

IATSIC MAIN SESSION

Tuesday, 13 August 2019, 08:30 – 10:00

THE GERIATRIC PATIENT

Elmin Steyn, South Africa / Yoshinori Murao, Japan (moderators)

08:30 **CASE DISCUSSION BY THE MODERATORS**

08:45 **DCS IN THE ELDERLY: FUTILE OR WORTH THE EFFORT?**

Susan I. Brundage, UK

09:00 **NEW ANTICOAGULANT MEDICATION: RESUSCITATION STRATEGIES IN THE ELDERLY**

Catherine Heim, Switzerland

09:15 **ACUTE REHABILITATION AFTER TRAUMA: CRUCIAL OR NOT?**

Carlos Mesquita, Portugal

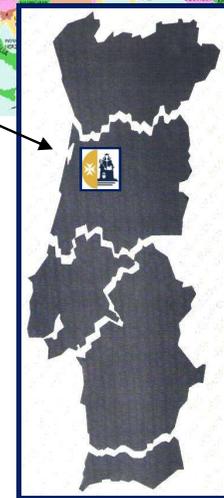
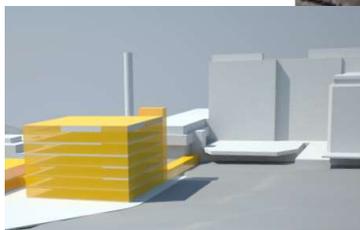
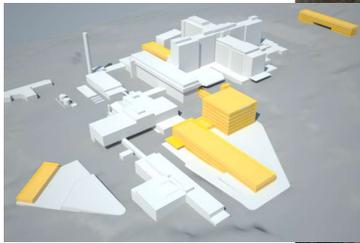
09:30 **THE DIFFICULT END OF LIFE DECISIONS**

Ronald V. Maier, USA

09:45 **PANEL DISCUSSION**

Disclosure

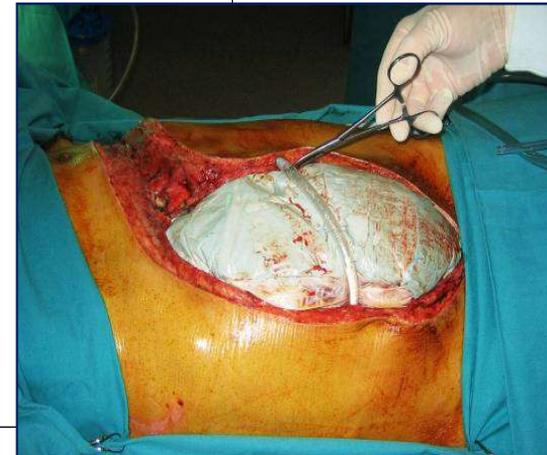
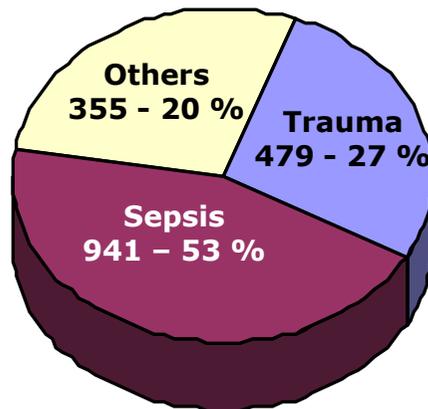
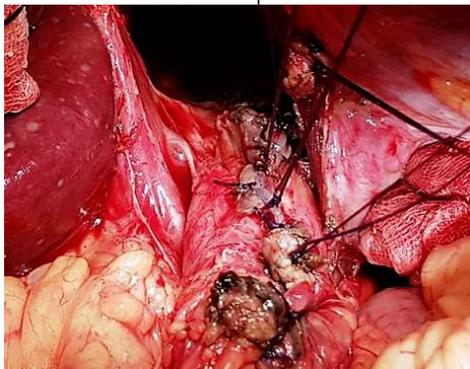
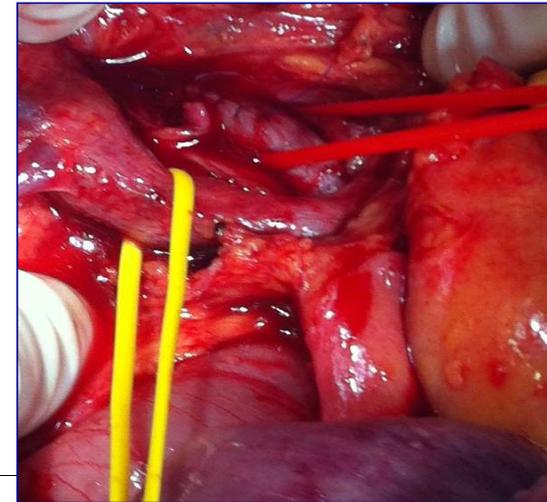
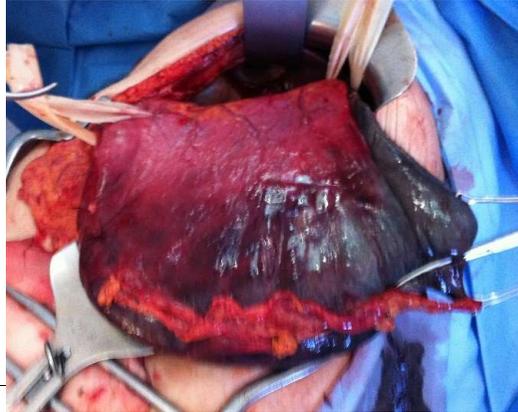
- **No conflicts of interest in this matter**
- **This presentation reflects the author's involvement**
 - **in internationally recognized education and training models**
 - **in the national and UEMS Boards of Emergency Surgery**
 - **in the National Trauma Commission (under the Ministry of Health of Portugal)**



