardiorespiratory monitoring.

When educating caregivers, emphasize that BRUE does not imply SIDS risk, discourage home monitors, encourage sleep hygiene, show basic CPR, and provide psychosocial support.

# PEM NUGGETS

- DO NOT use the term ALTE (Apparent Life-Threatening Event). It is nonspecific and reinforces parental anxiety.



- BRUE describes an event, not an entity itself, and it is UNEXPLAINED by definition.
- If you discover an explanation for the event, it is not BRUE.