



CLINICAL GUIDELINE	
Apnoea	
<b>Scope (Staff):</b>	Nursing and Medical Staff
<b>Scope (Area):</b>	NETS WA
<p align="center"><b>Child Safe Organisation Statement of Commitment</b></p> <p>CAHS commits to being a child safe organisation by applying the National Principles for Child Safe Organisations. This is a commitment to a strong culture supported by robust policies and procedures to reduce the likelihood of harm to children and young people.</p>	
<p align="center"><b>This document should be read in conjunction with this <a href="#">DISCLAIMER</a></b></p>	

Definition: Absence of breathing for  $\geq 20$  seconds. Apnoea is especially relevant when accompanied by cyanosis / bradycardia.

### Aetiology


- Sepsis (both bacterial and viral - always consider HSV infection).
- Central nervous system disorders (e.g. asphyxia, seizures, HIE).
- Cardiovascular system disorder (PDA, CCF).
- Temperature (hypo/hyperthermia).
- Gastro-oesophageal reflux.
- Metabolic disorder.
- Sign of withdrawals from maternal drugs (e.g. narcotics)/ antenatal opiates.
- Apnoea of prematurity (refer to Neonatology guideline [Apnoea of Prematurity](#)).
- Post general anaesthesia.
- Airway obstruction (refer to [Special Airway Considerations](#) guideline).
- Alprostadil

### Management

- Respiratory support (O<sub>2</sub> / CPAP / [Intubation and Ventilation](#)) as required.
- Consider loading dose of [Caffeine](#).
- Maintain normothermia.
- Consider septic screen and antibiotics / antivirals.
- Consider loading dose of [Phenobarbitone](#) if there is any suspicion of seizures (refer to Neonatology guideline [Seizures](#)).

Related CAHS internal policies, procedures and guidelines
<p>Neonatology Guidelines</p> <ul style="list-style-type: none"> <li>• <a href="#">Apnoea of Prematurity</a></li> <li>• <a href="#">Seizures: Neonatal</a></li> </ul> <p>Neonatology Medication Protocols</p> <ul style="list-style-type: none"> <li>• <a href="#">Caffeine</a></li> <li>• <a href="#">Phenobarbitone</a></li> </ul> <p>NETS WA Guidelines</p> <ul style="list-style-type: none"> <li>• <a href="#">Intubation and Ventilation</a></li> <li>• <a href="#">Special Airway Considerations</a></li> </ul>

This document can be made available in alternative formats on request for a person with a disability.

Document Owner:	Neonatology		
Reviewer / Team:	NETS WA		
Date First Issued:	August 2009	Last Reviewed:	16 <sup>th</sup> February 2021
Amendment Dates:		Next Review Date:	16 <sup>th</sup> February 2024
Approved by:	Neonatal Coordinating Group	Date:	23 <sup>rd</sup> March 2021
Endorsed by:	Neonatal Coordinating Group		
Standards Applicable:	NSQHS Standards:  Child Safe Standards: 1,10		

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