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**Original article:**

**Study of management of blunt injuries to solid abdominal organs**

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**Abstract**

**Introduction:** Blunt abdominal injuries due to road traffic accidents are the sixth leading cause of death in India. Current strategies for conservative management of most blunt abdominal injuries developed from the observation that most of these injuries would ‘heal themselves’ and that operative intervention could interfere with this process. Due to the inadequate treatment of the abdominal injuries, most of the cases are fatal. The knowledge in the management of blunt abdominal trauma is progressively increasing due to the in-patient data gathered from different parts of the world. In spite of the best techniques and advances in diagnostic and supportive care, the morbidity and mortality remains high.This study was done to evaluate the diagnosis and management of blunt abdominal trauma. And to study the usefulness of conservative management in blunt abdominal trauma.

**Material & Methodology:** This study is a cross-sectional, hospital based study, conducted in Department of General Surgery, NIMS UNIVERSITY Medical College Jaipur, in period May 2014 – July 2015. Total 30 cases of blunt injuries to solid abdominal organs, above age of 12 years, who did not sustain hollow viscus injury or other associated critical injuries were included in the study.

**Observations & Results:** Young males are common victims of blunt abdominal trauma. Out of all the cases of Blunt abdominal trauma, in 66.7 % of cases mode of injury was Road traffic accidents. Almost all the patient had abdominal tenderness on presentation (93.3 %). All patients were subjected for ultrasound examination (FAST), out of which all were detected to have free fluid in peritoneum. On clinical examination, accuracy in establishment of organ specific injury diagnosis was only 51.4 %, when compared with final diagnosis. By using ultrasonography, specific organ injury was detected in 82.3 % cases. Liver was the most commonly involved organ (54.3 %). In our study, 87% of patients were treated conservatively. Average duration for conservatively managed patients was 14.4 days and that for operative patients, it was 16.25 days. There were no causalities in our study.

**Conclusion:** Conservative management should be the choice, as line of management, for solid organ injuries by blunt trauma. In this study 90% patients were treated conservatively without any mortality.

**Keywords:** Blunt abdominal trauma, Conservative management