POPULAÇÃO R. CENTRO:	> 2000.000 h	
URGÊNCIA HUC (ADULTOS):		
• Admissões / ano	> 200.000	> 500 / d
• Internamentos / ano	> 20.000	> 50 / d
• Emergências / ano	> 2.000	> 5 / d
INTERVENÇÕES CIRÚRGICAS	> 4.000	~ 11 / d
CIRURGIA GERAL		5 / d



EMERGENCY SURGERY



CM, n=1775, 37 years (1982 - 2018)

Special Considerations: Elders

- 5th leading cause of death
- Diminished physiologic reserve and response
- Comorbidities: Diseases / Medications
- Outcome depends on early, aggressive care



©ACS

Special Considerations: Elders

5th leading cause of death

Diminished physiologic reserve and response

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Diseases/ Medications
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aggressive care



Committee on Trauma Presents



Trauma
Geriatrico

Working definitions

- **Old Age**

- official definitions (UN, WHO)
- gerontologists recognize diversity by

sub-grouping

- popular definitions

- dimensions

- **chronological, biological, psychological, social**

Elderly	Yo
Early / "Young"	65-74
Late	≥ 75
"Middle"	75–84
"Old"	≥ 85



Discounts | Benefits and special offers | Highlights

Discounts and Benefits > Discounts



Senior citizen - 50% off

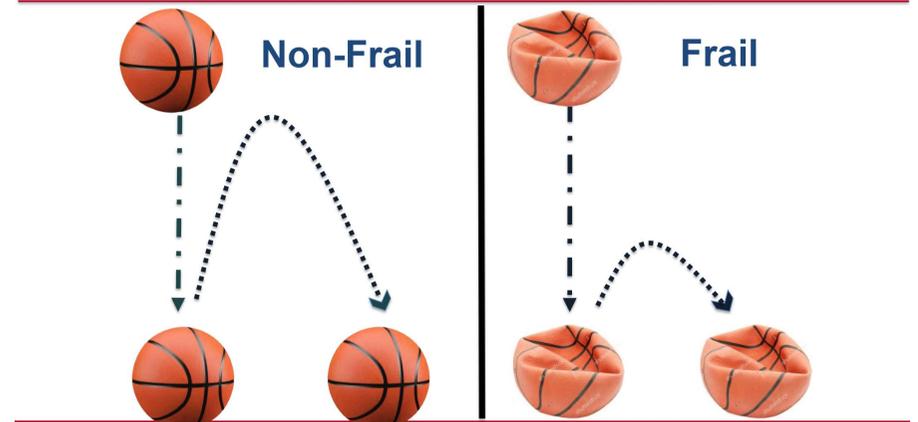
Travel up and down the country for **half-price**.

People aged 65 or over can get half-price tickets so long as they have some ID proving their age.



