

Trauma Anesthesia

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Supersedes:	This is a new CPG and must be reviewed in its entirety.			
<input type="checkbox"/> Minor Changes (<i>or</i>)	<input type="checkbox"/> Changes are substantial and require a thorough reading of this CPG (<i>or</i>)			
<input type="checkbox"/> Significant Changes				

- 1. Goal.** Outline a method of anesthesia which incorporates the induction and maintenance of anesthesia into an ongoing resuscitation during surgery for a trauma patient in extremis.
- 2. Background.** Resuscitation goals for trauma patients have undergone significant change in the past decade. Appropriate blood product transfusion ratios, use of pharmacologic adjuncts (e.g.; tranexamic acid) and other modalities have improved survival for the wounded combatant. In the operating room, this resuscitation occurs in the context of an anesthetic that can cause hemodynamic instability, even in healthy patients. It is imperative, therefore, that the anesthesiologist understands their role in the management of this resuscitation continuum. While recent review articles and checklists have drawn attention to the role of the anesthesiologist as resuscitation consultant, there is currently no guideline for anesthesia of the military trauma patient in extremis.^{1,2}
- 3. Specific Considerations for Trauma Anesthesia.**
 - a. Pre-induction.
 - 1) Hypothermia is one of the arms of the lethal triad of coagulopathy, acidosis and hypothermia.³ It is important, therefore, to warm the OR to greater than 30C and have a warmed intravenous (IV) line immediately available.
 - 2) Standard checks (e.g., anesthesia machine check, verification that airway equipment is in good working order) assure that vital equipment is ready for immediate use.
 - 3) Establishment of a massive transfusion protocol and effective communication with the blood bank can improve survival.⁴ The Damage Control CPG defines the massive transfusion protocol for theatre. At all levels of care, awareness of the individual MTF's on hand resources and applicable protocols are key considerations.
 - b. Induction of Anesthesia.
 - 1) After a patient is identified for surgery, verification of functioning vascular access (either intravenous or intraosseous) and placement monitoring devices (e.g., oxygen saturation, blood pressure, electrocardiogram) must occur quickly. Placing monitors at the same time as the surgical prep and drape can save time in a crisis. Pre-oxygenation with four full vital capacity breaths can “de-nitrogenate” the end alveoli sufficiently to optimize oxygenation prior to rapid sequence induction.
 - 2) There a variety of sedative hypnotics available for induction of anesthesia. Standard induction dosages should be reduced and titrated to balance the induction of anesthesia with hemodynamic changes. While propofol is a standard induction agent, it can decrease the systemic vascular resistance significantly. It is prudent, therefore,

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to use reduced doses of propofol (0-1 mg/kg) in hypotensive patients. In profoundly hypotensive patients, ketamine (1 mg/kg) is an NMDA antagonist which will not decrease the systemic vascular resistance to the same extent as other sedative hypnotics. When no anesthetics are indicated, always consider IV Scopolamine (0.4mg). Etomidate (0.3 mg/kg) is often used in patients with low blood pressure; however, it can cause hypotension from suppression of the hypothalamic-pituitary-adrenal (HPA) axis even after a single dose.⁵

- 3) Neuromuscular relaxation sufficient to facilitate endotracheal intubation can be achieved in approximately 45 seconds with succinylcholine in a standard rapid sequence induction dose (1mg/kg). Rocuronium is a non-depolarizing neuromuscular relaxant that is useful in cases where succinylcholine may be contraindicated (e.g.; burns, spinal cord injury, hyperkalemia). An increased dose of rocuronium (1.2 mg/kg) can produce intubating conditions similar to succinylcholine in approximately 60 seconds.
- 4) Prompt endotracheal intubation of the trachea following induction mitigates the risk of aspiration. Rapid sequence induction (RSI) with direct laryngoscopy is a safe and effective method to secure the airway of the trauma patient.^{6,7} The efficacy of in-line stabilization during RSI is somewhat controversial; however, it remains prudent to minimize the manipulation of the cervical spine to the extent possible during laryngoscopy. Regardless, it is re-assuring to know that spinal cord injury following direct laryngoscopy rarely causes or worsens cervical spine injury.⁸

