

An Autopsy Study of Fatal Road Traffic Accidents (RTA) at Medico legal Centre of a Tertiary Health Care Hospital in South Western Maharashtra: Six Year Retrospective Study

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Abstract

Every year the lives of approximately 1.35 million people are cut short as a result of road traffic accidents. Road traffic injuries cause considerable economic losses to individuals, their families, and to nations as a whole. In developing countries Road traffic accident (RTA) is a major contributor to unnatural deaths which are preventable. Both human and environmental factors are responsible for it. The present 6 year retrospective study was undertaken to study the profile of RTAs. Out of the 1467 medico-legal autopsies performed during the study period, 263 (17.9%) were due to fatal RTAs. There were 217 (82.5%) males and 46 (17.5%) female fatalities with an overall male and female ratio of 4.72:1 and 21 to 30 years age group showed highest number of victims in both males (28.6%, n=62) and females (26.1%, n=12). The winter season took the maximum toll of road traffic deaths (28.5%, n=75) followed by summer season (26.6%, n=70). Most of the accidents involved two wheelers (78.3%, n=206) and timing for most of the accidents was between 12 PM to 6 PM (29.6%, n=78). Spot death was noted in 26 cases (9.89%) and in most of the cases the survival period was between 2-6 days (18.6%, n=22). The most common mechanism of death was craniocerebral trauma (72.2%, n=190) followed by haemorrhagic shock in 44 cases (88.2%). Road traffic injuries can be prevented. Governments need to take action to address road safety in a holistic manner. This requires involvement from multiple sectors such as transport, police, health, education, and actions that address the safety of roads, vehicles, and road users. This study intends to highlight the magnitude of problem and suggest measures which can help in reducing mortality.

Keywords: Autopsy, Road Traffic Accidents (RTA), Cause of Death, Mortality.

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1. Introduction

“Accidents” according to WHO are considered to be an unpremeditated event resulting in recognizable damage. The American Safety Council defines it as “Occurrence in a sequence of events which usually produces unintended injury, death or property damage.”[1] Road Traffic Accident is any vehicular accident occurring on the roadway i.e. originating on, terminating on, or involving a vehicle partially on the roadway.[2,3] Road traffic accident ranks among the top causes of death in the

world and after Ischemic Heart disease it is projected to become the second leading cause in 2020.[4] The World Health Organisation (WHO) states that 1.24 million people die annually on the world’s roads in its Global status report on road safety 2013.[5] India accounts for about 10 percent of road accident fatalities worldwide, 85% of all road accident deaths occurring in developing countries, and nearly half in the Asia-Pacific region.[6] The increased rate of fatal road traffic accident worldwide has been attributed to population explosion and increased motorization.[7]

RTA is the public health issue and cost a lot to individuals, families, communities and nations. The estimated cost is around 1-2% of a country's GNP in lower income countries.[8,9] Injuries due to RTA depend upon a number of factors-human, vehicle and environmental factors play vital roles before, during and after a serious RTA. The important factors are human errors, driver fatigue, poor traffic sense, mechanical fault of vehicle, speeding and overtaking, violation of traffic rules, poor road conditions, traffic congestion, road encroachment etc.[10] It has been estimated that by the year 2020 road traffic injuries will rank the 3rd in cause of disability adjusted life years lost (DALYS). The vulnerable groups most affected are pedestrian, elderly, children and cyclists.[11-13] The aim of present study is to describe the distribution of injuries and demographic profile from autopsy cases due to fatal RTA which can be used for development of strategy for prevention of mortality due to RTAs and public education on road safety.

2. Material and Methods

The present study is a cross-sectional retrospective study of medico legal autopsies of all fatal cases of Road Traffic Accident brought to the Medico legal Centre of a tertiary healthcare centre of a metropolitan city in South-Western India from January 2012 to December 2017. From that period out of 1467 autopsies, 263 cases of Fatal Road Traffic Accidents were noted in the present study. Necessary permission was taken from the Institutional ethical committee prior to the study. All the medico legal autopsy cases of Road Traffic Accident during the above-mentioned period were included in the study. The decomposed bodies and doubtful RTA cases were excluded from this study. There was a detailed proforma prepared to capture and record the epidemiological data and details of injuries sustained etc. and the observations were thereafter statistically analyzed. Data was collected from Post mortem registers/records, Inquest papers and Post mortem reports. Analysis of the data involved the use of chi-square tests and Poisson regression analysis in order to determine specific trends. Data analysis was performed by using SPSS 10 software. The results were studied using appropriate statistical methods. Microsoft word and excel were used for generating charts and graphs. Extreme care was taken to ensure confidentiality of all data.

3. Observation and Results

During the study period from 01 January 2012 to 31 December 2017, total number of medico legal autopsies performed in this medico legal centre of a tertiary care hospital were 1467 out of which number of Road Traffic Accidents (RTA) were 263 (17.9%).