Vasco Lourenço, 77 yo, one of the leaders of the Carnation Revolution in April 1974, hospitalized after a fall

Working definitions



- **Frailty:**

- recognizable state of **compromised ability to cope with acute stressors**, due to declines in physiological reserve

World Health Organization . WHO Clinical Consortium on Healthy Ageing

- age-related

- in those aged 65 to 85, **10%**

Xue QL. The Frailty Syndrome: Definition and Natural History. Clin Geriatr Med 2011; 27: 1-15

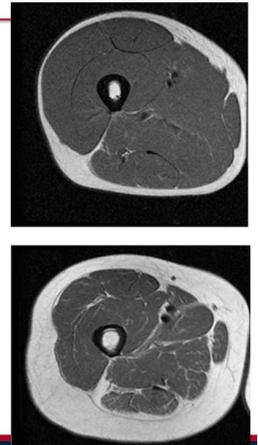
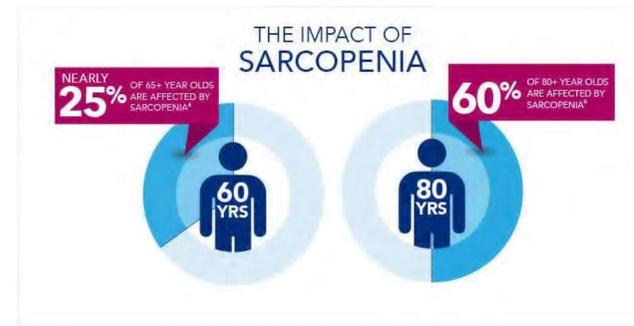
- in those aged 85 and over, **25-50%**

Clegg A, Young J, Iliffe S, Rikkert M, Rockwood K. Frailty in elderly people. Lancet (London, England). 2013

Working definitions

- **Sarcopenia:**

- age-related loss in muscular mass
 - **can be quantified by CT, obtaining skeletal muscle cross-sectional area (CSA), using appropriate software**
- decrease in strength, mobility, function and quality of life
- can lead to **fall-related injuries** and is a risk factor for **complications**
 - = increased length of stay, costly hospitalization and extended rehabilitation**
- strong predictor of **mortality**



Leeper et al, J Trauma Acute Care Surg, 2016; 80(5):805-811

De Andrade et al, J Surg Research, 2018 (221):161-166

Hamidi et al, J Surg Research, 2019 (235):141-147

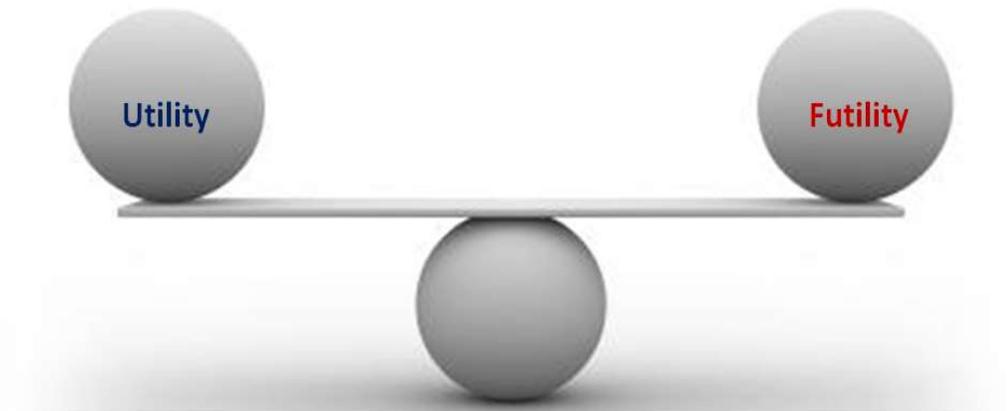
Larsson et al, Physiol Rev, 2019; 99:427-5115

Continuing aggressive care

- Trauma as paradigm of acute illness
- Damage control strategy to preserve physiologic reserve

