

Functional Recovery and Re-Employment Patterns among Trauma Patients Post Discharge

from a Level I Malaysia Trauma Center in the Early Post Pandemic Period

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BACKGROUND

- Unlike most developed countries, most trauma in Malaysia involved young employed adults directly impacting the economy
- Resurgence of trauma cases is observed in the post-pandemic period with the restoration of workforce.
- Existing trauma protocol emphasises on survival but data paucity exist on the functional recovery and re-employment among trauma patients post discharge.

RESEARCH Q & OBJECTIVE

What is the functional recovery outcome, re-employment status and quality of life (QoL) among patients who were discharged home?

Aim: This study aims to evaluate functional recovery and re-employment patterns among discharged trauma patients

METHODS

- Single-center retrospective observational study in a Level 1 Trauma Center in Southern Malaysia Peninsula
- Patients admitted under Trauma Surgery Unit from Jan 2022 till Jul 2022 (seven months' period)
- Random sampling was used. Patients were contacted 1 year post-discharge with a series of questionnaire to identify their functional recovery using Glasgow Outcome Scale-Extended (GOSE) and Barthel Index score (BIS), as well their QoL and re-employment rate.

CONCLUSION

- Most patients discharged had favorable outcomes post trauma
- There is however, a significant proportion of subjects suffering from poor recovery and moderate to severe disability
- The prolonged recovery before re-employment highlights the need for identification of subjects who may benefit from rehabilitation beyond mere survival.
- This data will inform practice and assist in the future development of post-trauma rehabilitation programs.

RESULTS

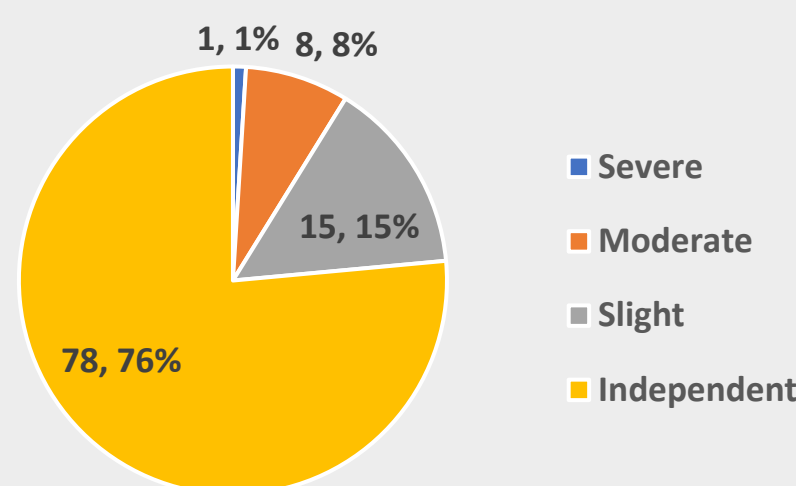
From Jan –July 2022,
515 out of 600 subjects (90.5%) survived and were discharged home.

- Majority (90.5%) were working age (<65 years old)
- 1 in 2 had major trauma (ISS>15)

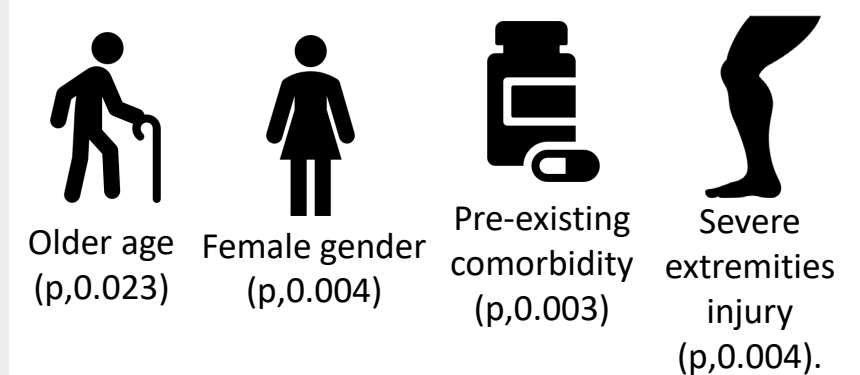
102 subjects were randomly selected & followed up for 1 year duration post discharge

a) Functional recovery & ability to complete ADL (Barthel Index)