Out of these 237 cases, the numbers of males were 217 (82.5%) and the numbers of females were 46 (17.5%). The male/female ratio was approximately 4.72:1 [Table 1]

Table 1: Sex wise distribution

Sex	No. of cases	Percentage (%)
Male	217	82.5
Female	46	17.5
Total	263	100

The maximum number of RTA fatalities was recorded in the age group of 21-30 years in both in both males (28.6%, n=62) and females (26.1%, n=12) and the minimum no of RTA cases were noted in elderly above 80 years of age in both males (0.46%, n=1) and females (2.17%, n=1). [Table 2]

Table 2: Age and Sex Distribution Of Cases

Age Group (yrs)	Total Male		Total Female	
	No	Percentage	No	Percentage
0 to 10	6	2.76	4	8.7
11 to 20	18	8.29	1	2.17
21 to 30	62	28.6	12	26.1
31 to 40	47	21.7	8	17.4
41 to 50	23	10.6	5	10.9
51 to 60	36	16.6	6	13
61 to 70	16	7.37	8	17.4
71 to 80	8	3.69	1	2.17
81 and above	1	0.46	1	2.17
Total	217	100	46	100

According to seasons, the maximum number of fatal RTA cases occurred in the winter season (28.5%, n=75) followed by summer season (28.5%, n=75) and least number of cases were seen in autumn season (28.5%, n=75). [Table 3]

Table 3: Seasonal Variation of Cases

Season	Total	% Age
Summer (Jun to Aug)	70	26.616
Autumn (Sept to Nov)	60	22.814
Winter (Dec to Feb)	75	28.517
Spring (Mar to May)	58	22.053
Total	263	100

According to the type of vehicle involved in the accident the maximum were involving the two wheeler (78.3%, n=206) followed by light motor vehicle (15.9%, n=42) and heavy motor vehicle (5.7%, n=15) [Table 4]

Table 4: Distribution according to Type of Vehicular Occupants

Type of Vehicle	Total	% Age
Two wheeler	206	78.3
Light motor vehicle (LMV)	42	15.9
Heavy motor vehicle (HMV)	15	5.7
Total	263	100

The maximum numbers of RTA cases (43.7%, n=115) were reported to occur between 12 noon to 6 PM followed by the period of 6 PM to 12 midnight (29.6%, n=78) and lowest between 12 midnight to 6 AM (9.1%, n=24). [Table 5]

Table 5: Diurnal Variation

S. No	Time	No. of cases	% Age
1	12 Midnight-6 AM	24	9.1
2	6 AM-12 Noon	46	17.4
3	12 Noon-6 PM	115	43.7
4	6 PM-12 Midnight	78	29.6
	Total	263	100

In this study Abrasions (29.8%, n=210) and Contusions were found in (23.4%, n=165) number of deaths each, Laceration was found in (21%, n=148) number of cases, while Fractures both of long bones and flat bones was found in (22.9%, n=161) number of deaths. While it was seen that crush injury of head was present in (2.56%, n=18) cases only in two persons crush injury of abdomen was found (0.28%, n=2). [Table 6]

Table 6: Magnitude of Injuries

S. No	Injuries	Male	Female	Total	
				No	%
1	Abrasion	180	30	210	29.8
2	Contusion	145	20	165	23.4
3	Laceration	131	17	148	21
4	Fractures	140	21	161	22.9
5	Crush injury head	17	1	18	2.56
6	Crush injury abdomen	1	1	2	0.28

In this study it was also found that lower limbs (23.7%, n=173) and upper limbs (26.5%, n=194) received injuries in maximum number of RTAs; Head & Neck were injured in (21.8%, n=159) cases; Abdomen injured in (12%, n=88) cases, pelvis injured in (6.43%, n=47) and Chest injured in (9.17%, n=67) number of RTA cases respectively. While it was found that spinal injuries were seen in only (0.41%, n=3) deaths due to RTAs. [Table 7]

Table 7: Parts of the Body Injured

S. No.	Body Parts Involved	Male	Female	Total	
				No	%
1	Head & Neck	128	31	159	21.8
2	Chest (Thorax)	53	14	67	9.17
3	Abdomen	69	19	88	12
4	Pelvis	42	5	47	6.43
5	Spine	2	1	3	0.41
6	Upper limb	169	25	194	26.5
7	Lower limb	152	21	173	23.7

Following the road traffic accidents, most of the victims (30%, n=79) died in 12-24 hours. While 49 (18.6%) of them died within 2-6 days after the accident, 42 (16%) survived for a periods of more than 7 days, 39 (14.8%) cases died within 2-6 hours, 4 (1.52%) died between 7-24 hours, number of spot death cases were 26 (9.89%) and 24 (9.13%) died within 1 hour of accident. [Table 8]

Table 8: Periods of Survival of Victims

S. No.	Survival Period	Male	Female	Total	
				No	%
1	Spot Death	20	6	26	9.89
2	within 1 hour	20	4	24	9.13
3	12 - 24 hours	59	20	79	30
4	2 - 6 hours	29	10	39	14.8
5	7 - 24 hours	4	0	4	1.52
6	2 - 6 days	47	22	49	18.6
7	7 days or more	22	20	42	16
8	Total	201	82	263	100

The cause of death was opined to be coma as a result of head injury in majority of the cases (72.2%, n=190). Second commonest cause of death was hemorrhagic shock (16.7%, n=44) [Table 9].

