

PEDIATRIC ISOLATED LIVER / SPLEEN INJURY GUIDELINES

GRADE III

	Admission Day	PTD 1	PTD 2	PTD 3
Level of Care	Step down	Step down (if HGB stable)	SD/Floor (if HGB stable)	Floor
Laboratory	H&H q 12hr Type and cross	H&H q12	H&H – None if stable If Liver Injury – Liver Enzymes and Bilirubin	AM Hemoglobin
Nursing Orders	VS q 2 x 12 hrs, if stable then q4 Strict I&O MIVF NG if indicated (gastric distention or repeated vomiting) Foley Cath if indicated (hemodynamic instability or monitor I&O)	VS q4 I&O MIVF Consider D/C Foley	VS q shift I&O D/C MIVF D/C Foley	VS q shift I&O
Treatments and Procedures	IS Q2-Q4 SCD	IS SCD	IS SCD	IS SCD
Medications	Famotidine IV Q8 Ondansetron PRN IV Docusate BID Pain management Mild pain – Acetaminophen PRN PR q4 Moderate pain – Acetaminophen with Codeine PRN q4 Pain management: Moderate to Severe pain – Morphine PRN IV q2-q4 Consider PCA		Transition to PO MEDS if Tolerated Famotidine Q8 Ondansetron PRN Docusate BID Pain Management: Mild pain – Acetaminophen PRN PO q4 Moderate to Severe pain – Acetaminophen with Codeine PRN PO q4	Assess amount of pain control needed – MUST have pain managed via PO prior to D/C. Consider Milk of Magnesia if no BM.
Nutrition	NPO	Full liquid -> progress as tolerated	Diet as tolerated -> regular	Regular
Activity	Bedrest x 24hr	OOB in Room Only	OOB as tolerated	Ambulate without difficulty
Discharge Planning				3-4 weeks post injury Follow up in Peds surgery clinic visit.
Return to School			1-2 weeks	
Time of restricted activity post injury for normal activity			5 weeks	
Time of restricted activity post injury for full contact, competitive sports*			8 weeks	
**Imaging – Pre-discharge Post-discharge			None	None

*Return to full contact, competitive sports (i.e., football, wrestling, hockey, lacrosse, mountain climbing, etc.) should be at the discretion of the individual pediatric trauma surgeon. The proposed guidelines for return to unrestricted activity include “normal” age-appropriate activities.

** Follow-up imaging not necessary; however focused imaging based on clinical symptoms is encouraged.