Version 2.3

Head Trauma

Types of Resulting Brain Injury

Primary - occurs at time of impact

- Direct neuronal damage, axonal shear \rightarrow diffuse oedema/axonal injury
- Skull #
- Concussion with risk of 2nd impact syndrome
- Cerebral contusion diffuse, most often ant/inf parts of frontal/temporal lobes
- Intracranial haemorrhage:
 - o Extradural, subdural or subarachnoid haemorrhage
 - Intracerebral haematoma localised, 35% extend into ventricles

Secondary

- From direct effects of primary injury cellular cascade, haematoma, oedema
- Secondary systemic insult from hypotension, hypoxia, raised ICP, acidosis

Direct - under impact site.

Contrecoup - opposite side of brain to impact site.

Epidemiology

- Common
- Male & extremes of age more at risk
- MVA, falls & assaults are most common causes.
- Alcohol involved in up to 65% of adult head injuries.

Assessment

Generally if GCS≤13 or GCS<15 in patient>65y then activate Trauma Team, and CT will be needed. Other (minor) HI use one or often a mix of CT rules from NOC, CCHR or NEXUS II *History:*

AMPLE history plus points used in risk assessment of significant brain injury in mild HI are:

- Dangerous mechanism (fall>5 stairs, MVA with ejection, pedestrian struck)
- Focal blow to the temporal/parietal region of the head especially with a heavy implement
- Severe persistent headache
- Vomiting >2 episodes
- Seizure associated with head injury
- Post traumatic amnesia > 30 minutes
- Ongoing confusion or restlessness
- Age > 65 years especially if on aspirin, clopidogrel or other antiplatelet agents
- Patient on warfarin or has bleeding disorder (e.g. haemophilia, hepatic failure)

Also check:

• Drug or EtOH intoxication, pregnancy, known brain pathology or VP shunt *Examination:*

Aiway + C-Spine: ?protected in view of LOC and ?patent if facial/airway injury. ?C-spine injury. *Breathing:* Check for hypoventilation/hypoxia.

Circulation: Check for hypoBP or causes for it. ?Cushing reflex (BP, HR, LOC).

Disability: GCS, focal neuro signs, ipsi/bilat blown pupil, posturing, papilloedema (late) *Exposure:* Sign of open or depressed skull # (boggy scalp haematoma), sign of basal skull # (CSF leak, Battle's sign, racoon eyes)

Investigations

Bloods: BSL, FBC, UEC, coags, trop/CK, G&H

ECG: ?arrhythmia/MI (trigger of fall), ST elevation in SAH, traumatic brain injury Imaging: Brain CT or Skull XR/MRI/USS (see below for comparison). Trauma XRs ± CT C-spine



13. Delayed presentation should be considered as failure to clinically improve during observation. For representation consider both intracranial injury and post concussion symptoms and have a low threshold for CT scanning if not done initially.

- Deterioration of less severe HI:
 - 10% of Moderate HI and 2% of Mild HI deteriorate

Comparison of Imaging Modalities

CT Scan

- Indications: (NB Pregnancy (excluded) & severe headache (not predictive) in CCHR)
 - o GCS<13, or CCHR/NOC/NEXUS II HCT criteria for GCS>13
 - If deteriorating (GCS drop by ≥2)
 - \circ $\,$ Also if VP shunt or brain lesion known
- CI: Unstable patient, child (radiation & need for GA)
- Outcome: abnormal rate much high (~3-4x) than significant injury rate
- Cx: Small ↑risk of ALL in child if XR or CT in pregnancy
- Pros: Highly spec/sens for neurosurg intervention, more avail than MRI, ED Drs can read.
- Cons: Expense, needs CT radiographer, sedation/GA/ETT for some (child, non-coop)

Skull Xray

• Only if CT not available, detects 50% of fractures, may have a role in ?NAI

Brain USS

- Useful in infants esp neonates if fontanelle open or bony defect
- Intraoperative USS useful to position or localize ventricular catheters
- Needs skilled operator and interpreter of result