Table 9: Pattern of Cause of Death

Cause of Death	Freq	%age
Craniocerebral	190	72.2
Shock and Haemorrhage	44	16.7
Crush Injury of Skull & Brain	7	2.65
Spinal Injury	6	2.27
Septicemia	15	5.68
Pulmonary Thromboembolism	1	0.38
Total	263	

4. Discussion

Road traffic accidents are the leading cause of death by injury globally and now make up a significant portion of the worldwide burden of ill-health. A large number of people from all walks of life and of all age groups become victims of this tragedy. According to WHO, Approximately 1.35 million people die each year as a result of road traffic crashes.¹⁴ Road traffic accidents (RTAs) are increasing with rapid pace and presently these are one of the leading causes of death in developing countries like India.

In this study out of a total of 1467 medico legal autopsies over a period of 6 years, 263 cases were due to RTAs. Here number of males outnumbered females. This has been seen by many other studies.[15-23] Reason being males are often exposed to out of the household surroundings for earning that puts them at more risk, therefore explaining the increased males involved in fatal RTA.

The highest road traffic deaths according to age groups were from 21 to 30 years in both in both males (28.6%, n=62) and females (26.1%, n=12). This was mostly similar to other studies.¹⁹⁻²⁶ Individuals in this age group are found frequently outdoors due to their social, job related, educational and other commitments. Therefore, awareness on road safety should be focused at this age group as they at a higher risk than other age groups.

The maximum number of fatal RTA cases occurred in the winter season (28.5%, n=75) which is similar to other studies.[30-31] Fog and associated low visibility in these months along with beginning of new year celebration when people are in high spirits and hurry might be the reason for more such incidents in this season.

In the present study, main offending vehicle involved in the accidents were two wheeler (78.3%, n=206). It is due to the fact the total numbers of two wheelers outnumber the four wheelers and are popular mode of transport in young generation in the city where this study was conducted. This creates massive traffic management issues in most parts of the city, also leads to traffic rule violations and increase in number of RTAs. However, other studies have noted different findings due to the fact that mode of conveyance is different in different cities as per the infrastructural setup of that city.[31,32]

In the present study, maximum numbers of RTA cases (43.7%, n=115) were reported to occur between 12

noon to 6 PM followed by the period of 6 PM to 12 midnight (29.6%, n=78). This is due to the fact that around this time many office goers in this city which is an IT hub begin their home journey. These findings are similar to many other studies.[3,30]

Abrasions (29.8%, n=210), Contusions (23.4%, n=165), Lacerations (21%, n=148) and Fractures both of long bones and flat bones (22.9%, n=161) were noted in multiple injuries cases due to RTAs. Also, it was found that lower limbs (23.7%, n=173) and upper limbs (26.5%, n=194) received injuries in maximum number of RTAs. These findings were also noted in other similar studies but in different proportions. [3,33] The reason for this variation might be due to the fact that our injuries were predominantly involving the two wheelers which was not the case in other similar studies.

Following the road traffic accidents, most of the victims (30%, n=79) died in 12-24 hours. While 49 (18.6%) of them died within 2-6 days after the accident, 42 (16%) survived for a periods of more than 7 days, 39 (14.8%) cases died within 2-6 hours, 4 (1.52%) died between 7-24 hours, number of spot death cases were 26 (9.89%) and 24 (9.13%) died within 1 hour of accident. These findings were different from what has been seen in other similar studies. [3,31]

Mechanisms of death in majority of the cases (72.2%, n=190) was coma as a result of head injury. Second commonest cause of death was hemorrhagic shock (16.7%, n=44). This is similar to findings of Dipak Kumar Das [3] but different from other studies [17,32,34,35] where haemorrhagic shock due to multiple injuries was the predominant cause. As predominantly the present study involved two wheeler accidents and most of the victims were drivers who were without helmets leading to severe head injury.

5. Conclusion & Recommendations

Road traffic crashes cost most countries 3% of their gross domestic product. 93% of the world's fatalities on the roads occur in low- and middle-income countries, even though these countries have approximately 60% of the world's vehicles. The 2030 Agenda for Sustainable Development has set an ambitious target of halving the global number of deaths and injuries from road traffic crashes by 2020. This requires involvement from multiple sectors such as transport, police, health, education, and actions that address the safety of roads, vehicles, and road users. Effective interventions include designing safer infrastructure and incorporating road safety features into land-use and transport planning, improving the safety features of vehicles, improving post-crash care for victims of road crashes, setting and enforcing laws relating to key risks, and raising public awareness. It is thus necessary that studies similar to the present study be undertaken at

Medico-Legal centre's across the country to determine the extent of the problem nationally.

Limitations

Due to record based and its retrospective design in very few cases not all the information pertaining to our study format was available for comparison and compilation.

Declaration of conflicting interests:

The authors declare that there is no conflict of interest.

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