

Patient Information Leaflet for Brief Resolved Unexplained Event (BRUE)

You have been given this leaflet to provide you with information on BRUE. Please read and feel free to ask any questions before discharge.

What is a brief resolved unexplained event?

A Brief Resolved Unexplained Event (or BRUE for short) occurs suddenly and can be scary for parents and caregivers. A BRUE is a diagnosis made 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.

When a BRUE occurs, babies (under the age of one year) 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 and are soon back to normal.

Frequently asked questions after a brief resolved unexplained event

Q: Why did my baby have this event?

A: Your baby's doctor or health care professional was unable to find a cause based on the results of your baby's examination and cannot tell you why this event happened. There is a very low risk, based on the medical assessment of there being any serious underlying medical condition. Whilst 'low risk' doesn't equal 'no risk,' your doctor or health care professional is satisfied that it is extremely unlikely that there is any serious underlying cause.

Q: Should my baby stay in hospital?

A: Babies who are felt to be at low risk by their doctor or health care professional do not need to stay in hospital. The doctor that assesses **may** observe the baby for a number of hours and **may** decide to do further testing on a case-by-case basis. Low risk babies are safe to go home.

Q: Does having a BRUE 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. For all babies, it is important to create a safe home and sleeping environment. Your baby should not be exposed to smoky environments. Visit [How to reduce the risk of SIDS for your baby - The Lullaby Trust](#) to learn more about how to create a safe sleeping environment for your baby.

Q: What should I do if it happens again?

A: Please call 999 if your baby has a similar episode that lasts more than a minute or if they have a similar episode and don't go completely back to normal straight afterwards. If your child is over a year old, it is not a BRUE and you should seek medical attention. Please seek medical attention if your child is otherwise unwell.

Q: Does my baby need extra care after having a BRUE? Is my baby more delicate or weak?

A: No special care is needed. Continue to love and care for your baby as you normally do.

A few important reminders 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 Cardiopulmonary Resuscitation (CPR). If you know CPR, you may also use it one day to help someone else in need. For classes near you, contact your child's GP, or the following charities also run first aid classes).
- British Red Cross – run a specific baby and child first aid course for members of the public.
- British Heart Foundation
- Royal Life Saving Society UK
- St John Ambulance

Q: What if I have questions, would like further information after discharge?

A: Please contact your Health Visitor for more information should you require it.

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The information contained in this publication should not be used as a substitute for the medical care and advice of your doctor or health care provider. There may be variations in treatment that your doctor or health care provider may recommend based on individual facts and circumstances.

We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital. Please visit: <http://ratenhs.uk/IQu9vx> Or scan QR code:

