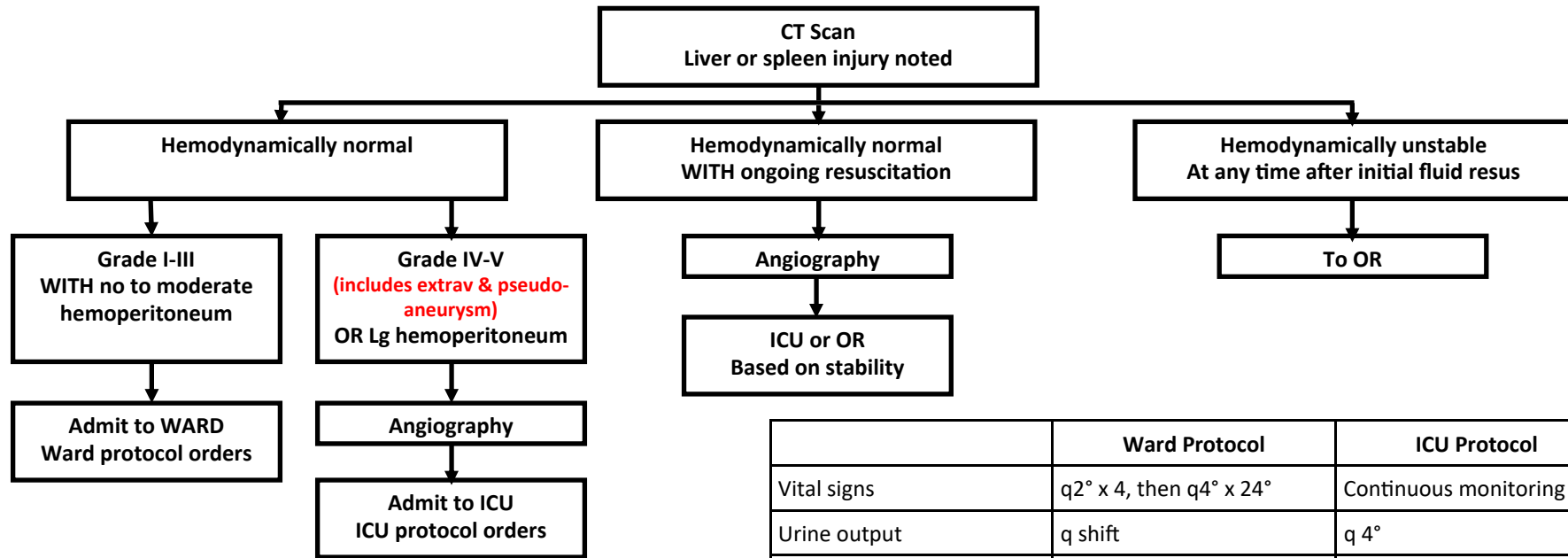


The Trauma Professional's Blog

Clinical Practice Guideline Blunt Liver And Spleen Injury - Adult



Notes:

- No NPO
- No activity restriction
- No serial Hgb
- No repeat CT scan

Discharge Instructions

Activity:

- Nonvigorous, normal activity weeks 0-6
- Vigorous activity weeks 7-12
- High impact activity / sports after 12 weeks

Expect mild increase in abdominal pain 7-10 days after injury.
Should return to baseline after 1-2 days.

Call if:

- New, unrelenting pain
- Frequent light-headedness
- Persistent pain after 2 weeks

	Ward Protocol	ICU Protocol
Vital signs	q2° x 4, then q4° x 24°	Continuous monitoring
Urine output	q shift	q 4°
IV access	16 Ga or better	16Ga or better
IV fluid	Maintenance rate	Maintenance rate
Diet	Regular	Regular
Lab	Hgb on admission, and following day	Hgb on admission, 8 hrs after admission, then daily only at physician discretion
Abdominal exam	q4° x 3, and prior to discharge	q4°
Activity	Up ad lib	Up ad lib
Thresholds	Call MD for SBP<90, HR>120, significant change in abdominal exam	Call MD for SBP<90, HR>120, significant change in abdominal exam
Discharge criteria	To home: Hemodynamically normal x36°, no change in abdominal exam x36°	To ward: Normotensive with no tachycardia x24°, average fluid requirements