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AN AUDIT OF HEAD TRAUMA CARE AND MORTALITY
Ashad A. Siddiqui, Hasnain Zafar* and Saad H. Bashir

ABSTRACT
Objective: To analyze the factors contributing to deaths from head trauma by using standardized assessment parameters and to provide a peer-review of head injury deaths with focus on identifying deficiencies and analyzing contributory factors.

Design: Descriptive study.
Place and Duration of Study: The study was carried out at the Emergency, Aga Khan University Hospital during January 1998 to December 1999.

Subjects and Method: One hundred and three patients above the age of 15 years presenting alive to the Aga Khan University Hospital (AKUH) emergency with head injury were included in this study. Identifiable deaths data was reviewed by the Hospital Trauma Peer Review Committee and consensus arrived at for categorization of deaths. The potential deficiencies in care were identified and final recommendations made. The data was computed on CDC Trauma Registry (V 3.0) and SPSS (V 8.0).

Results: Mean age was 31.9 years (n=103) with predominant male population (4:1). Severe head injury (GCS≤8 accounted for 21.3% (n=22) of all cases with a total number of deaths being 12.6% (n=13). Deaths were categorized preventable in 3 cases with non-preventable and potentially preventable in 4 and 6 cases respectively. Road traffic accidents were the predominant mechanism (n=8) in all deaths (n=13). The time interval in relation to mortality was biphasic, most deaths occurring either within 24 hours or between 3-7 days of injury. Inappropriate pre-hospital treatment, pre-hospital delays and inappropriate mode of transportation without inter-hospital communication were the process-related defects in pre-hospital care with major determinant of deaths outside AKUH (n=5). Prolonged emergency stay, delayed intensive care availability were the process-related deficiencies whereas inappropriate initial resuscitation, inappropriate initial head injury management were provider-related deficiencies in in-hospital care.

Conclusion: Transfer of inappropriately managed patients, lapses in inter-hospital communications, delayed transfers were identified as the major pre-hospital factors whereas lack of ICU beds, portable ventilators in emergency room, delays in CT scan facilities were the deficiencies in the hospital services. Opportunities for improvement in head trauma care are needed to focus on initial resuscitation and appropriate surgical management.


INTRODUCTION
Pakistan with a population of 135 million is one of the ten most densely populated countries in the world. Head trauma is acknowledged as the leading cause of death and disability affecting the group of population in its most productive years of life. The second and third decades of life are the most adventurous age group carrying higher risk of head injury in the United States. It not only brings down the level of physical and mental health of community, especially among the younger age groups, but is also a cause of increased socioeconomic burden on society.

The estimated annual rate of head injury in United States is 200 per 100,000 with a mortality rate of 13-14 per 100,000 whereas the calculated annual rate of head injury patients in Pakistan is 81 per 100,000 with a mortality rate of 15 percent. In United States, head injury occurs every 15 seconds, and a patient dies of head injury every 12 minutes. Similarly, approximately 50% of all trauma deaths are associated with head injury, and more than 60% of vehicular trauma deaths are due to head trauma. Epidemiological data on deaths due to head injury in Pakistan is scarce. The focus of this study was to evaluate the head trauma care with a peer review of the head injury deaths using standardized assessment parameters in a university teaching hospital.

PATIENTS AND METHODS
Data of 103 head injury patients were retrieved from the Hospital Trauma Registry over a period of two years. It included all the patients of age 15 years and above, having head injury (both isolated and with poly-trauma) presenting alive and included emergency room deaths. Pediatric head injuries (≤14 years) including patients reaching dead on arrival in emergency room were excluded. Variables were documented on a pre-designed trauma form on the arrival of patient. Data of the head injury deaths using standardized assessment parameters in a university teaching hospital.

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Definitive treatment data comprising of the details of operative intervention, diagnostic procedures, and intensive care stay till discharge death and time to definitive treatment, were recorded. Time to definitive treatment was calculated in all the patients, as the sum of the time from injury to presentation at the emergency room of the Aga Khan University Hospital and time to definitive care from presentation in emergency room.

The data was subjected to a peer review. For this purpose, a standard narrative summary of each head trauma death was prepared and circulated to the members of a peer review committee consisting of neurosurgeon, trauma surgeon, general surgeon, orthopedic surgeon, accident and emergency physician and anesthetist. Each member was provided with standardized guidelines for categorization of deaths (Table I). The committee was kept blind to both the identity of patient and the attending physician. Each member reviewed all the deaths and made a judgment based on his clinical experience and objective data categorizing each death as preventable, potentially preventable and non-preventable. Finally each death was discussed in a combined meeting of trauma peer review committee to arrive at a final consensual decision regarding the classification of each death. Potential deficiencies were identified and recommendations for improvement were proposed. Data was computed and analyzed on SPSS (Version-8) software.

