

Updated APSA Blunt Liver/Spleen Injury Guidelines 2019

Admission

- **ICU Admission Indicators**
 - Abnormal vital signs after initial volume resuscitation
- **ICU**
 - Activity - Bedrest until vitals normal
 - Labs – q6hour CBC until vitals normal
 - Diet – NPO until vital signs normal and hemoglobin stable
- **Ward**
 - Activity - No restrictions
 - Labs - CBC on admission and/or 6 hours after injury
 - Diet – Regular diet

Procedures

- **Transfusion**
 - Unstable vitals after 20 cc/kg bolus of isotonic IVF
 - Hemoglobin < 7
 - Signs of ongoing or recent bleeding
- **Angioembolization**
 - Signs of ongoing bleeding despite pRBC transfusion
 - Not indicated for contrast blush on admission CT without unstable vitals
- **Operative exploration with Control of Bleeding**
 - Unstable vitals despite pRBC transfusion
 - Consider massive transfusion protocol

Set Free

- Based on clinical condition **NOT** injury severity (grade)
- Tolerating a diet
- Minimal abdominal pain
- Normal vital signs

Aftercare

- **Activity Restriction**
 - Restricting activity to grade plus 2 weeks is safe
 - Shorter restrictions may be safe but there is inadequate data to support decreasing these recommendations
- **Follow up Imaging**
 - Risk of delayed complications following spleen and liver injuries is low
 - Consider imaging for **symptomatic** patients with prior high grade injuries

References

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