

Pediatric Brief Resolved Unexplained Event (BRUE)

History

- Recent trauma, infection (e.g., fever, cough)
- GERD
- Congenital heart disease
- Seizures
- Medications

Signs and Symptoms

- Brief decrease/change in mentation
- Brief period of cyanosis or pallor
- Brief absence, decrease or irregular respirations
- Brief marked change in muscle tone
- Brief altered responsiveness

Differential

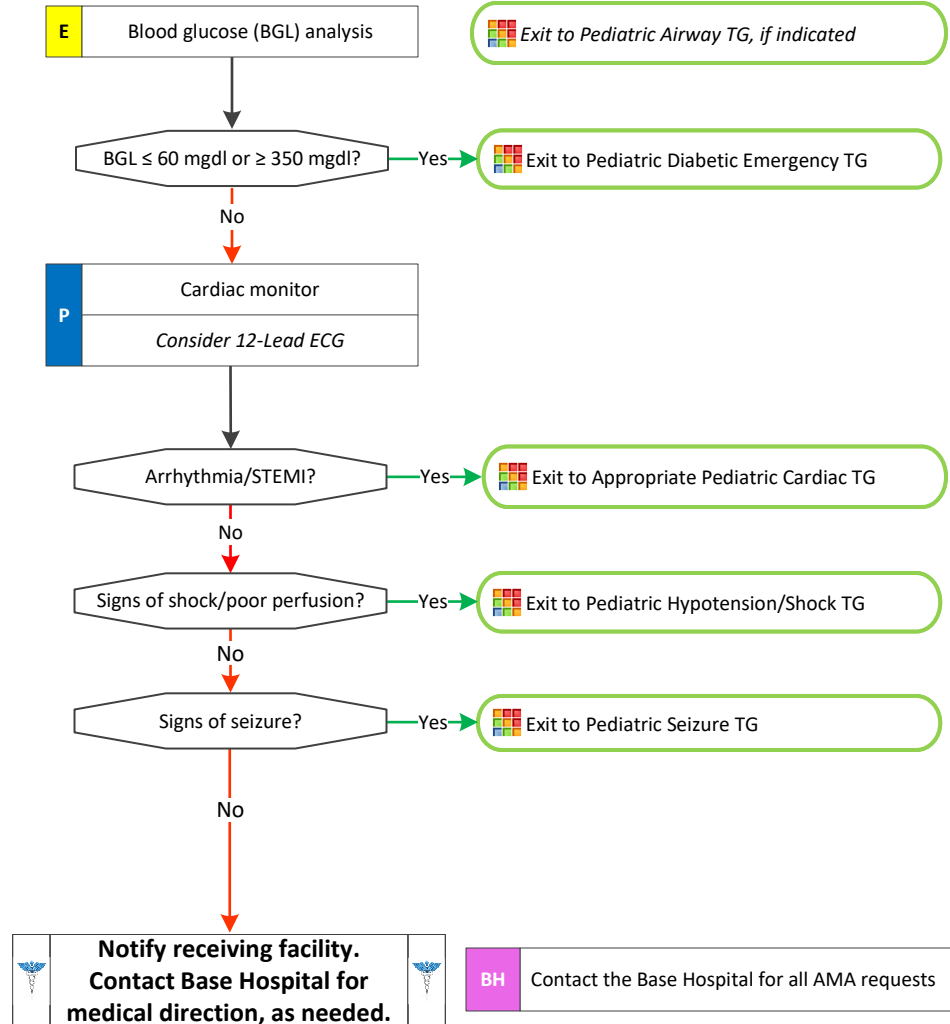
- GERD
- Pertussis
- Respiratory infection
- Seizure
- Infection
- Abuse

BRUE Definition

An infant ≤ 1 year who experienced an episode frightening to the observer that is characterized by:

- cyanosis or pallor
- absent, decreased, or irregular breathing
- choking or gagging
- change in muscle tone
- altered level of consciousness

Patients experiencing a BRUE should be transported to an appropriate hospital for further evaluation



Pearls

- BRUE was previously known as Apparent Life Threatening Event (ALTE).
- BRUE is formally diagnosed in the ED only when there is no explanation for a qualifying event after a physician conducts an appropriate history and physical examination.
- Always consider non-accidental trauma in any infant who presents with BRUE.
- It is important to document sleeping position as parent co-sleeping is associated with infant deaths.

