

## Beyond the pain: identifying abdominal injury patterns and prognosis in trauma patients at a tertiary trauma center

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### **Introduction:**

Abdominal trauma poses a complex challenge in emergency medicine, with diverse injury patterns and prognostic outcomes. This study aims to decipher these patterns, elucidate factors influencing patient prognosis at a tertiary trauma center, and optimize patient care.

### **Methods:**

A retrospective analysis was conducted on trauma patients admitted with abdominal injuries over a 2-year period. Data on demographics, injury mechanisms, diagnostic imaging, injuries sustained, surgical interventions, and outcomes were meticulously collected from the patient record system "SALAMTAK." The collected data were then analyzed and studied.

### **Results:**

Out of the 201 patients analyzed, 87% were males and 13% females. The study found that road traffic accidents accounted for 55% of cases as the most common mechanism of injury, while stabbing accounted for only 1.4% of cases as the least common mechanism.

Furthermore, 44% of patients sustained extra-abdominal injuries (excluding brain injuries), making it the most common type of injury. The study also revealed the different admission purposes based on patient conditions.

### **Discussion:**

This audit uncovers distinct patterns in abdominal trauma, emphasizing the critical role of swift diagnosis and intervention in enhancing patient outcomes. It underscores the necessity for improved trauma protocols and resources to optimize care for patients with abdominal injuries.

### **Conclusion:**

Understanding the intricate patterns of abdominal trauma and their prognostic implications is crucial for advancing trauma care. This study offers valuable insights into the impact of injury mechanisms on patient outcomes, paving the way for enhanced management strategies in tertiary trauma centers.