Withdrawal of care

- Preventing unnecessary suffering



Working definitions

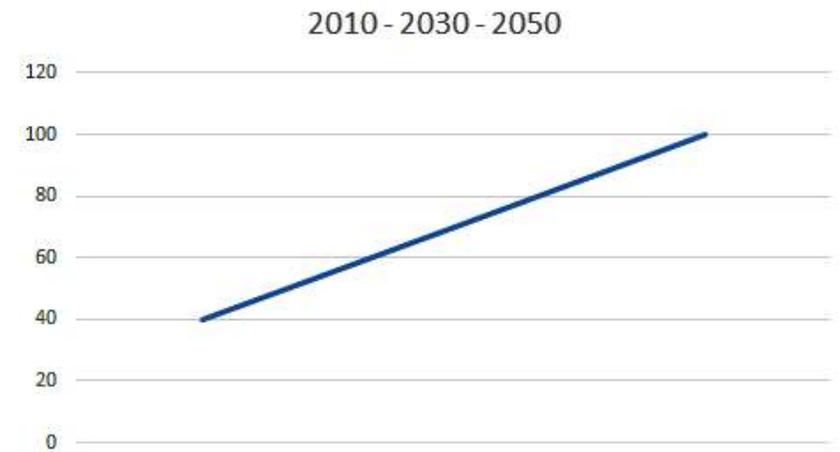
- **Medical futility:** any therapy that **will not** improve the patient's medical condition

Bernal, Neurocrit Care. 2005;2(2):198-205

US Census Bureau

Estimated population > 65 yo

- **2006 = 35 million**
- **2030 = 70 million**
- **2050 > 86 million** → **1/5 persons**
- Increased risk of injury than those of previous generations
 - **fewer disabilities**
 - **more active lifestyles**
- Increased risk for adverse outcomes
 - **essential to identify management strategies to improve outcomes**



AAST Congress, 2019

GERIATRIC TRAUMA: NOW THE GOOD NEWS

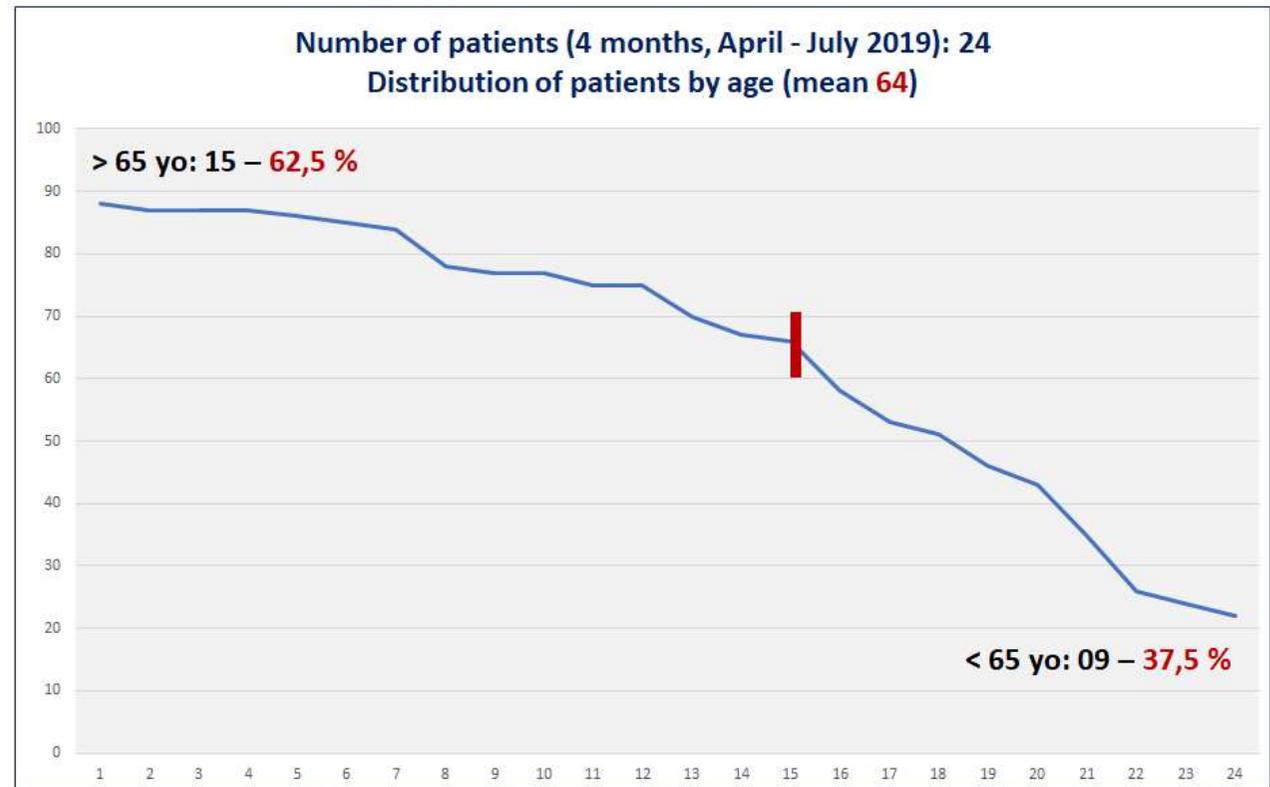
Deborah Stein, Karen Brasel, Alicia Mangram and Rosemary Kozar

