

Breath holding spells: Clinical history assessment

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Objective: Breath holding spells (BHS) is a common case in children aged 5 months to 6 years, and often misinterpreted with epileptic seizures. We made clinical and epidemiological assessment for BHS. We documented the relation between sex, age, familial history and the episodes nature blue, pale or mixed.

Materials & Methods: It was a cross-sectional study in which a total of 75 children (30 boys, 45 girls) with BHS, admitted to our center (Nour Institute of Pediatric neurology: NIPN), between 2014 and 2016. We took full medical history and did the investigations to eliminate the differential diagnosis.

Results: Most patients were 7-24 month, we noticed parental consanguinity in 87% of cases, and familial history in 56%. The spells were cyanotic 70%. Anger and pain were the more frequent risk factors (64%, 60%). Anemia found in 58% of patient. Half of the patients have socioeconomic problems. Most of them was with a family history (66%).

Conclusion: The study mentioned the types of spells, the risk factors and the important role of anemia.

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