

Acute Management of Traumatic Brain Injury

Purpose:

Provide a framework to the delivery of care to the brain-injured patient. This includes the treatment options for managing traumatic brain injuries in order to avoid secondary brain injury.

Objectives:

Establish monitoring parameters for treatment
Control increased intracranial pressure (ICP)
Optimize cerebral perfusion pressure (CPP) to the brain
Enhance cerebral oxygen delivery to the brain
Guidelines for decompression

Definitions:

Severe head injury includes: Post resuscitation GCS of 3-8 with or without an abnormality noted on a head CT scan.

Moderate head injury includes: Post resuscitation GCS of 9-13

I. Assessment:

Clinical Assessment includes:

- Glasgow Coma Scale (Table 1)
- Level of Consciousness
- Cranial Nerve Exam
- Motor Strength/Tone
- Sensory Assessment
- Seizure Activity

Table 1: Glasgow Coma Score

	1	2	3	4	5	6
Eye Opening	None	To Pressure	To Sound	Spontaneous		
Verbal Response	None	Sounds	Words	Confused	Oriented	
Motor Response	None	Extension (Decerebrate)	Abnormal Flexion (Decorticate)	Normal flexion (Withdraws)	Localizing	Obeys Commands

Diagnostic assessment of brain injury may include:

- Brain imaging: CT*, MRI
- Cerebral Vascular imaging: CTA, MRA, MRV, angiography
- Cerebral perfusion imaging
- Intracranial pressure (ICP) monitor
- Cerebral brain tissue oxygen monitor (PbtO2)
- EEG monitoring

*All trauma patients undergo initial non-contrasted CT head and CTA neck (unless contrast contra-indicated) during initial trauma evaluation.

II. Initial Trauma Bay Management:

Table 2: Goals of Treatment for Traumatic Brain Injury

Pulmonary	Pulse Ox $\geq 94\%$	PaO ₂ ≥ 100	PaCO ₂ 35-40 mm HG	
CV	SBP ≥ 100 mm HG			
Neuro	ICP < 22 mm HG	CPP ≥ 60		
Metabolic	pH 7.35-7.45	Temp 36-38°C	Glucose 80-180	
Labs	INR < 1.4	Plts $\geq 100,000$	Serum Na > 138 & < 160	Hgb ≥ 7

1. Airway Management

- Supplemental O₂ to maintain SaO₂ $\geq 94\%$
- Intubate for GCS 3-8 or inability to protect airway. Rapid sequence intubation is recommended.
- Titrate ventilator settings to maintain PaO₂ ≥ 100 mm HG and PaCO₂ 35-40 mm HG
 - Note: May hyperventilate to PaCO₂ of 30-35 mm HG for brief time (up to 30 minutes) if concerns for active herniation. Otherwise prophylactic hyperventilation is not indicated and can cause rebound intracranial hypertension.

2. Circulation

- Establish minimum of 2 large bore IV's
- Place arterial line at earliest opportunity in Severe TBI patients without delaying diagnostic imaging (non-contrasted Head CT)
- Fluid resuscitation with Normal Saline (NS) or 3% Hypertonic Saline (HTS)
- Avoid hypotension (goal SBP > 100 mm Hg, Goal MAP ≥ 70 mm Hg)

3. Disability

- Determine patient's GCS and assess pupils
- Assess motor strength/tone
- Perform sensory assessment
- Assess for seizure activity

4. Diagnosis

- Rapidly progress through primary and secondary survey and obtain non-contrasted Head CT in patients stable for movement to CT
- Senior Resident or Attending should accompany patient to CT whenever possible and review CT imaging in real-time with **rapid consultation to Neurosurgery** based on CT findings.

5. Sedation and Analgesia

- Sedation for intubated patients: use Propofol
- Analgesia: use fentanyl
- Avoid paralytics until after initial assessment. If paralytics necessary for patient safety use short acting agents and document time given
- Ketamine is no longer contraindicated in TBI patients and may be a useful agent in the hypotensive patient

6. Labs

- a. **Obtain TEG and Anti-XA** in addition to standard trauma labs

7. TXA

- a. Pt's with clinical signs of **moderate** or **severe** TBI should receive a **2gm bolus of TXA** delivered over 20 minutes.
- b. Pt's with mild TBI may benefit from this same TXA dosing and may be given at the discretion of the trauma attending

8. Medical Management for signs of intracranial hypertension or herniation (i.e. posturing or unequal/non-reactive pupils, compressed/absent basal cisterns on CT)

Step 1-Should be done in all patients with TBI

- a. Maintain neck in midline position and ensure cervical collar is not too tight
- b. Elevate the head of the bed to 30 degrees or place in reverse Trendelenberg if maintaining spine precautions
- c. Verify oxygenation and ventilation
- d. Ensure adequate sedation and analgesia in intubated patients

Step 2

- e. Administer hyperosmolar therapy
 - i. 3% saline 250 ml bolus- first line choice
 - 1. Continue 3% at 50cc/hr pending finalizing hyperosmolar plan with NSGY team
 - ii. Mannitol* 0.25-1 gram/kg bolus over 15 minutes
 - *Note: Used as last line measure in trauma bay for actively herniating patients only. Avoid mannitol in hypovolemic patients. **Must have Attending approval** to give mannitol.
- f. Hyperventilate to PaCO₂ goal of 30-35 mm Hg for clinical evidence of active herniation

9. Indications for ICP Monitoring:

- a. GCS \leq 8, with an abnormal admission head CT
- b. GCS \leq 8 with normal head CT if \geq 2 complicating factors:
 - i. Age $>$ 40
 - ii. Unilateral or bilateral posturing
 - iii. Systolic BP $<$ 90
- c. Monitor should be considered for:
 - i. GCS $>$ 8 with lesions at high risk for progression
 - ii. Pt's with brain injury that require urgent operative intervention of other life threatening injuries (i.e. unable to perform serial neuro exams)

10. Seizure Prophylaxis:

- a. Patients with significant intracranial pathology should receive loading dose of levetiracetam (Keppra) 20 mg/kg IV