



# **Apparent Life-Threatening Events & Sudden Infant Death Syndrome**

**Korakot Thongkum, MD.**  
**Pediatric respiratory fellow**  
**Ramathibodi hospital**

# 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