

## Paroxysmal event (episode of loss of consciousness, blank staring or other brief unusual behaviour)

### History

- **Before** (trigger, concurrent illness, behaviour change, cessation in activity)
- **During** (collapse, colour change, altered consciousness, body stiff or floppy, limb movements)
- **After** (sleepy, unusual behaviour, unsteady, limb weakness)
- Can child be distracted at any point?
- Does the event occur during exercise?
- Birth and developmental history
- Family history of similar events, epilepsy or sudden cardiac death

### Examination

- Neurological examination including gait (observe for any asymmetry, observe eye movements, look for a new squint)
- Cardiac examination including blood pressure (especially if event associated with exercise/colour change)

### Investigations

- Ask parents to video events and keep detailed, descriptive diary (day, time, event -before, during & after)
- ECG

### Red Flags

- New onset <2 years
- Abnormal cardiac examination or ECG findings
- Abnormal neurological examination findings
- Symptoms of raised intracranial pressure (blurred/double vision, headache at night or on waking, persistent nausea/vomiting)
- Signs of sepsis/meningitis
- Persistent acute confusion
- Developmental delay or regression

Diagnostic uncertainty or possible new epilepsy diagnosis?

## GREEN

### No referral required

The following are examples of benign paroxysmal episodes that do not require a referral to paediatrics if the diagnosis is secure.

- Breath holding attacks
- Simple faint
- Reflex anoxic seizures (document a normal ECG)
- Sleep myoclonus
- Night terrors

Manage locally with appropriate advice sheet safety net advice

Useful Links:

ILAE: <https://www.epilepsydiagnosis.org/epilepsy-imitators.html>

STARS: <http://www.heartrhythmalliance.org/stars/uk>

## AMBER

### Outpatient clinic referral

- Give first aid and safety advice
- Ask parents to video event and keep detailed diary as above
- Refer to First fit Clinic as outpatient

## RED

### Urgent same day referral

Refer to paediatrics to be seen same day