General and Emergency Surgery Department

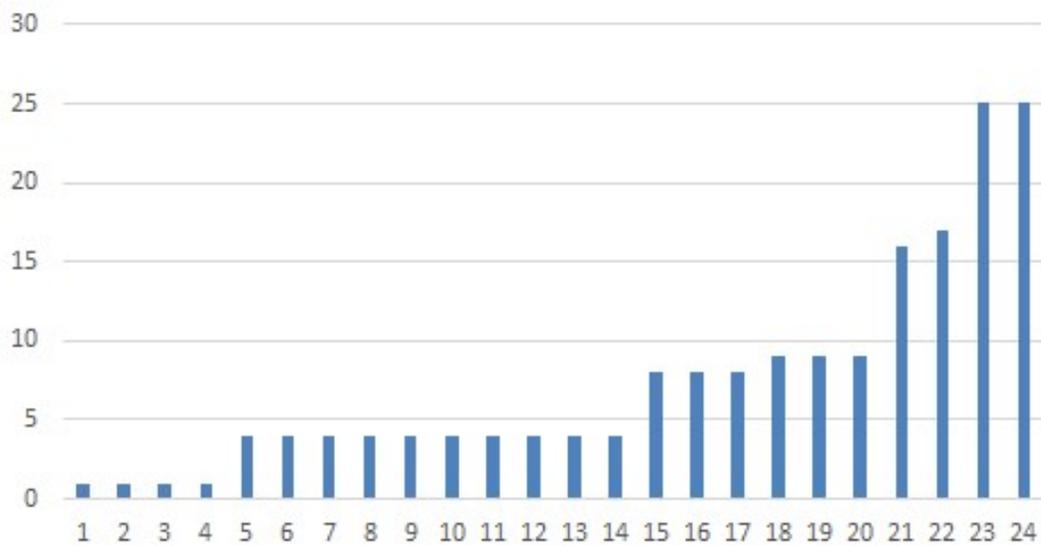
Rehabilitation unit after intensive / intermediate care for visceral and polytrauma patients

M	16
F	08
Age 21-87 mean	64
<i>ISS min</i>	<i>01</i>
<i>ISS max</i>	<i>25</i>
<i>ISS mean</i>	<i>07</i>

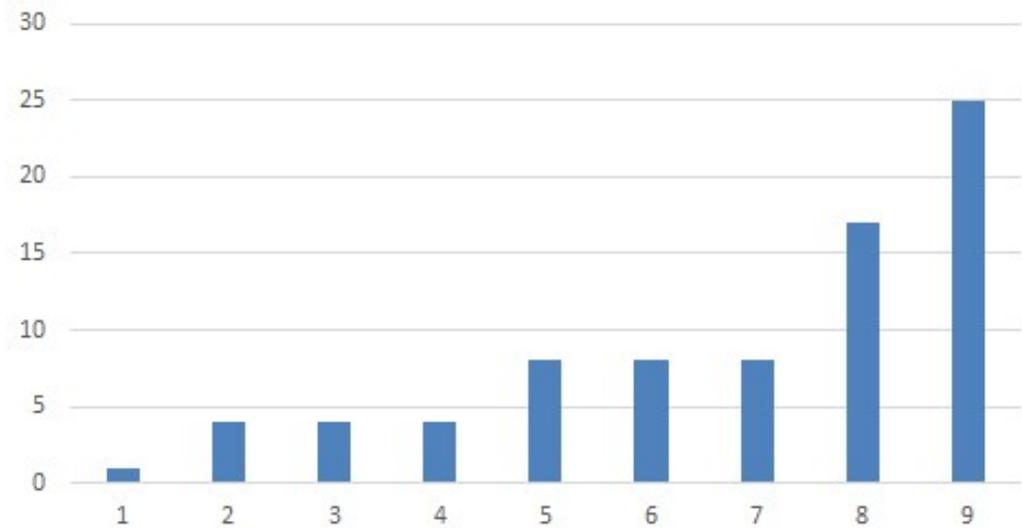
Number of beds	09
Length of stay (d)	12
<i>< 65yo</i>	<i>13</i>
<i>> 65yo</i>	<i>11</i>



