

How to care for your child with Brief Resolved Unexplained Event (BRUE)

This leaflet will provide you with information about BRUE, causes, symptoms, diagnosis, treatment and home care advices.



What is Brief Resolved Unexplained Event (BRUE)?

A BRUE occurs in children under 1 year old and involves one or more of the following sudden changes that happened less than 1 minute and resolved on their own, with the child back to their normal state.:

- Change in level of responsiveness: the child seems less alert or less responsive
- Colour change: The child's face and body turn blue, pale, or loses of colour
- Change in muscle tone: the baby's muscles become floppy most common, or stiff.
- Abnormal breathing: No breathing, decreased breathing, or irregular breathing.

No medical cause is found after your doctor has examined your child.

What are the symptoms of BRUE?

Your child should have had at least one of the following:

- Very floppy or very stiff muscles
- Extreme tiredness or drowsiness
- Blue colour on the face, gums, or body
- Pale or lost colour in the face or body
- Stopped breathing
- Irregular breathing

How is BRUE diagnosed?

Your child's doctor will ask you to give a detailed account of the event and examine your child. They will then decide if there is a need to do some further tests.

How is BRUE treated?

If the event was brief and your child has now returned to their usual state, they likely will not be admitted to the hospital.

Events that may indicate the need to keep your child for further observation or tests include:

- o The child appears ill
- o The event occurred multiple times
- o Child abuse is suspected
- o The episode lasted for a long time
- o The description of the event or other associated symptom(s) suggest a more serious cause

Home Care Advice

- Feed the baby in an upright position
- Avoid overfeeding
- Place the baby on their back with face up when they sleep or take a nap
- Avoid soft or loose beddings
- Do not expose your baby to smoking
- If the baby has a congested or blocked nose, use saline drops through the nose to clear the mucus.

When should you seek medical advice?

- If the event occurs again
- If you suspect your child is being abused