A variety of airway adjuncts are available to the laryngoscopist. The gum elastic bougie can be helpful in securing a challenging airway and is a low-cost, effective airway adjunct.⁹ Video laryngoscopy can provide an improved view of the vocal cords during intubation. This does not, however, necessarily improve successful first pass intubation or result in faster time to intubation.¹⁰ It remains prudent to have a limited number of immediately available airway adjuncts with which one is familiar, rather than a larger selection of less familiar equipment.¹¹

- 5) After endotracheal intubation of the trachea and verification of end tidal carbon dioxide, communication with the surgeon ensures that the operation proceeds in a timely fashion. Placement of an orogastric tube at this point may potentially decrease the risk of aspiration.
- c. Maintenance of Anesthesia.
- 1) Maintenance of anesthesia can be maintained via an inhalational volatile agent or via a total intravenous anesthetic (TIVA). Both approaches must be carefully titrated to the hemodynamic profile while assuring adequate sedation/hypnosis and analgesia. Awareness during anesthesia and the acute pain response can be mitigated during TIVA by assuring that both a sedative hypnotic (e.g., propofol, benzodiazepine) and an analgesic (e.g.; narcotic) are being administered.
 - 2) At this time, placement of additional IV access or an arterial line (if indicated for continuous monitoring of beat-to-beat blood pressure) can be undertaken without concern for delaying the start of the operation.

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- 3) Sending a baseline set of labs, to include coagulation studies and base excess, at the start of the case can set a reference point for the remainder of the resuscitation.
- 4) The maintenance of anesthesia and the resuscitation can be guided by following the trend in mean arterial pressure (MAP). While the ideal blood pressure is controversial, a MAP < 55 mmHg has been associated with acute kidney injury and myocardial injury during anesthetics for non-cardiac surgery.¹² Maintaining a MAP > 55 mmHg will facilitate end organ perfusion without exacerbating any unsecured bleeding.

Traumatic brain injury (TBI) represents a unique situation in which isolated episodes of hypotension can worsen mortality.¹³ It is, therefore, advisable to maintain systolic blood pressure > 90 mmHg in patients with documented or suspected TBI.

d. Resuscitation. (see also the Damage Control Resuscitation CPG)

- 1) Ratios of FFP:PRBC approaching 1:1 have been demonstrated to confer a survival benefit in military and civilian trauma patients.^{14, 15} While the ideal ratio of FFP: PRBC is the subject of ongoing investigation; it is fair to say that early administration of plasma is appropriate for the trauma patient in extremis. A more exhaustive discussion of damage control resuscitation is found elsewhere in the CPGs and is recommended reading for this subject.
- 2) Tranexamic acid is a potent synthetic lysine derivative that functions as an anti-fibrinolytic. Administration of 1 gm of tranexamic acid over 10 minutes within three hours of injury has been demonstrated to improve survival in a highly powered, randomized trial of international trauma patients.¹⁶ The initial bolus dose was followed by an infusion of 1 gm over 8 hours. A survival advantage was also demonstrated with the use of tranexamic acid in military trauma.¹⁷
- 3) Hydrocortisone is a potent mineralocorticoid that can augment blood pressure during shock states when the HPA axis is suppressed and unable to mount an effective stress response. Administration of hydrocortisone 100 mg can improve vasopressor responsiveness in critically ill trauma patients.^{18, 19}
- 4) Massive blood transfusion can result in hypocalcemia due to chelation of calcium by the citrate preservative in PRBCs. Administration of 1 gm calcium chloride can correct this potentially life threatening hypocalcemia, and the hypotension associated with it.²⁰
- 5) Use of vasopressors in trauma is generally associated with higher mortality.²¹ In one analysis evaluating trauma patients who received vasopressor support, however, vasopressin was found to be the only vasopressor in which the 95% confidence interval for mortality crossed unity, suggesting non-significance.²² Vasopressin is now the subject of an on-going clinical trial. The Arginine Vasopressin During the Early Resuscitation of Traumatic Shock (AVERT) Study is a phase 2 clinical trial which will evaluate the use of vasopressin supplementation in the resuscitation of trauma patients, as well as the utility of using copeptin as a biomarker for vasopressin (available at: <http://clinicaltrials.gov/ct2/show/study/NCT01611935>). In cases of

