



ORANGE COUNTY EMERGENCY MEDICAL SERVICES  
BASE HOSPITAL TREATMENT GUIDELINES

#: BH-P-005  
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**BRIEF RESOLVED UNEXPLAINED EVENT (BRUE/ALTE) – PEDIATRIC**

**BASE GUIDELINES**

Brief Resolved Unexplained Event (BRUE/ALTE) is defined as an episode that occurs in a child 3 years-old and younger that is frightening to the observer and is characterized by a combination of:

- Apnea (central or obstructive)
- Color change (cyanosis, pallor, erythema)
- Marked change in muscle tone
- Unexplained choking or gagging

CONDITIONS RESPONSIBLE FOR ALTE:

A wide variety of illnesses and etiologies are associated with an ALTE episode.

These include:

- |                             |                               |
|-----------------------------|-------------------------------|
| Airway disease              | Cardiac arrhythmias/anomalies |
| Child abuse                 | Gastroesophageal reflex       |
| Infantile botulism          | Infections                    |
| Inborn errors of metabolism | Intracranial hemorrhage       |
| Meningitis                  | "Near-miss" SIDS              |
| Pertussis (whooping cough)  | Respiratory syncytial virus   |
| Seizure                     | Sepsis                        |

1. Assure upper airway is open and assess ventilation:
  - ▶ Assist ventilation with bag-valve-mask as necessary, avoid hyperventilation.
  - ▶ If ventilation effort adequate, provide blow-by oxygen as tolerated
2. When possible, leave child in caretaker's arms in position of comfort
3. Cardiac Monitor and document rhythm
4. Transport to CCERC:
  - ALS escort
  - Contacting base hospital or CCERC (preferred) is required

**ALS STANDING ORDER**

**No ALS Standing Orders exist for this condition. Therefore, base hospital/CCERC (pediatric base preferred) contact is required per OCEMS Policy #310.00.**

Approved:

Reviewed: 10/2017; 01/2019; 9/2019  
Final Date for Implementation: 4/1/2020  
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