

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



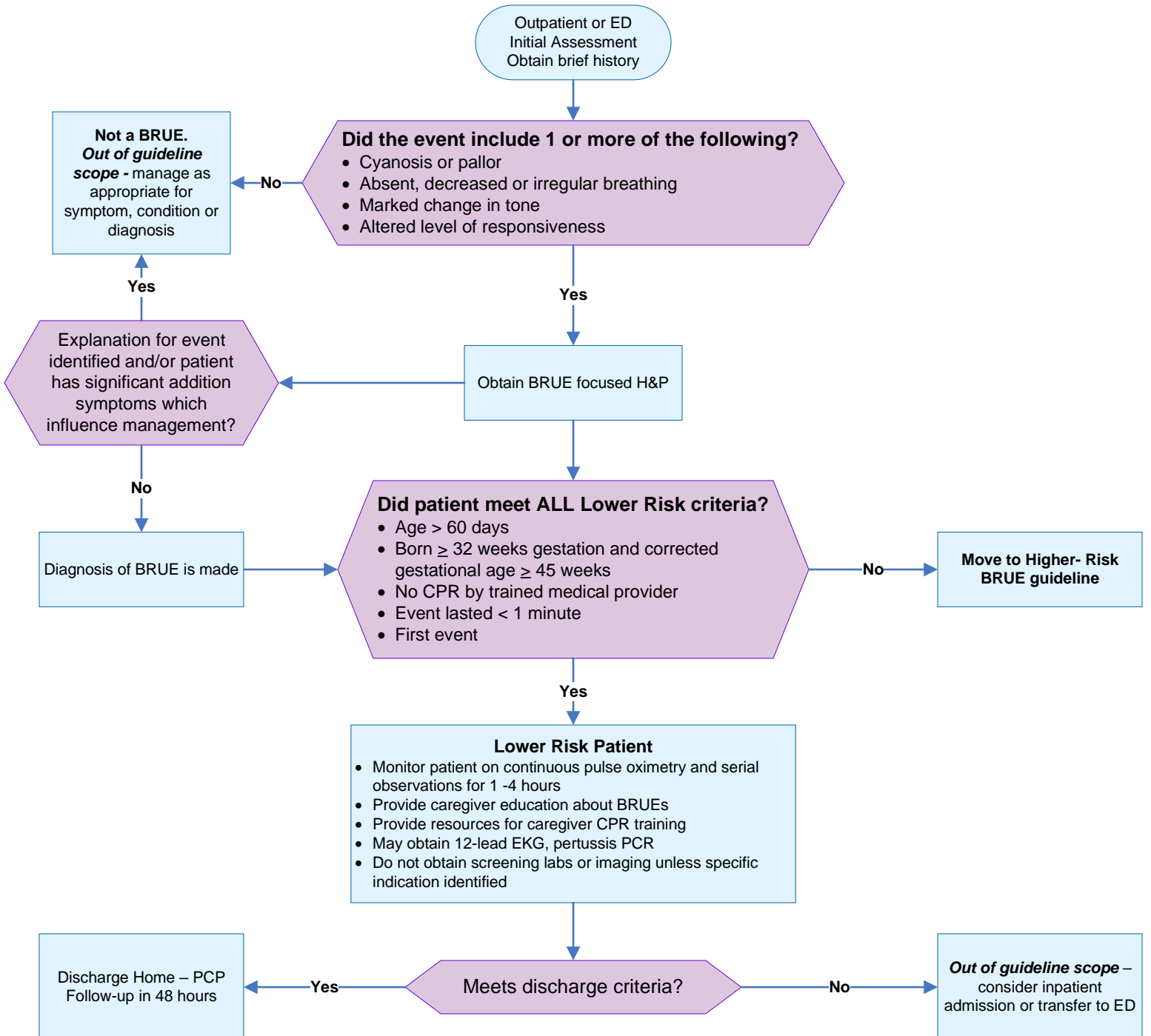
Inclusion Criteria

Infants < 12 months old with a brief resolved event and currently well appearing

Exclusion Criteria

- > 12 months, temp >38.5°C or <36°C
- Presence of known medical condition or illness
- Ongoing symptoms or ill appearing

Outpatient or ED
Initial Assessment
Obtain brief history



- ### Discharge Criteria
- O2 saturation consistently >93%
 - No event observed or reported
 - 12 lead EKG normal if obtained
 - Adequate home situation and PCP follow up

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Patient factors that determine a lower risk:

- Age > 60 days
- Prematurity: GA > 32 weeks and postconceptional age > 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)

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Brief, Resolved, Unexplained Event

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