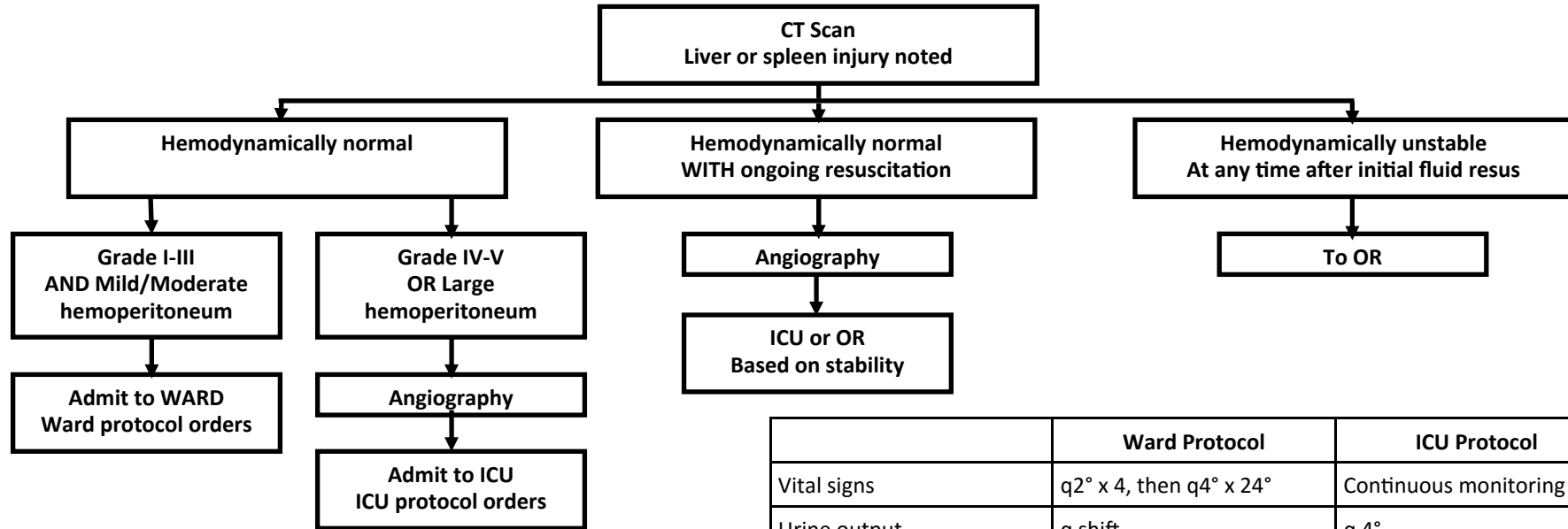


# The Trauma Professional's Blog

## Clinical Practice Guideline Blunt Liver And Spleen Injury



### 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