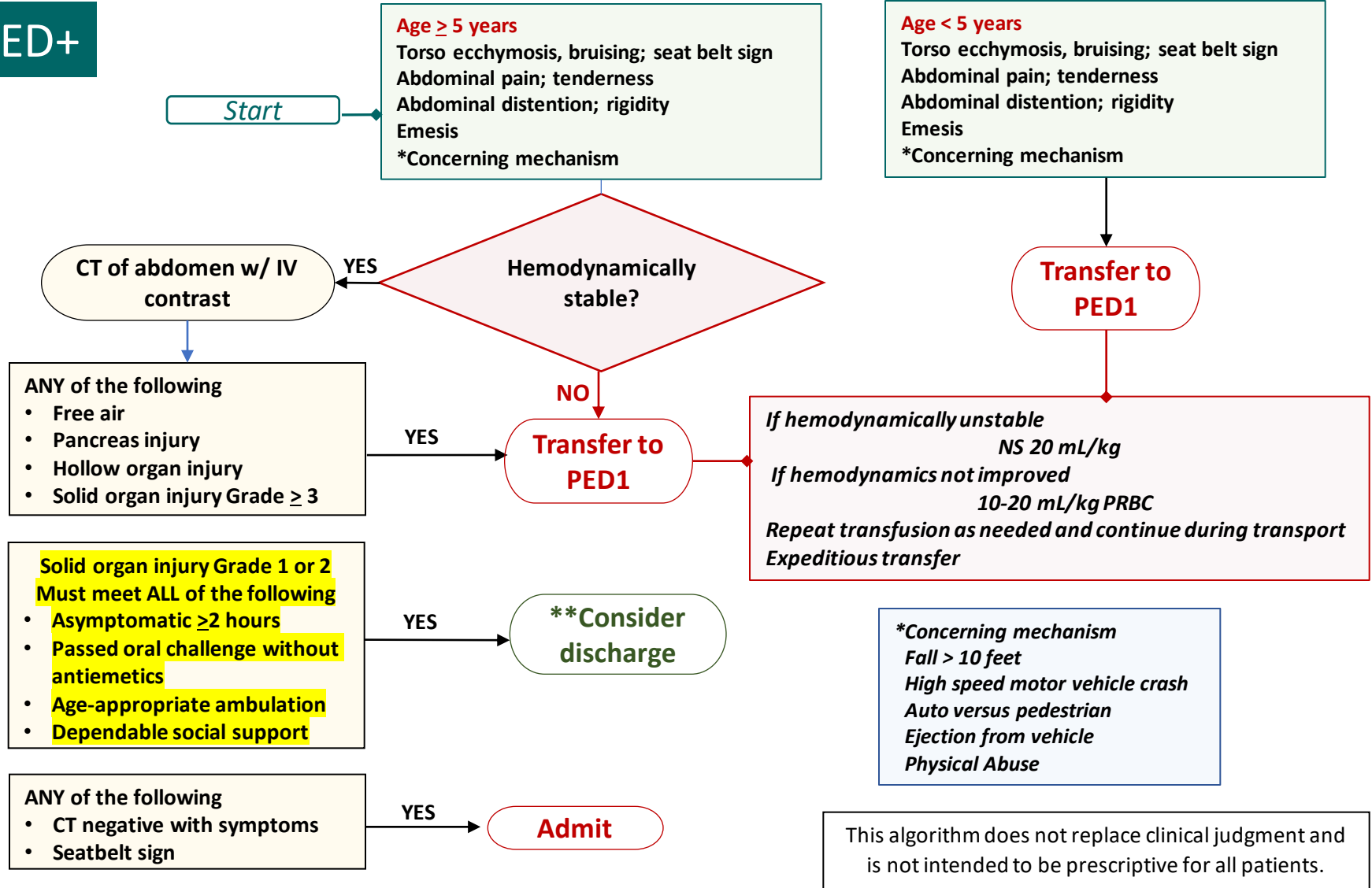


# 2023 Pediatric Abdominal Injury Clinical Guideline

## Isolated Blunt Abdominal Injury

**PED+**



**\*\*Treatment should be dictated by clinical exam and concern. Bowel injury may take 12-24 hrs. to present. Consider formal telehealth consultation.**

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## Isolated Blunt Abdominal Injury

2020 Nov;89(5):887-893.

**Isolated low-grade solid organ injuries in children following blunt abdominal trauma: Is it time to consider discharge from the emergency department?**

[Leah Plumblee<sup>1</sup>](#), [Regan Williams](#), [Dennis Vane](#), [Jingwen Zhang](#), [Aaron Jensen](#), [Bindi Naik-Mathuria](#), [Lauren Evans](#), [Christian J Streck](#)

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DOI: [10.1097/TA.0000000000002899](https://doi.org/10.1097/TA.0000000000002899)

**Conclusion:** No patient with a grade I and II SOI and no OMI following blunt abdominal trauma received intervention, suggesting that patients with low-grade SOI without OMIs could be safely observed and discharged from the emergency department.

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## Isolated Blunt Abdominal Injury

### Updated APSA Blunt Liver/Spleen Injury Guidelines

#### 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 mL/kg bolus of isotonic IVF
  - Hemoglobin < 7
  - Signs of ongoing or recent bleeding
- **Angioembolization or Operative Exploration**
  - Signs of ongoing bleeding despite pRBC transfusion
  - Angioembolization is not indicated for contrast blush on admission CT without unstable vitals
  - Operative exploration may be indicated when additional procedures or information needed

#### 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**
  - Routine imaging is not indicated in asymptomatic patients with low grade injuries
  - Consider imaging for **symptomatic** patients with prior high grade injuries

<https://doi.org/10.1016/j.jpedsurg.2023.03.012>

[https://www.jpedsurg.org/article/S0022-3468\(23\)00225-7/fulltext#%20](https://www.jpedsurg.org/article/S0022-3468(23)00225-7/fulltext#%20)