

Brief Resolved Unexplained Event

Information for Parents and Carers

What is a brief resolved unexplained event?

When a **brief resolved unexplained event** (or BRUE for short) occurs, babies may seem to stop breathing, their skin colour may change to pale or blue, their muscles may relax or tighten, or they may seem to pass out. After a brief period of time, they recover (with or without any medical help) and are soon back to normal.

A brief resolved unexplained event occurs suddenly and can be scary for parents and caregivers. A BRUE is a name for the event given after your baby's doctor or health care professional has examined your baby and determined that there was no known concerning cause for the event.

Although we can never say that a baby who has had a brief resolved unexplained event is at no risk for future problems, we can say that babies are at lower risk if

- They are older than 60 days.
- They were born on time (not premature).
- The brief resolved unexplained event lasted less than 1 minute.
- This was their only such event.

Q: Why did my baby have this event?

A: Your baby's doctor was unable to find a cause based on the results of your baby's examination and cannot tell you why this event happened.

Q: Should my baby stay in the hospital?

A: Your baby has had a suitable period of observation and monitoring in hospital. Your baby may also have had some tests, although these are not required for all babies. The hospital will only discharge your baby home when felt safe to do so.

Q: Does having a brief resolved unexplained event increase my baby's risk for sudden infant death syndrome (SIDS)?

A: No—though the causes of SIDS are not known, events like these do not increase the risk of SIDS. It is important to create a safe home and sleeping environment for all babies. Further information is available from the Scottish Cot Death Trust at <http://www.scottishcotdeathtrust.org/>.

Q: What should I do if it happens again?

A: If you are worried that this new event is life threatening, call 999. Otherwise, contact your GP or out of hours, call NHS 24 for advice on 111. Follow up in the Paediatric Outpatient Clinic may be suggested for some babies.

Q: Does my baby need extra care after having a brief resolved unexplained event?

A: No special care is needed. Continue to love and care for your baby as you normally do. Contact your GP if you have ongoing concerns or your baby develops any other problems.

An important reminder for parents and caregivers of healthy infants

Though your baby is not more likely to need it, it is a good idea for everyone who cares for an infant to learn CPR. If you know CPR, you may also use it one day to help someone else in need. Information is available from Bliss at <http://www.bliss.org.uk/resuscitation-video>.

Adapted from advice from the American Academy of Pediatrics.