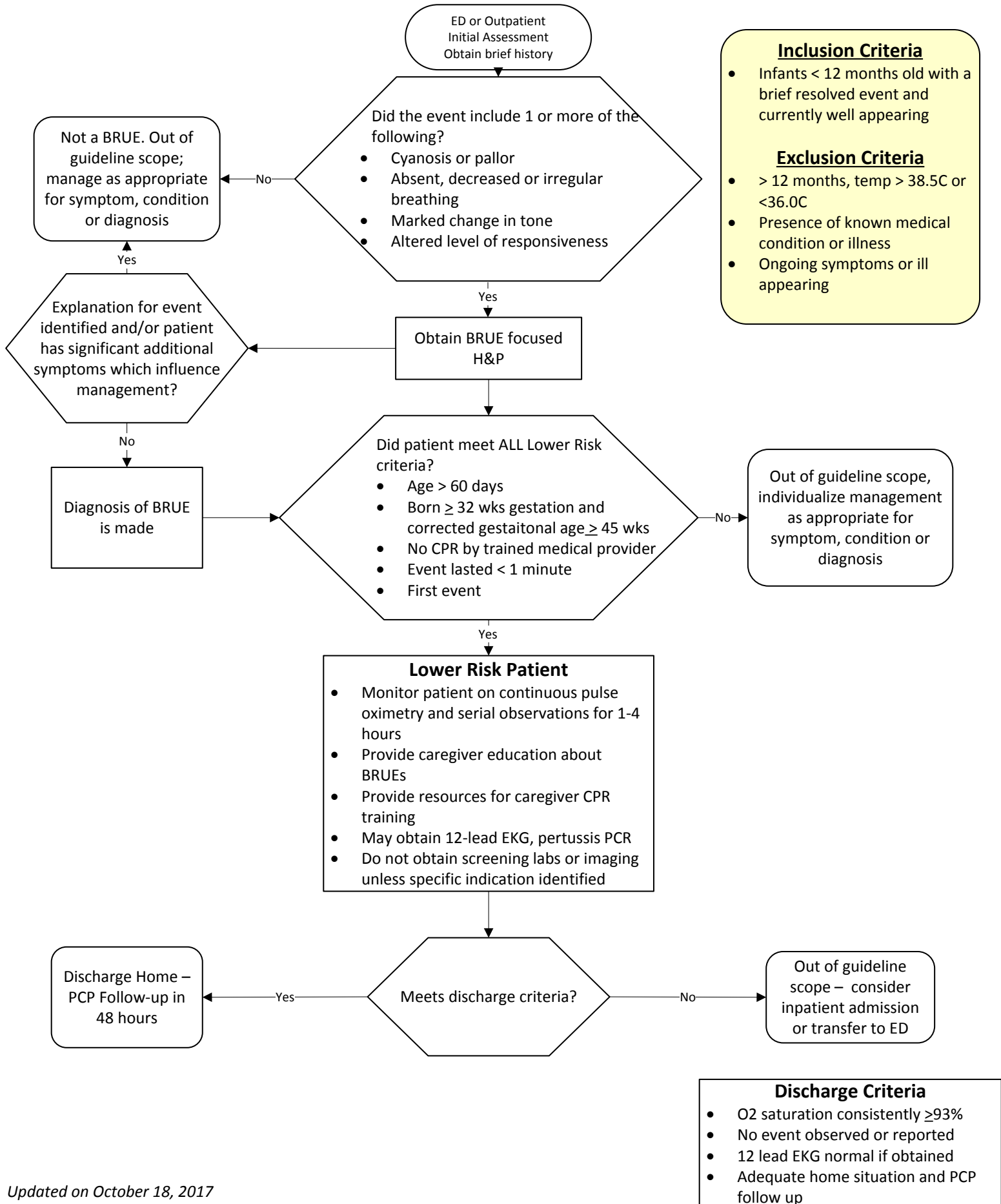


Brief Resolved Unexplained Event (BRUE) Care Guideline for Lower-Risk Infants Emergency Department and Outpatient Care



Brief Resolved Unexplained Event Care Guideline

Emergency Department and Outpatient Care

Patient factors that determine a lower risk:

- Age > 60 days
- Prematurity: GA \geq 32 weeks and postconceptional age \geq 45 weeks
- First BRUE (no previous BRUE ever and not occurring in clusters)
- Duration of event < 1 minute
- No CPR required by trained medical provider
- No concerning historical features
- No concerning physical examination findings

Higher risk: concerns identified from history or PE (e.g. FH of sudden cardiac death or subtle, non-diagnostic social, feeding or respiratory problems).

Infants who have experienced a BRUE who do not qualify as lower risk are, by definition, at **higher risk**.

Management recommendations for lower risk BRUE (American Academy of Pediatrics. (2016, May). Brief Resolved Unexplained Events and Evaluation of Lower-Risk Infants)

Should

- Educate about BRUE, Offer resources for CPR training

May

- Obtain pertussis testing and 12 lead ECG
- Briefly monitor patients (1-4 hours) with continuous SPO2 and serial observations

Should Not

- Obtain WBC, BC, or CSF analysis/culture, CMP, ABG/CBG, ammonia, UOA, Plasma AA/acylcarnitine, CXR, EEG, GERD studies, or evaluation of anemia
- Initiate home cardio-respiratory monitoring
- Prescribe acid suppression therapy or anti-epileptic medication

Need Not

- Obtain VRP, UA, BG, HCO₃, or Lactic Acid
- Neuroimaging
- Admit the patient to the hospital solely for cardiorespiratory monitoring

Consider inpatient admission with one or more of the following:

Episode requiring intense stimulation (resuscitation)

Physical exam identifies abnormality requiring inpatient care (hypoxemia, infection)

History of multiple BRUEs (more than one in the past 24 hours)

*Age - \leq 30 days

*Preterm birth <37 weeks GA

*Inadequate home environment

(Milliman Inpatient Care Guidelines, 20th Edition)

Brief Resolved Unexplained Event

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