

Apnoea Monitors

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Functional Sub group Clinical/ Patient Services - Baby and child

Summary Use of apnoea monitors in preventing Sudden Infant Death Syndrome (SIDS).

Replaces Doc. No. Apnoea Monitors [GL2005_040]

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Applies to Area Health Services/Chief Executive Governed Statutory Health Corporation, Board Governed Statutory Health Corporations, Affiliated Health Organisations - Non Declared, Community Health Centres, Public Hospitals

Audience Clinical staff involved in the care of babies.

Distributed to Public Health System, Community Health Centres, Divisions of General Practice, Health Professional Associations and Related Organisations, NSW Department of Health, Public Hospitals, Private Hospitals and Day Procedure Centres

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Status Active

APNOEA MONITORS

This Guideline supersedes Guideline GL2005_040.

There is no objective scientific evidence that home apnoea monitoring devices are of any value in preventing Sudden Infant Death Syndrome.¹ It is acknowledged that there is considerable community anxiety about Sudden Infant Death Syndrome and that home monitoring devices are available to the general public. It should be noted that there is no indication for apnoea monitoring for the general population.

It is recommended that only infants deemed to have had serious apnoea by a specialist paediatrician should be placed on apnoea monitoring and this should be accompanied by appropriate advice, training and support for parents.

It is recommended that apnoea monitoring devices are only used in the following context:

- a) Adequate counselling before and during home monitoring by appropriately trained personnel;
- b) Adequate training in the use of monitor and resuscitation techniques;
- c) Continuous availability of medical, technical and emotional support services.

These aims may be most readily achieved if the management of an infant undergoing home monitoring is supervised by a hospital or other facility with appropriate specialised staff, including paediatricians and social workers.

¹ Ramathan R, Corwin MJ, Hunt CE et al. Cardiorespiratory events recorded on home monitors: comparison of healthy infants with those at increased risk for SIDS. *JAMA* 2001; 285: 2199-2207.
Jobe AH. (Editorial) What do home Monitors Contribute to the SIDS problem? *JAMA* 2001; 285: 2244-2245.