



Apparent Life-Threatening Events & Sudden Infant Death Syndrome

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Apparent Life-Threatening Events

- Established in 1986
- “An episode that is frightening to the observer”
- Definition
 - Apnea (usually central)
 - Color change (usually to blue or pale)
 - Change in muscle tone (limpness)
 - Chocking or gagging

National Institutes of Health. Consensus development conference on infantile apnea and home monitoring. Pediatrics 1987;79:292–9.

Apparent Life-Threatening Events

- **Apnea of infancy (AOI)**
 - “An unexplained episode of cessation of breathing for 20 seconds or longer, or a shorter respiratory pause associated with bradycardia, cyanosis, pallor, and/or marked hypotonia.”
- This term is a type of ALTE

Epidemiology

- The true prevalence are unknown
- One large prospective study from western Austria from 1993–2001, found an
- incidence of 2.4 per 1000 live births
- The average age is approximately 8 wks
- Equally among boys and girls

History

- Ideally from the caretaker who observed the event
- Open-ended question (R/O shallow breathing, short episodes of central apnea lasting < 15 sec and periodic breathing)
- Central apnea or obstructive