Challenges in management of the elderly

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RMG News

Photo source: http://elitedaily.com/humor/elderly-couple-take-picture-wrecked-car-rolling-middle-street/646211/
The Basics

• Why is trauma in the elderly a problem?
  • They are everywhere
  • They tend to fall over and crash their cars
  • They break easily
  • Old age often means bad outcomes
  • If you don’t treat them differently they die
What challenges?

Engineering Flowchart

DOES IT MOVE?

No

Should it?

No

No Problem

Yes

WD-40

Yes

No Problem

Yes

Should it?

Yes

No

No Problem

No

No Problem

http://25.media.tumblr.com/tumblr_m1mnb7CvtP1rrr8v1o1_1280.jpg
The Challenges

- The increasing incidence
- The aim
  - Modern Day Hippocratic oath
- Geriatric triad of death
  - Primary prevention
- The two F’s
  - Frailty
  - Futility
- The “do gooders”
- Assembling the perfect team
John Hunter Hospital

- Newcastle NSW – Outside Sydney
- Only combined Adult and Paediatric Trauma Centre in NSW
- We see the largest number of severely injured in the state
- In 2014 there were 685 patients with an ISS >12
John Hunter Data

Presentations ISS > 12

- >65 years: 33%
- <65 years: 67%

Mortality ISS > 12

- <65 years: 42%
- >65 years: 58%
NSW Institute of Trauma and Injury Management

Major Trauma in NSW, 2013
A report from the NSW Trauma Registry
Mortality in NSW ISS >15

Males have a significantly higher number of major trauma injuries with survival (88.2%, n=2,008) compared to females (85.7%, n=780), except in the 85 and over group (Figure 1). Overall, males are 2.5 times more likely to be injured than females.

Figure 1: Number of major trauma patients by age, gender and mortality (n=3,186)
Mortality in NSW ISS >15

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Figure 1: Number of major trauma patients by age, gender and mortality (n=3,186)
The aim of the game

- The modern day Hippocratic Oath:
  ‘I will apply, for the benefit of the sick, all measures which are required, avoiding those twin traps of overtreatment and therapeutic nihilism’
An ounce of prevention is worth a pound of cure

Benjamin Franklin
The geriatric triad of death
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Community Campaigns

LICENSIZED DRIVERS IN QLD
5948
AGED 90-99 YEARS

LICENSIZED DRIVERS IN QLD
168,758
AGED 75 AND OVER

LICENSIZED DRIVERS IN QLD
17
AGED OVER 100 YEARS

“Families urged to watch elderly drivers”
ARE YOU WITH HB
Frailty

- Linda Fried – John Hopkins Baltimore
- Defined frailty phenotype as having 3 or more of the following:
  - Unintentional weight loss
  - Self reported exhaustion
  - Weakness (grip strength)
  - Slow walking speed and
  - Low physical activity
Frailty

• Frailty puts patients at risk of major adverse health outcomes
• Increases their risk of falls → trauma
• Contributes to:
  • Hospitalisation
  • Morbidity and
  • Mortality
Frailty

- Frailty Phenotype

Frailty

- Frailty Phenotype

Frailty and Trauma

- Frailty Index – 50 data points
  - Predict in hospital complications
  - Adverse discharge disposition
  - Superior to age & ISS in predicting above
- Trauma specific frailty index – 15 data points
  - Independent predictor of unfavorable d/c disposition

Validating Trauma-Specific Frailty Index for Geriatric Trauma Patients: A Prospective Analysis

Bellal Joseph, MD, FACS, Viraj Pandit, MD, Bardiya Zangbar, MD, Narong Kulvatunyou, MD, FACS, Andrew Tang, MD, FACS, Terence O’Keeffe, MBChB, FACS, Donald J Green, MD, FACS, Gary Vercruysse, MD, FACS, Mindy J Fain, MD, Randall S Friese, MD, FACS, Peter Rhee, MD, FACS
Futility

- Dr Peter Saul – Ethicists and Intensivists
- Futility is like pornography, it’s difficult to describe but you know it when you see it...
Futility

• Dr Peter Saul – Ethicist and Intensivist
• Futility is like pornography, it’s difficult to describe but you know it when you see it.
• 4 step approach
  • Individualization
  • Medical consensus
  • Including “Person Responsible”
  • Resolution options

https://www.ted.com/talks/peter_saul_let_s_talk_about_dying?language
Guidelines for end-of-life care and decision-making
Making ideals known

- Developing an advanced care plan
- Discussing preferences
- Formalising appointment of enduring guardian
- Writing an advance care directive
ASET

- Aged Care Services in Emergency Teams
- Skills
- Knowledge
- Service links
- Follow up
- Safety
The do ‘gooders’

Mechanism:
- 75 yr old male
- Walking the dog
- 5min from hospital
- Arrested
The Perfect Team

Critical Care Team
Geriatricians
Rahab Physicians
Pharmacists
Allied Health

Orthopedics
General Surgeon
Trauma Surgeon
Anaesthetics
Getting the balance right

Weighing up the information

- Frailty
- Futility
- Do gooders

+ Consensus
+ A clear plan
+ The right team

= The best outcome
Thank You!

“Look at those dang fool teenagers, wearing their pants hangin’ down low like a coupla idiots.”