

U Ali<sup>1</sup>, E Theophilidou<sup>1</sup>, S Kitchen<sup>1</sup>, A Brooks<sup>1,2</sup>

1. East Midlands Major Trauma Centre, Queens Medical Centre, Nottingham, UK.

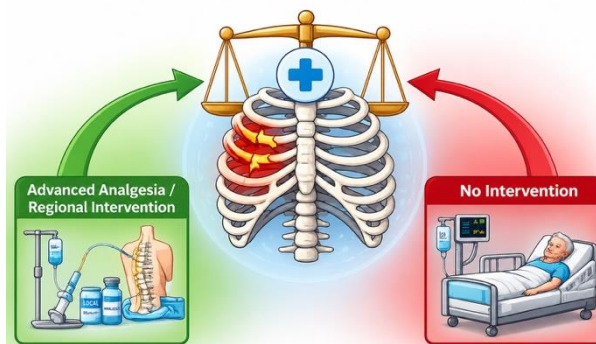
2. Medical Technologies Innovation Facility (MTIF), part of Nottingham Trent University, UK

## Introduction

- Rib fractures in older adults are frequently associated with long-term complications
- Many treatment interventions exist but the relationship between interventions and long-term outcomes is unclear

## Aim

- Identify 30-day post-discharge mortality and compare mortality in patients who received advanced analgesia/regional treatment interventions versus those who did not



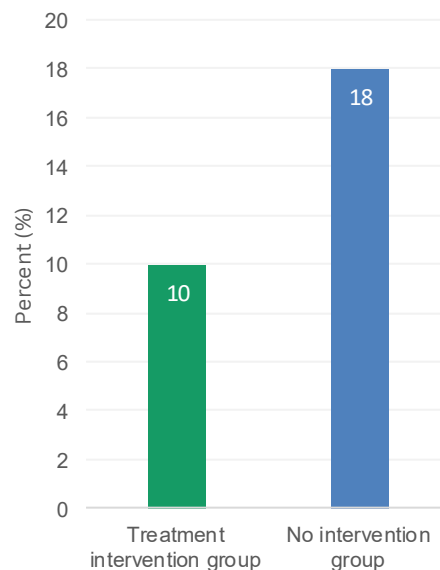
## Methodology

- **Retrospective** identification of patients ≥65years with rib fractures, discharged alive – from one UK Major Trauma Centre.
- 3-month period – April to June 2025
- Treatment interventions defined as- thoracic epidural, named regional block (eg erector spinae plane block), surgical fixation.
- **Primary outcome:** mortality within 30 days of hospital discharge
- **Secondary outcomes:** Length of stay (LoS), rate of re-admission, chest drain insertion

## Results

	Treatment intervention Group (n= 31)	No intervention Group (n= 56)
<b>Sex</b>	52% Male 48% Female	66% Male 34% Female
<b>Age (avg IQR)</b>	78 (71-85)	78 (70-85)
<b>LOS (Avg IQR)</b>	15 (8-19)	10 (3-14)
<b>Rate of readmission</b>	10%	11%
<b>Chest Drain Insertion</b>	23%	13%
<b>Number of Injuries (avg)</b>	4	3

30-day post-discharge mortality



## Conclusion

- 30-day post-discharge mortality is **8%** lower in patients who received treatment interventions
- Average length of stay was 5 days longer for patients who received treatment interventions
- Rate of re-admission was slightly higher for the group who received no intervention
- Chest drain insertion was 10% higher in the treatment intervention group suggesting this group may have had more significant thoracic trauma, such as haemothorax or pneumothorax.
- Although patients receiving treatment interventions had longer hospital stays, their lower overall mortality suggests that these resources may have been appropriately targeted and clinically justified.
- Further research plans to expand on this study to investigate mortality at 6 months and 1 year over a 5-year period.