Brain MRI

- Pros: sensitive>CT for shearing white matter injury, SDH & EDH, contusion & sinus inj
- Cons: sensitive<CT for fractures, less avail resource, cost, time req, "tunnel of death" away from resus area, magnetism CI (no metal resus equip)

D/C criteria

- Normal alertness/cognition/behaviour
- Clinically improving after observation
- Normal CT or CT not indicated
- Reliable person to observe at home
- Able to return if deteriorates
- Has & understands (or carer does) printed HI advice return if:
 - \circ Increasing drowsiness
 - Worsening headache
 - Confusion or strange behaviour
 - Two or more bouts of vomiting
 - Focal neurological problem, e.g. limb weakness
 - $\circ~$ Dizziness, loss of balance or convulsions
 - Any visual problems such as blurring of vision or double vision
 - o Blood, or clear fluid, leaking from the nose or ear
 - o Unusual breathing patterns

If elderly, falls risk, on anticoagulants have lower threshold to admit.

Complications

- Amnesia: common, may be retrograde and/or anterograde
- Raised intracranial pressure ($\downarrow LOC$, $\uparrow HT$, $\downarrow HR$, VIn, late: papilloedema, IIIn, posturing)
 - See Raised Intracranial Pressure topic
- Cerebral herniation:
 - Uncus transtentorial IIIn fixed dilated pupil. Most common.
 - $\circ \quad \textit{Central transtentorial Bilat pinpoint} \rightarrow \textit{fixed midsized pupils, bilat Babinski, } \uparrow \textit{tone}$
 - \circ Cerebellotonsillar: Pinpoint pupils, flaccid paralysis, sudden death
 - \circ Upwards posterior fossa: conjugate down gaze, pinpoint pupils, sudden death
- Skull fractures: ~50% will not have significant LOC or any neurological findings. 7% ICH. ABx if open. ↑Risk: temporal # crossing middle meningeal a., post. fossa #, depressed #.
- Base of skull # CSF leak, Battle's sign, haemotympanum, raccoon eyes. ABx not req.
- CSF leak (test for glucose or double halo drop on filter paper):
 - Nasal ?cribriform plate # or from ear via ET. Anosmia, may require surgery. No NGT & don't blow nose. Low risk of meningitis (but higher than aural leak).
 - Aural ?petrous temporal bone # ± VII/VIIIn, closes spontaneously
- Meningitis: following skull # may occur wks to yrs later. ABx prophylaxis controversial.
- Intracranial haemorrhage:
 - Extradural: assoc with skull # + torn dural sinus or meningeal a. No/brief LOC 50%, brief lucidity 30%, Mort 30%. White, ellipse on CT, doesn't cross sutures.
 - Subdural: sudden accel-decel→tearing of the bridging veins. Common in severe HI, atrophic brains (elderly, alcoholics) and children <2. May be acute (<1d), subacute (1-14d) and chronic (>14d). May be few signs with chronic subdurals. High morbidity & mortality if acute. CT: Crescentic, cross sutures., white (acute) to dark (>4w)
 - **Subarachnoid:** most common in mod-sev HI. May present with meningism & has a sig mortality reduced by nimodipine. Late CT (6-8h) more sensitive.
 - Intracerebral: cerebral contusions are common and often assoc with SAH. ICH may occur after days, often at the site of resolving contusions
- Extracranial haemorrhage: scalp lacerations, nasal injuries and injuries to the face and neck can lead to significant blood loss
- Diffuse axonal injury: shearing at white matter and brainstem. Common in MVA & 'shaken baby syndrome'. Primary insult is essentially irreversible. Rapid ↑ICP & coma. CT scan may be normal or haemorrhage to deep structures of brain. Rx limited to ↓2° damage.
- Penetrating injuries e.g. gunshot wounds. High incidence of infection and mortality
- Seizures: More common following penetrating injury or children.
- Cranial nerve injuries usually I-VII: I & II may be permanent, rest usually resolve.
- Concussion: Amnesia and confusion. Duration of amnesia is predictive of injury severity. Other symptoms include dizziness, headaches, poor concentration, N&V. Resolution is often rapid, but symptoms may persist as a post-concussive syndrome for wks-yrs.
- Late Cx include DIC, hyperthermia, DI (5% mod/sev HI), gastric ulcer, and later still: chronic daily headache, post-traumatic stress disorder, vertigo and cognitive impairment.