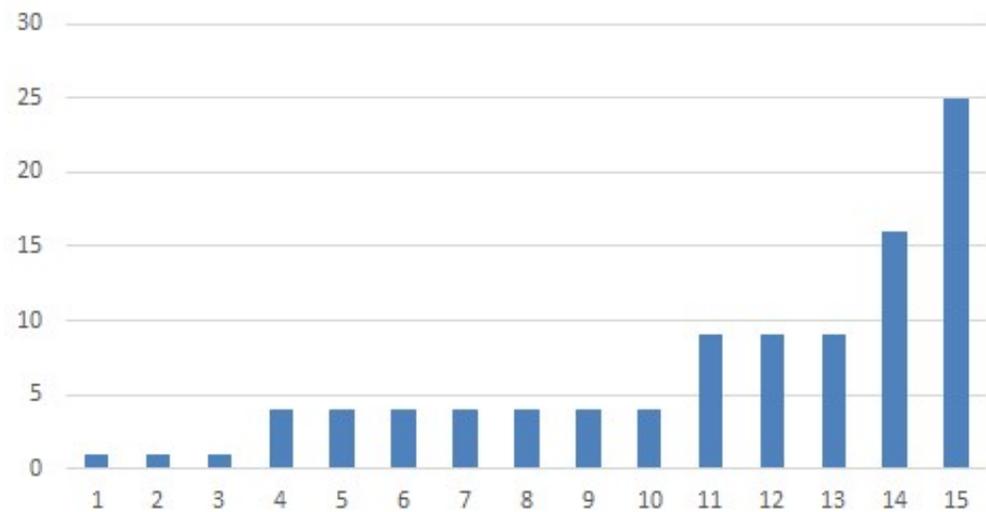
ISS 24 pts 21-87 yo



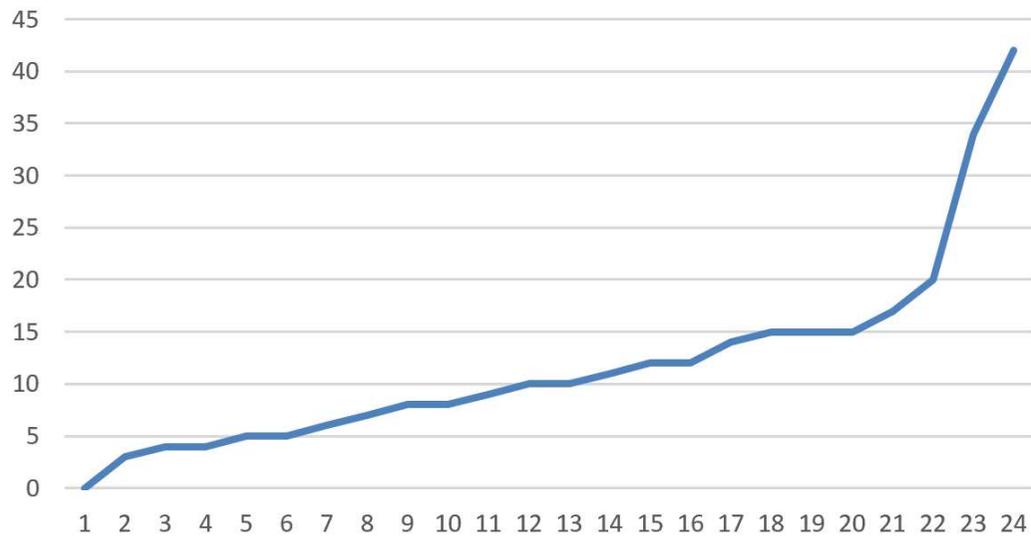
ISS patients < 65yo



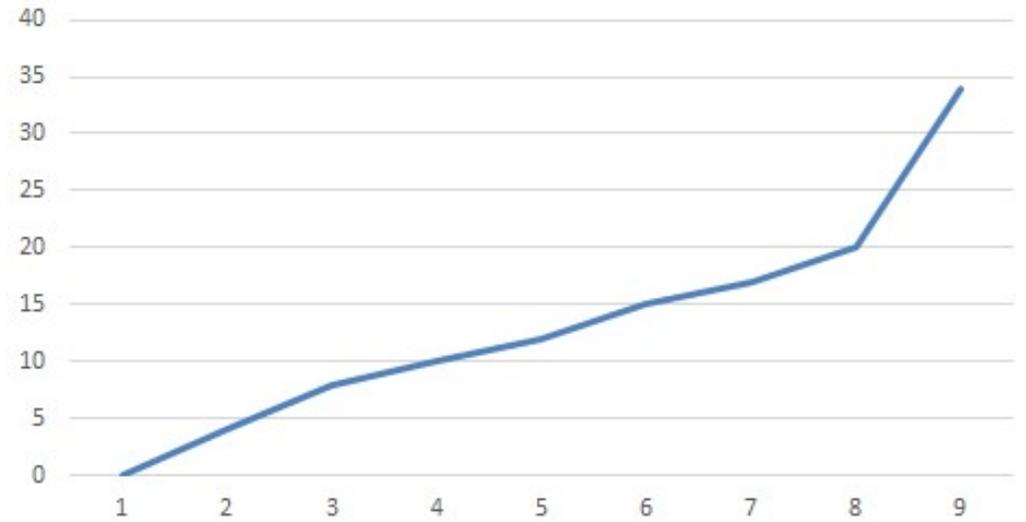
ISS patients > 65yo



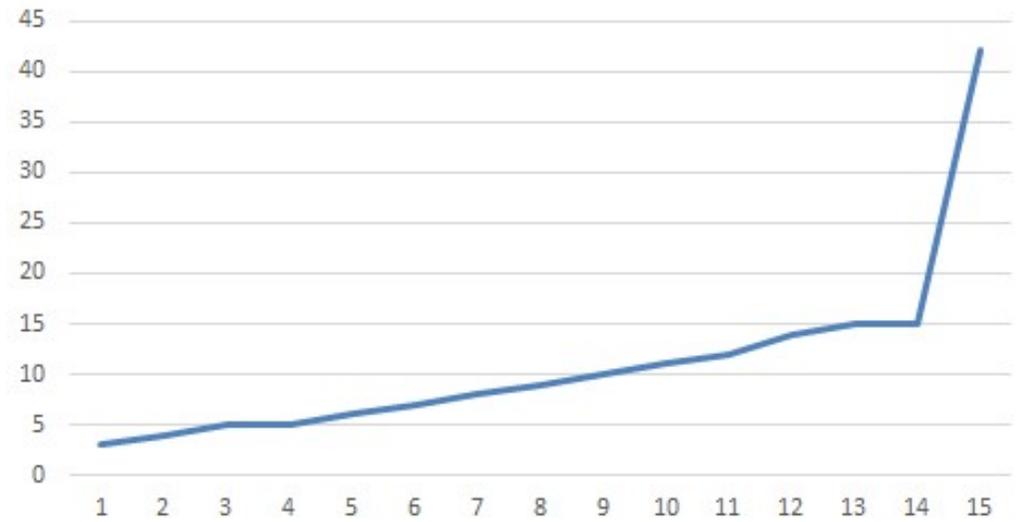
Length of stay, 24 pts, 21-88 yo



Length of stay (d) < 65yo



Length of stay (d) > 65



Rehabilitation Concerns in Geriatric Trauma

To return the patient to the highest possible level of independence

- Population ages and receives more state-of-the-art medical care
- Number of elderly individuals sustaining injury becomes greater
- Extrinsic and intrinsic factors lead to this increased incidence
 - greater opportunity to live independently out of desire or necessity
 - degenerative anatomical changes that lead to higher risks of trauma
- **Need to manage the multidisciplinary aspects of functional restoration**
 - **rehabilitation process not always well understood by non-physiatric medical practitioners**

Tsai N.T., Fakhry S.M. (2014)

Rehabilitation Concerns in Geriatric Trauma

In: Yelon J., Luchette F. (eds) Geriatric Trauma and Critical Care. Springer, New York, NY

Geriatric Trauma Protocol (GTP)

based on American College of Surgeons and Eastern Association for the Surgery of Trauma recommendations to improve health care delivery to an aging population:

