

Abstract**Impact of alcohol on patients with head injury**Weerasinghe NL^{1*}, Athiththan SP¹, Wadanamby S¹¹National Hospital Sri Lanka**Abstract****Background**

Traumatic brain injury (TBI) is a serious public health problem in Sri Lanka. Alcohol consumption is associated with drowsiness, impaired judgment, decreased perception and coordination.

Methods

All patients admitted to Neurosurgical Unit NHSL with TBIs (moderate-severe head injury and/or pathological finding on computed tomography) during the month of May 2015 were analyzed. Demographic data, mode of injury, glasgow coma scale (GCS), alcohol use, management and outcome were recorded. Data were analyzed with independent sample t test and chi square test using SPSS software.

Results

Among the 150 patients 83.3% were males where 47.3% (71) patients have consumed alcohol. Consumption was highest among motor bike drivers with 72% (47). Average GCS was lower (10) in alcoholic patients when compared to non-alcoholics (11) but, it was not statistically significant (P=0.15). This difference was observed even at discharge 13 verses 14 respectively. Intensive care unit or high dependency unit (ICU/HDU) admissions were significantly higher (P=0.037) among alcoholics (58%) than non-alcoholics (42%). Requirement of any form of neurosurgical intervention was not significantly higher (P=0.299) among alcoholics than non-alcoholics (42% verses 37%).

Conclusions

Alcohol consumption significantly increased the requirement of ICU/HDU care leading to enhanced hospital cost. Alcohol consumption may also affect the performance at work due to low GCS. Further studies with larger sample size will be required to validate the above findings.

Key words: Traumatic Brain Injury; Alcohol; ICU care; HDU care; Neurosurgical Intervention

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