Procedures

Emergency Burr Holes

Indication: Deteriorating neurology with blown pupil and access to neurosurg >2h.

Technique: 1st try - Temporal - above midpoint of zygomatic arch 2 fingers ant to EAM (75%)

 2^{nd} try - Frontal - 4 fingers ant and 4 finger sup to EAM (10%)

 $3^{\rm rd}$ try - Parietal - 4 fingers post and 4 fingers sup to EAM Then try other side

O-5% chance of return to independence

Prognosis

HI + GCS 3 -mortality >95% (penetrating), 60% (blunt trauma)

HI + GCS<8 - mortality 30-40%, 15-20% persistent severe disability.

HI + GCS >13 - mortality <1%, morbidity <7%

Coma - 66% aware at 3d become independent. 10% vegetative at 7d become independent

Brainstem: init fixed pupils - 5% regain consciousness, none independent

Age: Bad: elderly<adult<child :better

Hypotension: Very poor prognosis

Prevention

- Safer roads, barriers to prevent falls, and gun control legislation.
- Bicycle and motorcycle helmets, seatbelts, airbags, and soft surfaces on playgrounds are effective.

Special Groups

Alcoholic

- High risk for Cx low platelets, coagulopathy, brain atrophy \uparrow risk esp sub-dural
- Intoxication makes GCS difficult to assess
- Social situation more likely close observation at home less likely

Paediatric

- More prone to develop cerebral oedema than adults
- May have subtle signs if fontanelle open but can use USS to scan in this case
- Children <2 with ICH 75% have skull #, 50% only have features of scalp haematoma

Risk Stratification of Head Injury (i.e. Significant Brain Injury on CT)

<u>Glasgow Coma Score</u>

GCS often used to initially stratify HI pats as mild (14-15), moderate (9-13) or severe (3-8). *New Orleans Criteria [NOC] (validated)*

Aim: Identify risk of significant brain injury on CT in minor HI

Included: GCS 15, age≥3, LOC/amnesia, normal neuro

Excluded: ?

Rule criteria: GCS 15 + LOC AND:

- Headache
- Age≥60y
- Vomiting
- Drug or EtOH intoxication
- Short term memory loss
- Seizure after injury
- Evidence of trauma above the clavicles

Perf: Deriv Sens 100% (+veCT), Spec 24.5%. Validn Sens ~99%(CT)/100%(NSx), Spec ~5%

Canadian CT Head Rules [CCHR] (validated)

Aim: Identify risk of significant brain injury on CT in minor HI

Included: Init GCS 13-15, LOC, amnesia, disorientation

Excluded: Acute focal neurological deficit, bleeding disorder, PO warfarin, <16y, pregnant, obvious penetrating/depressed skull #, fit prior to ED, mininal head injury (no LOC, amnesia, disorientation), no clear Hx of trauma, returned to ED with same injury. *Rule high risk criteria:*

- GCS<15 at 2hr post injury
- Suspected open or depressed skull #
- Sign of base of skull #
- ≥2 episodes of vomiting
- Age ≥ 65y

Rule med risk criteria:

- Dangerous mechanism (Ped vs MV, ejection MVA, fall>1m or 5 stairs)
- Retrograde (before impact) amnesia >30min

Perf: Deriv Sens 98% (+veCT), Spec ~50%. Validn Sens ~83%(CT)/100%(NSx), Spec ~40% *Nexus II Head CT Rules (largest derivation study, but not widely validated as yet)*

Aim: Identify risk of significant injury on CT in all HI & minor HI () *Included:* All with CT for blunt trauma. Minor HI subgroup had GCS 15 *Excluded: ?*

Rule criteria:

- Bleeding problem
- Emesis persistent/forceful
- Age ≥ 65y
- Neurological deficit
- Behaviour abnormal
- Altered level of consciousness
- Skull fracture
- Haematoma of scalp