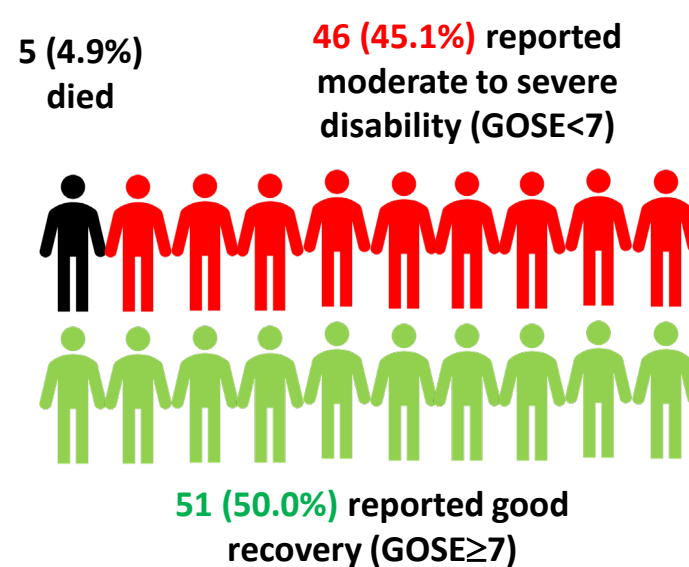
Dependency level 1y post discharge, n, %



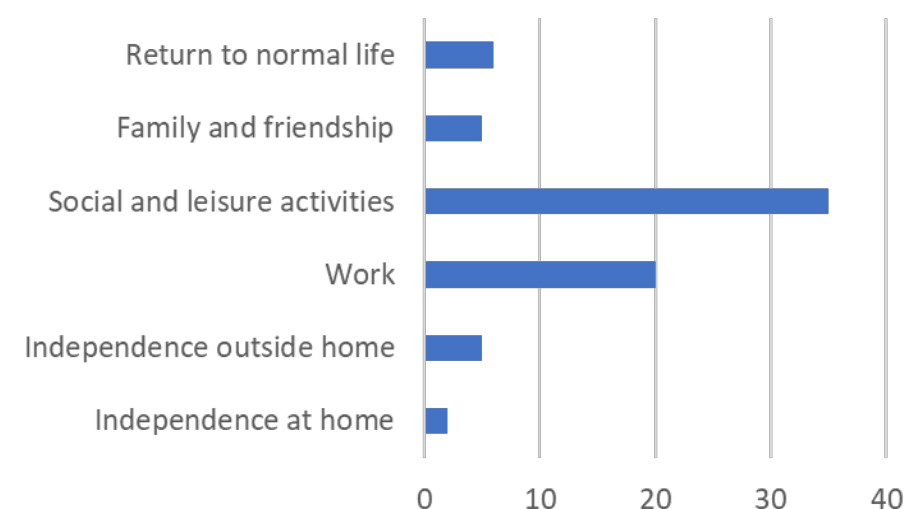
Factors associated with dependency (lower BIS) include:



b) Glasgow Outcome Scale Extended (GOSE)