- **must take into account physiological, psychosocial, environmental, and pharmacological needs**
- **surgical residents must receive training on the GTP, including performing additional diagnostics, referrals, and discussing goals of care early in treatment**
- **results of the GTP showing**
 - **reduced length of stay (LOS) and increased geriatric consultations**
 - **more patients receiving evaluation by the trauma team, contributing to LOS**
 - **improvement in patient outcomes, including morbidity and mortality**
- **GTP applicable in clinical settings on the frontlines of initial evaluations, especially emergency rooms**
- **organizations and clinicians should adopt a GTP into their practices**

Cortez, R. Geriatric Trauma Protocol. Journal of Trauma Nursing: July/August 2018 - Volume 25 - Issue 4 - p 218–227

Dr. António Marques
Presidente

Dra. Raquel Ramos
Instituto Nacional de Emergência Médica

Dr. Duarte Sequeira
Serviços Partilhados do Ministério da Saúde

Dra. Andreia Costa
Direção Geral da Saúde

Dra. Graça Vilar
Serviço de Intervenção nos
Comportamentos Aditivos e nas
Dependências

Dr. Carlos Falcão
Instituto Português de Sangue e
Transplantação

Dra. Dalila Assunção
Administração Central do Sistema de Saúde

Dr. Luís Meirinhos Soares
Autoridade Nacional do Medicamento
e Produtos da Saúde

Dra. Tatiana Alves
Instituto Nacional de Saúde
Doutor Ricardo Jorge

Dra. Margarida Rios
Administração Regional de Saúde
Norte

Dr. Carlos Mesquita
Administração Regional de Saúde
Centro

Dra. Margarida Rato
Administração Regional de Saúde
Lisboa e Vale do Tejo

Dr. Adriano Natário
Administração Regional de Saúde
Alentejo

Dra. Tina Sanai
Administração Regional de Saúde
Algarve



REPÚBLICA
PORTUGUESA

SAÚDE



SNS SERVIÇO NACIONAL
DE SAÚDE

Comissão Nacional de Trauma

CALENDÁRIO DE REUNIÕES E TRABALHO 2019

	Tarde - Reunião da Comissão com a Associação Portuguesa de Telemedicina
28 Fevereiro 2019 Lisboa – Dia Quinta feira	Manhã - Ponto da situação sobre o SEGES Sistema de Informação/ Gestão da Saúde – ACSS/SPMS Tarde - Ponto da situação Reabilitação no Trauma: Reunião da CNT com Colégio de Medicina Física e Reabilitação da Ordem dos Médicos, Ordem dos Enfermeiros, Sociedade Portuguesa de Medicina Física e Reabilitação, Coordenação da Rede de Referência de Medicina Física e Reabilitação
7 Março 2019 Lisboa – Dia Quinta feira	Manhã -Trauma e Saúde Mental: reunião da CNT com Ordem dos Médicos (Colégio de Psiquiatria e Competência em Emergência Médica), Ordem dos Enfermeiros, Ordem dos Psicólogos, Sociedade Portuguesa Psiquiatria. 10h30-12h30 Tarde -Trauma Pediátrico: reunião da CNT com Ordem dos Médicos (Colégios de Cirurgia Pediátrica, Cirurgia Geral, Ortopedia, Neurocirurgia, Anestesiologia, Medicina Física e Reabilitação, Psiquiatria e Competência em Emergência Médica), Ordem dos Enfermeiros, Ordem dos Psicólogos, Sociedades Portuguesas de Pediatria, Urgência e Emergência Pediátrica, Cuidados Intensivos Pediátricos, Cirurgia Pediátrica, Ortopedia, Neurocirurgia, Medicina Física e Reabilitação. 14h00-16h00 Tarde -Trauma no Idoso: reunião da CNT com Ordem dos Médicos (Colégios de Cirurgia Geral, Ortopedia, Neurocirurgia, Anestesiologia, Psiquiatria e Competência em Emergência Médica), Ordem dos Enfermeiros, Ordem dos Psicólogos, Sociedades Portuguesas de Cirurgia, Ortopedia, Neurocirurgia, Medicina Física e Reabilitação. 16h30-18h30
14 Março 2019	Manhã - Reunião da CNT com a Direção de Saúde Militar, com representantes do Exército, Força





Manoel de Oliveira

Born in Porto in 1908, he died four years ago at 106. He was the oldest active film director in the world and the only filmmaker whose active career has spanned from the silent era to the digital age