Performance: Sensitivity 95-98%, Specificity 13-17%

Head Injury CT Algorithms for Children (1:1500 cancer risk for 1yo, 1:6000 for 15yo) NEXUS II HCT

- Sn 96-99%, Sp 15-21%
- Can use adult criteria but w/o age criteria, i.e. **BEAN BASH**

CHALICE

- Unvalidated
- Sig TBI: Sn 99%, Sp 87%. CT Inj: Sn 99% Sp: not calculable
- Scan is required for:

<u>History</u>

- Witnessed LOC>5 min
- History of amnesia >5 min
- Abnormal drowsiness
- >2 vomits after HI
- ?NAI
- Fit w/o Hx of epilepsy

<u>Examination</u>

- GCS<14, or <15 in infant
- ?Penetrating/depressed skull inj
- Tense fontanelle in infant
- Signs of a basal skull #
- Positive focal neurology
- Bruise/swelling/lac>5cm in infant

<u>Mechanism</u>

- High-speed MVA/Ped (>30kmh)
- Fall of >3m
- High-speed projectile injury

PECARN

• Validated <2y: Sn 100%, Sp 55%. ≥2y: Sn 94-97% , Sp 60%

Any 1 of following?		AGE < 2y	
GCS 14	(4.4% risk of ciTBI)		
Altered mental status		> CT	
Palpable skull #	YES		
NO			
V			
<u>1 or more of following?</u>			
Sev mechanism*	(0.9% risk of ciTBI)		
LOC≥5 sec		> OBS vs CT	
Non-frontal hematoma	YES	<u>Use clinical gestalt:</u>	
Abnormal behaviour		 Dr experience 	
I		 Mult vs isolated finding 	
NO (<0.02% risk of ciTBI)		 Worsening signs/sympt 	
V		• Age < 3mo	
NO CT		 Parental preference 	

Any 1 of following?		AGE ≥ 2y
GCS 14	(4.3% risk of ciTBI)	AUCE LY
Altered mental status		> C T
Signs of BOS #	YES	
NO		
V		
<u>1 or more of following?</u>		
Sev mechanism*	(0.9% risk of ciTBI)	
Any LOC		> OBS vs CT
Hx of vomiting	YES	<u>Use clinical gestalt:</u>
Sev headache		• Dr experience
		 Mult vs isolated finding
NO (<0.05% risk of ciTBI)		 Worsening signs/sympt
V		 Parental preference
NO CT		

* Severe mechanism:

- MVC with patient ejection, death of another passenger, or rollover
- Pedestrian or bicyclist without helmet struck by a motorized vehicle
- Fall >3 ft (age<2 yr) or >5 ft (age ≥2 yr)
- Head struck by a high-impact object

CATCH (Canadian Assessment of Tomography for Childhood Head Injury) Rule

- Unvalidated as yet
- Intervention: Sn 100%, Sp 70%. CT inj: Sn 98%, Sp 50%
- For child with minor HI (GCS13-15 AND any of <24h, LOC, amnesia, confusion, >1 vomit, persistent irritability if aged<2y)

<u>High risk (100% req neurological intervention)</u>

1. GCS<15 at 2h post-HI

- 2. Suspected open/depressed skull #
- 3. Hx of worsening headache
- 4. Irritability on examination

<u>Medium risk (98.1% had brain injury on CT scan)</u> 1. Any sign of BOS#

- 2. Large, boggy haematoma of the scalp
- 3. Dangerous mechanism (e.g. MVA, fall >3ft or 5 stairs, bike fall with no helmet)

A Critical Comparison of Clinical Decision Instruments for Computed Tomographic Scanning in Mild Closed Traumatic Brain Injury in Adolescents and Adults

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Methods: We performed a secondary analysis of prospectively collected database from 7,955 patients aged 10 years or older with mild traumatic brain injury to compare sensitivity and specificity of 6 common clinical decision strategies: the Canadian CT Head Rule, the Neurotraumatology Committee of the World Federation of Neurosurgical Societies, the New Orleans, the National Emergency X-Radiography Utilization Study II (NEXUS-II), the National Institute of Clinical Excellence guideline, and the Scandinavian Neurotrauma Committee guideline. Excluded from the database were patients for whom the history of trauma was unclear, the initial Glasgow Coma Scale score was less than 14, the injury was penetrating, vital signs were unstable, or who refused diagnostic tests. Patients revisiting the emergency department within 7 days were counted only once.

