

Motorcycle accident in Pakistan

Although orthopedic injuries occur most frequently in motorcycle trauma, polytrauma necessitating multi-disciplinary management and complicating hospital stay is also common. Understanding patterns of injuries and management in [motorcycle](#) trauma will enable trauma teams in a developing country like Pakistan to devise evidence-based management protocols, especially for cases of polytrauma ¹⁾.

Hasan et al. conducted a [Cross-sectional study](#) of [medical records](#) of [patients](#) with [motorcycle](#)-related injuries in [2015](#), at the [Aga Khan University Hospital](#) in [Karachi, Pakistan](#). They [reviewed](#) the patient demographic and medical data, helmet use, the [Glasgow coma score](#), the spectrum of injuries, [length of stay](#), specific [injury](#) diagnosis, and final disposition of patients. Data were analyzed using IBM SPSS Statistics for Windows, Version 20.0 (IBM Corp., Armonk, NY). They identified 450 motorcycle [crash](#) injuries. Ninety percent of these victims were [males](#), and 81% were driving at the time of the crash. More than 50% of crashes involved patients age under 29 years, and most crashes (35%) involved patients in the third decade of life. They observed that 6.8% of [accidents](#) involved patients younger than 10 years of age. For all the motorcycle-related injuries, 45% occurred during the weekend (Saturday and Sunday). [Helmets](#) were worn by only 7% of patients. The most common types of [collisions](#) were motorcycle versus car followed by lone motorcycle fall. Of the injuries sustained, the cumulative frequency of orthopedic injuries was the highest (63%), of which 34% were [lower limb](#) injuries and 29% were [upper limb](#) injuries. The second highest frequency of injuries were [head injury](#) (46%). They also found that 85% motorcycle injury victims sustained [fractures](#). The frequency of motorcycle-related injuries was high among young adults, and closed fractures of the lower limbs were the most common orthopedic injuries related to motorcycle crashes. Use of [helmets](#) among motorcyclists needs to be reinforced to prevent head injuries. They suggest motorcyclists to use protective clothes and motorcycle sidebars to prevent [fractures](#) of the lower limb. Further [research](#) is needed to determine the type of fractures, type of head injuries, surgical interventions required, and [morbidity](#) and [mortality](#) in motorcycle-related injuries and whether designing separate lanes for motorcycles will reduce the burden of these injuries on the [healthcare system](#) ²⁾.

¹⁾

Martins RS, Saqib SU, Gillani M, Sania SRT, Junaid MU, Zafar H. Patterns of traumatic injuries and outcomes to motorcyclists in a developing country: A cross-sectional study. *Traffic Inj Prev*. 2021 Jan 26;1-5. doi: 10.1080/15389588.2020.1856374. Epub ahead of print. PMID: 33497294.

²⁾

Hasan O, Sheikh S, Fatima A, Abbas A, Zahid N, Baloch N. Motor-vehicle Crash Patient Injury Patterns from a Level One Trauma Center in a Metropolitan City: A Cross-Sectional Study. *Cureus*. 2019 Feb 14;11(2):e4073. doi: 10.7759/cureus.4073. PubMed PMID: 31019851; PubMed Central PMCID: PMC6464989.

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