

## Single episode of loss of consciousness, blank staring or other brief unusual behaviour

### History

- Birth and developmental history
- Family history of similar events, epilepsy, sudden cardiac death
- Event History:

#### Before:

- Triggers (for example, exercise)
- 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

### 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, history of 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
- [Possible infantile spasms](#)



## GREEN

The following can be managed in primary care. Consider routine paediatric referral if diagnostic uncertainty.

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

Manage locally with appropriate written and verbal safety net advice

Useful Links:

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

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

## AMBER

Diagnostic uncertainty or possible new epilepsy diagnosis

- Refer to Paediatric First Fit Clinic as outpatient if possible seizure
- Provide written and verbal advice, see our page on [seizures](#) (which includes first aid advice) and [RCPCH information leaflet for parents](#) following a first seizure
- Refer to Paediatric outpatients if concerned or diagnostic uncertainty

## RED

Urgent same day referral

Refer to paediatrics to be seen same day