



**Brief Resolved Unexplained Event (BRUE)**

Approval: Troy M. Falck, MD – Medical Director

Effective: 06/01/2017

Approval: Victoria Pinette – Executive Director

Next Review: 03/2020

- **Brief resolved unexplained event (BRUE) is an event occurring in an infant younger than one year of age when the observer reports a sudden, brief (lasting <1 minute but typically <20-30 seconds), and now resolved episode (patient returned to baseline state of health after the event) of any of the following:**
  - Cyanosis or pallor
  - Absent, decreased, or irregular breathing
  - Marked change in tone (hyper- or hypotonia)
  - Altered level of responsiveness
- **BRUE should be suspected when there is no explanation for a qualifying event after conducting an appropriate history and physical examination**
- **All infants ≤ 1 year of age with possible BRUE should be transported by EMS – if parent/guardian refuses EMS treatment and/or transport, base/modified base hospital consultation is required prior to release**
- **EMS personnel shall make every effort to obtain the contact information of the person who witnessed the event – this contact information shall be provided to the receiving hospital upon patient delivery**

**BLS**

- Determine severity, nature and duration of episode:
  - Was child awake or sleeping at time of episode?
  - What resuscitative measures were taken?
- Obtain a complete medical history including:
  - Known chronic diseases
  - Evidence of seizure activity
  - Current or recent infection
  - Recent trauma
  - Medication history
  - Unusual sleeping or feeding patterns
  - Known gastroesophageal reflux or feeding problems
- Assume history given is accurate
- Perform a comprehensive physical assessment including:
  - General appearance
  - Skin color
  - Evidence of trauma
  - Extent of interaction with the environment
- Assess V/S including SpO2
- Treat any identifiable causes as indicated

**ALS**

- Cardiac monitor
- Check blood glucose level (BG) if hypoglycemia suspected

