Beyond the Bruises: A Multidisciplinary Approach to Standardising Silver Trauma Care Post - Fall

W Oo 1; S Arunkumar 1
1. Emergency Department; Broomfield Hospital

NHS Mid and South Essex NHS Foundation Trust

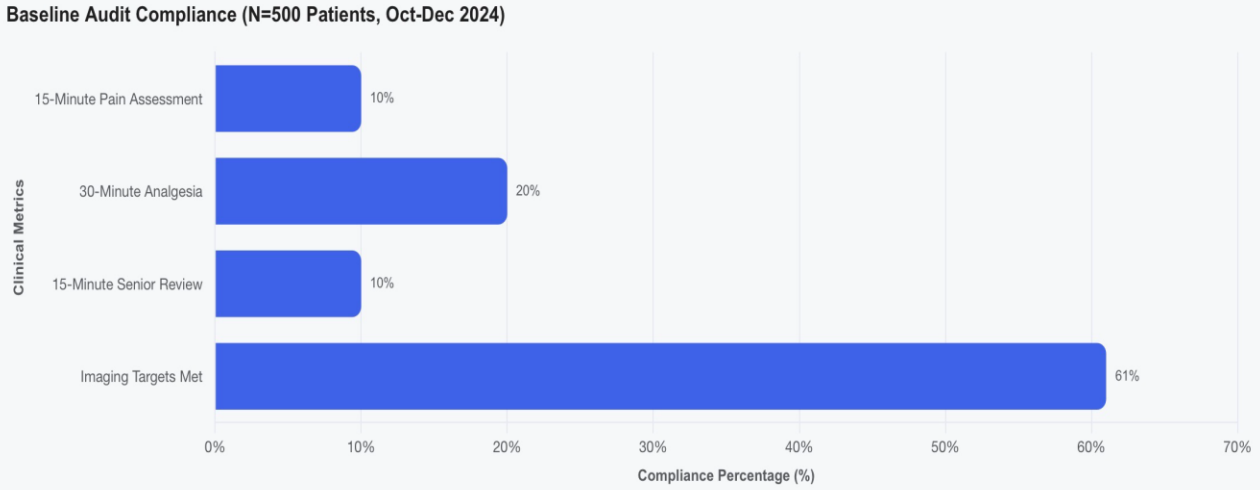
Introduction

The management of silver trauma (patients aged ≥ 65 with traumatic injuries or low-energy falls such as a fall from standing < 2 metres causing life- threatening injuries, resulting in ISS > 15) often suffers from delayed recognition, leading to poor pain control, prolonged lengths of stay and functional decline. This QIP aimed to align local emergency department practices with TARN and RCEM guidelines.

Aim

- Initial pain assessment within 15 minutes,
- Analgesia administration within 30 minutes,
- Pain reassessment at 30 minutes after analgesia,
- Silver trauma assessment by seniors and documentation within 15 minutes
- Diagnostic imaging (X-ray/ CT) within 90 minutes.

Baseline Data - Retrospective review of 500 patients from Oct to Dec 2024 at A&E of Broomfield Hospital.



Methods

3 PDSA cycles, reviewing 10-15 patients monthly, were done.

- Cycle 1 (Feb- Apr): Presented baseline findings and delivered education sessions to doctors and nurses.
- Cycle 2 (May-Jul): Planned monthly re-audits and designed a Proforma.
- Cycle 3 (Aug-Oct): Utilised NOF and Trauma Co-ordinators to support patient flow and implemented the Silver Trauma checklist and proforma.

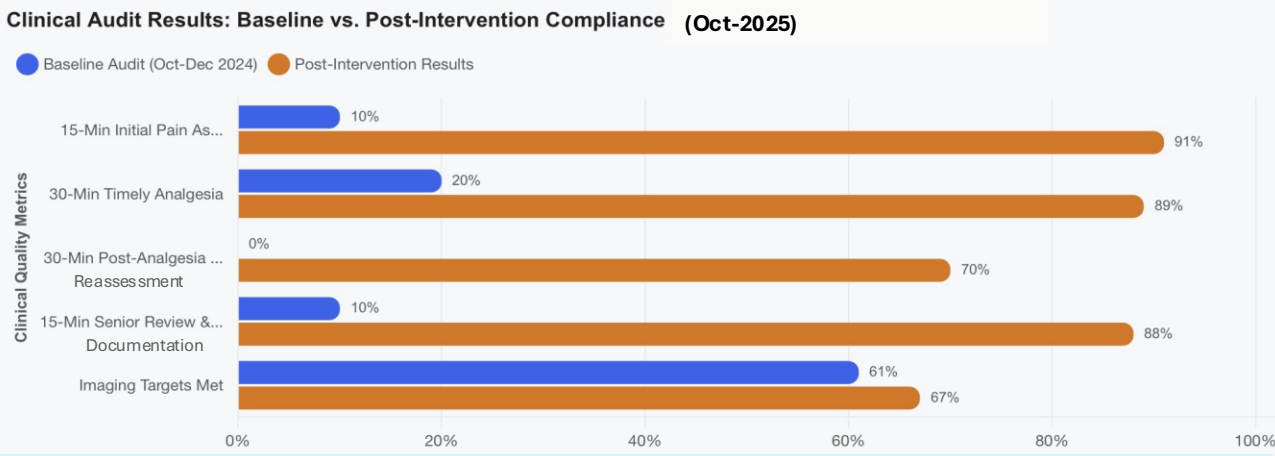
PROFORMA

ED TRIAGE ≥ 65 YEARS OLD TRAUMA PATIENT
INTERVENTION: PAIN SCORE WITHIN 15 MIN, ANALGESIA WITHIN 30 MIN

PATIENT REVIEWED BY ED CONSULTANT/ ED REGISTRAR
INTERVENTION: SENIOR REVIEW WITHIN 15 MIN

INTERVENTION: CT/ XRAY WITHIN 90 MIN,
PAIN REASSESSED 30 MIN POST ANALGESIA

TRAUMA CALL 2222 (RESUS)



Conclusion

Standardised Silver Trauma Proforma alongside multidisciplinary education significantly optimises acute pain management, documentation fidelity and clinical escalation with the marginal gains in imaging timelines, requiring adjustments for dedicated ED and frailty bed configurations to resolve the key system-level bottlenecks.