Table 1. Findings used by 7 clinical decision rules for CT scanning in mild traumatic brain injury.

Clinical Finding	Canadian	NCWFNS	New Orleans	NEXUS-II	NICE	Scandinavian
GCS score	<15 At 2 h	<15	<15	Abnormal alertness, behavior	<15 At 2 h	<15
Amnesia	Retrograde >30 min*	Any	Antegrade	—	Retrograde >30 min	Any
Suspected fracture	Open, depressed, basal	Any	Any injury above clavicles	Any	Open, depressed, basal	Basal, depressed confirmed
Vomiting	Recurrent	Any	Any	Recurrent	Recurrent	_
Age, y	≥65	_	>60	≥65	≥65 [†]	_
Coagulopathy	_	Any	_	Any	Any [†]	Any
Focal deficit	_	Any	_	Any	Any	Any
Seizure	_	History	Any	_	Any	Any
LOC	If GCS=14	Any	_	_	_	Any
Visible trauma	_	_	Above clavicles	Scalp hematoma	_	Multiple injuries
Headache	_	Any	Severe	_	_	_
Injury mechanism	Dangerous* [†]	_	_	_	Dangerous ^{††}	_
Intoxication	_	Abuse history	Drug, alcohol	_	_	_
Previous neurosurgerv	—	Yes	_	—	—	Shunt

NCWFNS, Neurotraumatology Committee of the World Federation of Neurosurgical Societies; NICE, National Institute of Clinical Excellence; —, indicates the item is not considered an indication for CT scanning by author(s) of the rule; LOC, loss of consciousness.

*Used to determine medium risk for the Canadian Rule.

⁺CT scan only if also loss of consciousness or any amnesia.

*Dangerous injury mechanism=ejected from motor vehicle, pedestrian struck by motor vehicle, fall of >3 feet or 5 steps.

Table 3. Operating characteristics for the 6 decision rules for CT scanning in mild traumatic brain injury.

	Sensitivity (95% CI)			Specificity (95% CI)	
Strategy	Hematoma	Nonsurgical Lesion	Any Lesion	No Hematoma	No Lesion
Canadian (high-risk only)	0.99 (0.94-1.00)	0.97 (0.94–0.98)	0.97 (0.95–0.98)	0.48 (0.47-0.49)	0.51 (0.49–0.52)
Canadian (medium/high risk)	0.99 (0.94-1.00)	0.99 (0.97-1.00)	0.99 (0.98-1.00)	0.45 (0.44-0.46)	0.47 (0.46-0.48)
Neurotraumatology Committee of the World Federation of Neurosurgical Societies	0.99 (0.94–1.00)	0.95 (0.93–0.97)	0.96 (0.94–0.97)	0.45 (0.44–0.46)	0.47 (0.46–0.48)
New Orleans	0.99 (0.94-1.00)	0.99 (0.97-1.00)	0.99 (0.98-1.00)	0.31 (0.30-0.32)	0.33 (0.32-0.34)
Nexus-II	1.00 (0.97-1.00)	0.97 (0.94–0.98)	0.97 (0.96-0.98)	0.44 (0.43-0.46)	0.47 (0.46-0.48)
National Institute of Clinical Excellence	0.98 (0.93-1.00)	1.00 (0.99-1.00)	0.99 (0.98–1.00)	0.29 (0.28–0.30)	0.31 (0.30-0.32)
Scandinavian	0.99 (0.94–0.99)	0.95 (0.92–0.97)	0.96 (0.93–0.97)	0.50 (0.49–0.51)	0.53 (0.52–0.54)