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- refractory hypotension, a vasopressin bolus (5-10 units) followed by infusion (0.04 U/min) can be given in concert with aggressive blood product administration.
- 6) Timely administration of antibiotics can decrease the incidence of post-operative infections and is part of the anesthetic resuscitation. Consider agents that will be effective against skin flora (Gram positive organisms) or, in the event of bowel injury, gastrointestinal flora (anaerobes and Gram negative organisms). The Infection Control CPG identifies the optimal antibiotics for multiple clinical scenarios.
- e. Post-operative/emergence.
- 1) Low lung volume ventilation (6mL/kg) can decrease mortality in critically ill patients with the acute respiratory distress syndrome.²³ Even in patients who have not developed the acute respiratory distress syndrome, initiation of low lung volume ventilation can improve outcome.²⁴ Consider initiation of low lung volume ventilation in the OR.
 - 2) Communication with the next level of care is vital to maintaining continuity of care. In the deployed setting this may entail a face-to-face conversation with the intensive care unit (ICU) team, or a report transmitted to a critical care air transport (CCAT) team.

4. Performance Improvement (PI) Monitoring

- a. Intent (Expected Outcomes)
- 1) Trauma patients in the OR will maintain a body temperature > 36C.
 - 2) Anesthesia following major trauma will be induced and maintained with < 20% drop in initial blood pressure.
 - 3) Any incidence of awareness under anesthesia during TIVA or GETA will be documented.
 - 4) No trauma patient will experience a sustained MAP < 50 mmHg during maintenance of anesthesia.
 - 5) Patients undergoing massive transfusion will receive blood products in a PRBC:FFP:platelet ratio approaching 1:1:1.
 - 6) Calcium chloride will be administered to hypotensive patients who have received more than 4 units of PRBC.
 - 7) Antibiotics will be administered to all patients within 30 minutes of incision.
 - 8) The anesthesia record will reflect an accurate description of the resuscitation that is undertaken in the OR.
- b. Performance / Adherence Measures
- 1) Trauma patients in the OR maintained a body temperature > 36C.
 - 2) Anesthesia following major trauma will be induced and maintained with < 20% drop in initial blood pressure.

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- 3) Any incidence of awareness under anesthesia during TIVA or GETA was documented.
- 4) Patients undergoing massive transfusion received blood products in a PRBC:FFP:platelet ratio approaching 1:1:1.
- 5) Calcium chloride was administered to hypotensive patients who received more than 4 units of PRBC.
- 6) Antibiotics were administered to all patients within 30 minutes of incision.

c. Data Source

- 1) Patient Record
- 2) Department of Defense Trauma Registry (DoDTR)

d. System Reporting & Frequency.

The above constitutes the minimum criteria for PI monitoring of this CPG. System reporting frequency will be performed annually; additional PI monitoring and system reporting may be performed as needed.

The system review and data analysis will be performed by the Joint Theater Trauma System (JTTS) Director, JTTS Program Manager, and the Joint Trauma System (JTS) Performance Improvement Branch.

5. Responsibilities. It is the Chief Of Trauma or equivalent's responsibility to ensure familiarity, appropriate compliance and PI monitoring at the local level with this CPG.

6. References.

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Approved by CENTCOM JTTS Director,
JTS Director and CENTCOM SG

Opinions, interpretations, conclusions, and recommendations are those of the authors and are not necessarily endorsed by the Services or DoD.

