



**Advice Note: Reflex anoxic seizures**

Dear GP,

Thank you for your note / referral regarding this child with episodes of collapse following a painful stimulus. Breath holding attacks or reflex anoxic seizures are very common in children. These episodes consist of: initial crying from pain, then becoming pale and sweaty, followed by becoming unresponsive for a few seconds with a few tonic clonic movements, followed by recovery.

They are a vaso vagal phenomenon and are benign in nature.

The only investigations we would recommend are:

- an ECG
  - to exclude an inherited cardiac arrhythmia such as “Long QT syndrome”
  - (also check that there is no family history of Inherited Cardiac Arrhythmia)
- FBC and iron studies
  - Iron deficiency has been associated with breath holding attacks

You can refer to the HVDHB cardiology service for paediatric ECG and reporting if needed.

Kind regards,

*Hutt Paediatric Team*