RESULTS

The mean age of the patients was 31.97 (15-75) years with preponderance of male population in a ratio of 4:1. About 1/3 (21.3%) of the patients had severe head injury along with 16 patients (15.1%) with moderate head injury and 65 patients (63.1%) with mild head injury. Road traffic accidents was the mechanism of injury involved in more than two-third of the cases (n=79) whereas gunshot injury (n=12) and fall (n=6) came in subsequent order. Among the patients who had road traffic accidents, the commonest patterns of head trauma were vehicle-to-vehicle (n=18), vehicle-to-pedestrian (n=17) and motorbike (n=15). But certain injury like fall from running vehicle or train (n=4) was also present which was peculiar to our country and in subcontinent.

Seventy-seven (74.7 %) patients were sent home with a good outcome while 12 patients (11.3 %) were transferred to other hospitals mainly because of unavailability of ventilatory sup-
Twenty-one percent of all patients involved in the road traffic accidents were pedestrians hit by vehicle and it was the most common mechanism of trauma in this study. All the patients with head injuries affecting 79 patients (76.6%) as compared to 21% of patients in a study from Denmark and 68.7% from Taiwan.\textsuperscript{17,18} It also reflected an inappropriately managed road traffic accident by vehicle and it was the most frequent cause of head injury compared to vehicle crashes in other studies. It also reflected an inappropriately managed road traffic accident in a third world country like ours. Fall was another important cause of head trauma observed in this study accounting for 9% of all study patients.

Seventy-nine percent (n=82) of patients in our study were male which reflects the male preponderance for exposure to head trauma as compared to their female counterparts. In China, data collected from six cities revealed head trauma in 62.4% of male individuals.\textsuperscript{15} Despite the differences in the social norms, the findings are consistent with the international data.\textsuperscript{16} Road traffic accidents are the commonest cause of head injuries affecting 79 patients (76.6%) as compared to 21% patients in a study from Denmark and 68.7% from Taiwan.\textsuperscript{17,18} In this study, 21.5% of all patients involved in the road traffic accident were pedestrians hit by vehicle and it was the most frequent cause of head injury compared to vehicle crashes in other studies. It also reflected an inappropriately managed road traffic accident in a third world country like ours. Fall was another important cause of head trauma observed in our study accounting for 9% of all study patients.
Thirteen patients (12.6%) died are less from that described by Raja et al in their study (15%) from the different centers working in government sectors.\textsuperscript{1,2} The mortality is much lower in the developed countries such as 11.5 per 100,000 in Germany, 6.3 per 100,000 in People’s Republic of China and 5.2 per 100,000 in the United States.\textsuperscript{5,15,19}

Comparable peer review analyses from Singapore, New Zealand, Australia, and the United States were kept as standard.\textsuperscript{20-25} Time from injury to death was bimodal (Figure 1) showing that most of the deaths occurred either within 24 hours or later between 3-7 days after the head injury. The likely possibility of early deaths within 24 hours were due to hypoxia and hypotension in the pre-hospital period and later deaths could be due to multi-organ failures and nosocomial infections.

All the non-preventable deaths (30.7% of all head trauma deaths) had severe head injury (GCS<8) and nature of injury was incompatible with the survival, even at the time of arrival in the emergency room. In potentially preventable category (46.1% of all head injury deaths), majority of patients (n=5) had severe head injury and one patient had moderate head injury. The deficiency were found in the in-hospital care including both on the part related to system/facilities and also to provider. Finally, in the preventable category (23% of all deaths), the peer review committee found that 2 deaths were having severe head injury and one had moderate head injury. Analysis of factors revealed one patient died because of provider-related deficiency and 2 patients had died of process/system related deficiencies.

**CONCLUSION**

Head injury mortality at the Aga Khan University Hospital (12.6%) was less when compared with the overall mortality in Pakistan (15%). In the pre-hospital setting, transfer of inappropriately resuscitated patients, lack of inter-hospital communication and inappropriate mode of transportation are significant factors identified in this study that might have contributed to high mortality. In the process or system-related deficiencies, lack of ICU beds, unavailability of portable ventilators in the emergency room, and delays in doing urgent brain CT scan in the acutely injured head trauma patients were identified. In provider-related deficiencies, there are opportunities for improvement in head trauma care that require focus on initial resuscitation, improvement in documentation and appropriate surgical management.

**RECOMMENDATIONS BY THE PEER REVIEW COMMITTEE:** There is need for improvements in scene care at the site of accident and provision of adequate resuscitation prior to transfer from the scene site or from the primary medical center. Inter-hospital communication should be made prior to transfer of patient either on telephone or by sending a summary of initial medical conditions. It should be ensured that mode of transportation is adequately equipped to transfer the patient.

The data gained from this peer review will be compared after certain period by doing a similar peer review to assess the efficacy of implementation of above recommendations.

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