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APPENDIX A TRAUMA ANESTHESIA CHECKLIST (adapted from ref.1 and other CENTCOM CPGs)

BEFORE PATIENT ARRIVAL

- Room temperature $\geq 25^{\circ}\text{C}$
- Warm IV line
- Machine check
- Airway equipment check
- Emergency medication check
- Blood Bank notified to have blood available per unit SOP

PATIENT ARRIVAL

- Patient identified if possible
- Blood Bank notified to deliver blood per unit SOP
- Ensure large bore IV or CVC access
- Monitors (SaO₂, BP, ECG)
- Pre-oxygenation

INDUCTION

- Sedative hypnotic (ketamine vs. propofol vs. etomidate)
- Neuromuscular blockade (succinyl choline vs. rocuronium)

INTUBATION (per Trauma Airway Management CPG)

- (+) ETCO₂
- Place orogastric tube

ANESTHETIC

- Consider TIVA
- (Volatile anesthetic and/or benzodiazepine) + narcotic
- Insert additional IV access and/or arterial line if needed

RESUSCITATION (per DCR CPG)

- Send baseline labs, type and cross if not yet done
- Follow MAP trends
- Goal FFP:PRBC:plt 1:1:1 if Massive Transfusion
- Goal urine output 0.5-1.0 mL/kg/hr
- Consider TXA if <3 hours from injury and indicators for Massive Transfusion identified
- Consider calcium chloride 1 gm
- Consider hydrocortisone 100 mg
- Consider vasopressin 5-10 IU
- Administer appropriate antibiotics
- Special considerations for TBI as indicated in Severe Head Injury CPG

CLOSING/POST-OPERATIVE

- Low volume ventilation per Acute Respiratory Failure CPG

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APPENDIX B

ADDITIONAL INFORMATION REGARDING OFF-LABEL USES IN CPGs

- 1. Purpose.** The purpose of this Appendix is to ensure an understanding of DoD policy and practice regarding inclusion in CPGs of “off-label” uses of U.S. Food and Drug Administration (FDA)–approved products. This applies to off-label uses with patients who are members of the armed forces.
- 2. Background.** Unapproved (i.e., “off-label”) uses of FDA-approved products are extremely common in American medicine and are usually not subject to any special regulations. However, under Federal law, in some circumstances, unapproved uses of approved drugs are subject to FDA regulations governing “investigational new drugs”. These circumstances include such uses as part of a clinical trial, and in the military context, command required, unapproved uses. Some command requested unapproved uses may also be subject to special regulations.
- 3. Additional Information Regarding Off-Label Uses in CPGs.** The inclusion in CPGs of off-label uses is not a clinical trial, nor is it a command request or requirement. Further, it does not imply that the Military Health System requires that use by DoD health care practitioners or that it considers this to be the “standard of care”. Rather, the inclusion in CPGs of off-label uses is to inform the clinical judgment of the responsible health care practitioner by providing information regarding potential risks and benefits of treatment alternatives. The decision is for the clinical judgment of the responsible health care practitioner within the practitioner-patient relationship.
- 4. Additional Procedures.**
 - a. **Balanced Discussion.** Consistent with this purpose, CPG discussions of off-label uses specifically state that they are uses not approved by the FDA. Further, such discussions are balanced in the presentation of appropriate clinical study data, including any such data that suggest caution in the use of the product and specifically including any FDA-issued warnings.
 - b. **Quality Assurance Monitoring.** With respect to such off-label uses, DoD procedure is to maintain a regular system of quality assurance monitoring of outcomes and known potential adverse events. For this reason, the importance of accurate clinical records is underscored.
 - c. **Information to Patients.** Good clinical practice includes the provision of appropriate information to patients. Each CPG discussing an unusual off-label use will address the issue of information to patients. When practicable, consideration will be given to including in an appendix an appropriate information sheet for distribution to patients, whether before or after use of the product. Information to patients should address in plain language: a) that the use is not approved by the FDA; b) the reasons why a DoD health care practitioner would decide to use the product for this purpose; and c) the potential risks associated with such use.