No. of Subjects and Domains of GOSE ≤ 7



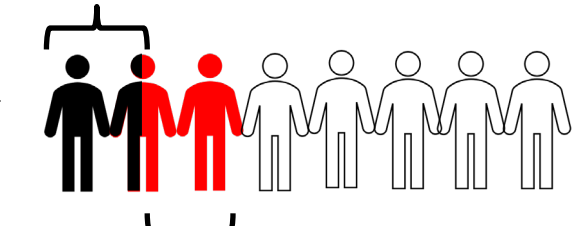
c) Re-employment status

Among 102 subjects, 79 were employed prior to trauma



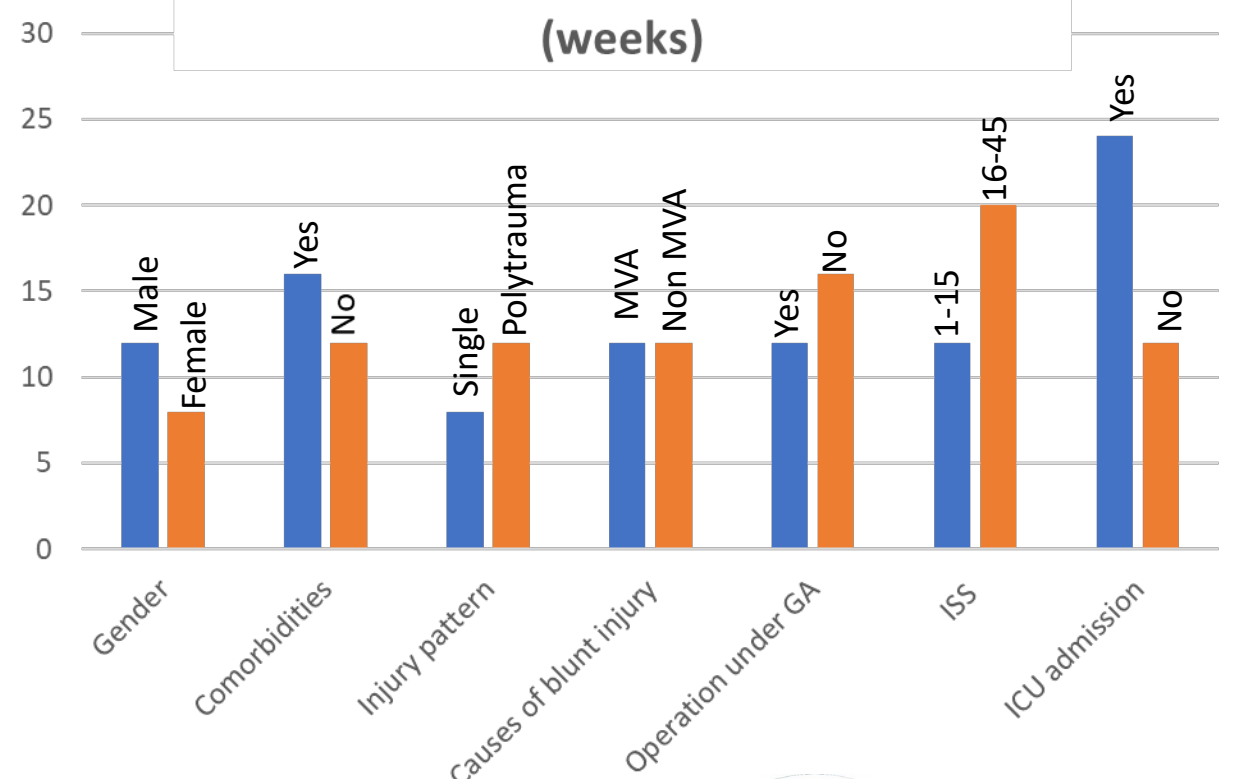
1y post discharge

15 (19.0%) remained unemployed



Those who actually returned to work: Median duration to return to work is 3 months

Factors & Median Duration Return to Work (weeks)



References

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2. Rainer, T. H., Yeung, J. H. H., Cheung, S. K. C., Yuen, Y. K. Y., Poon, W. S., Ho, H. F., ... Graham, C. A. (2014). Assessment of quality of life and functional outcome in patients sustaining moderate and major trauma: A multicentre, prospective cohort study. *Injury*, 45(5), 902–909. doi:10.1016/j.injury.2013.11.006

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