

Trauma Center Practice Management Guideline

Iowa Methodist Medical Center — Des Moines

Activity restriction after abdominal solid organ injury

ADULT Practice Management Guideline	Effective: 06/2014
Contact: Trauma Center Medical Director	Last Reviewed: 04/2024

Admission		
	CT Grade I-III	CT Grade IV-V
ICU	Discretionary (abnormal vital signs, blush present, or patient requiring volume resuscitation should be admitted to the ICU)	Suggested (abnormal vital signs, blush present, or patient requiring volume resuscitation should be admitted to the ICU)
CBC	Upon admission & next day	Q 6 hours until hemoglobin & vital signs stable
Vitals	Q 4 assessment & Q 8 vital signs	ICU routine, on monitor
Activity	No restrictions	Bed rest until vital signs normal
Diet	Regular diet	NPO until hemoglobin & vital signs stable
Procedures		
Transfusion <ul style="list-style-type: none"> • Unstable vitals after fluid bolus of isotonic IVF • Signs of ongoing or recent bleeding and symptomatic with hemoglobin < 7 Angioembolization <ul style="list-style-type: none"> • Signs of ongoing bleeding requiring blood transfusions • Not indicated for contrast blush on admission CT without unstable vitals Operative exploration with Control of Bleeding <ul style="list-style-type: none"> • Unstable vitals despite pRBC transfusion • Consider Massive Transfusion Protocol 		
Discharge		
<ul style="list-style-type: none"> • Based on clinical condition NOT injury severity (grade) • Patient must be: <ul style="list-style-type: none"> ○ Tolerating a regular diet ○ Have normal vital signs ○ Stable hemoglobin 		

- ⤴ Stable is when hemoglobin value is not dropping more than 0.5mg/dL in 12 hours.
- ⤴ Timelines will need to be varied for patients presenting in a delayed fashion after injury.
- ⤴ A patient's global injury burden may necessitate adjustments to guidelines above.
- ⤴ Avoid use of NSAIDS, including toradol, during early phase of patient's recovery (both in hospital and early after discharge).
- ⤴ APSA guidelines restrict activity for solid organ injury grade + 2 weeks (e.g. Grade I injury is on restricted activity for 3 weeks).
- ⤴ Follow-up imaging is not routine, to be ordered at discretion of Attending Physician.

Aftercare

- Expect mild increase in abdominal pain 7-10 days after injury. This should return to baseline after 1-2 days.
- Call if:
 - New or worsening pain
 - Frequent lightheadedness
 - Persistent pain after 2 weeks

Activity Restrictions

Casual activity only for at least 2 weeks from time solid organ injury is deemed “stable” e.g. light walking, light household chores, social visits.

Return to work may be permitted 1 – 2 weeks following injury, with no strenuous activity, no heavy lifting, no gym.

Liberalized activity parameters beginning at 2 weeks, with decision to advance generally determined at time of first clinic visit). Permissible activities anticipated including modest resistance exercises and low impact sports activities (e.g. shooting hoops, resistance exercises, riding a stationary bicycle, swimming with *no diving*).

Strenuous, but low risk for body impact, activities permitted 1 – 2 months following injury. This includes heavy lifting, most minimal contact sports, household and farm chores, riding a bicycle if experienced, working at a restaurant, etc. *Most gym activities would be permitted at this stage.*

Casual activity only for at least 3 - 4 weeks from time solid organ injury is deemed “stable” e.g. light walking, light household chores, social visits.

Return to work may be permitted 1-2 weeks following injury, with no strenuous activity, no heavy lifting, no gym.

Liberalized activity parameters beginning at 3 - 4 weeks, with instructions to advance generally given at time of first clinic visit). Permissible activities anticipated including light resistance exercises and low impact sports activities (e.g. shooting hoops, resistance exercises, swimming with *no diving*).

Strenuous, but low risk for body impact, activities permitted 2 - 3 months following injury. This includes heavy lifting, most minimal contact sports, household and farm chores, riding a bicycle if experienced, working at a restaurant, etc. *Most gym activities would be permitted at this stage.*