## **Original Research Article**

DOI: https://dx.doi.org/10.18203/2320-6012.ijrms20233970

# Management of sickle cell disease patients presenting to the emergency department with vaso-occlusive crisis: a retrospective study

Zainab Abdullah Al Hussaini<sup>1</sup>, Raghad Al Kanhal<sup>1\*</sup>, Futoon Al Ebrahaimi<sup>1</sup>, Mohammed Al Shalhoub, Bader Al Asmari<sup>1</sup>, Fatmah Othman<sup>2</sup>

Received: 12 October 2023 Revised: 10 November 2023 **Accepted:** 16 November 2023

## \*Correspondence: Dr. Raghad Al Kanhal,

E-mail: Alkanhalraghad@gmail.com

Copyright: © the author(s), publisher and licensee Medip Academy. This is an open-access article distributed under the terms of the Creative Commons Attribution Non-Commercial License, which permits unrestricted non-commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

#### **ABSTRACT**

Background: Sickle cell anemia (SCA) is a hereditary disease of the hemoglobin, characterized by recurring vasoocclusive crises (VOC) leading to severe pain. VOCs constitute the primary cause for emergency department (ED) visits among sicklers. Frequent VOC episodes are associated with greater mortality. This study aimed to evaluate pain treatment trends regarding admission, discharge, length of stay in the ED, and early ED revisits among SCA patients. Methods: A cross-sectional study was conducted from January 2020 to January 2023 at the ED of King Abdulaziz medical city in Riyadh. SCA patients who presented with VOC episodes were included in this study. Demographic and clinical data of each patient were retrieved from the electronic medical file.

Results: Total of 144 patients were included in the analysis. Out of the total population, 34% were admitted to hospital. Compared to those patients who were not admitted, the number of VOC was more among patients who had been admitted. Around 34% had ED revisit within 30 days and those patients had higher frequency of VOC attacks compared to those who did not revisit the ED. Only 45% of the population received appropriate dosing, 30% received an insufficient dose, and 25% received over the appropriate dose. Receiving the correct dose of morphine reduced the likelihood of ED revisits within 30 days.

Conclusions: This study explores trends in VOC among sticklers, highlighting that adequate analgesia is associated with better outcomes. Addressing these variables may lead to improved care and better outcomes for SCA patients.

Keywords: SCA, VOC, Better outcomes

#### INTRODUCTION

Sickle cell anaemia (SCA) is the commonest inherited haemoglobin disorder. It is caused by an autosomalrecessive single gene defect in the beta chain of haemoglobin (HbA), which results in production of sickle cell haemoglobin (HbS).<sup>2</sup>

Abnormal haemoglobin (HbS), predisposes polymerization and the consequent deformation ("sickling").3

According to WHO, 83% of the 330 000 infants who are born annually with haemoglobin disorders have sickle cell disease (SCD).4 In Saudi Arabia the prevalence of the disease differs in the vast area of the kingdom, ranging from 2% to 27%, mostly concentrated in the eastern province followed by the south-western province.<sup>5</sup>

The most common clinical manifestation of SCD is VOC; where patients experience recurrent pain episodes. These episodes are characterized by having an abrupt onset and are associated with severe pain.<sup>6,7</sup>

<sup>&</sup>lt;sup>1</sup>Department of Emergency Medicine, At King Abdulaziz Medical City, Riyadh, Saudi Arabia

<sup>&</sup>lt;sup>2</sup>Department Epidemiology and Biostatistics, College of Public Health and Health Informatics, King Saud Bin Abdulaziz University for Health Science, King Abdullah International Medical Research Center, Riyadh, Saudi Arabia

Acute vaso-occlusive pain crisis is the most common reason for ED visits for SCD patients and frequent pain episodes are associated with an increased risk of mortality.<sup>8</sup> The severe pain is often managed in the ED requiring parenteral opioid administration, most commonly morphine.<sup>9</sup>

Using opioids and addiction are of particular concern in treating acute pain episodes. A result of a survey showed 53% of ED physicians and 23% of haematologists thought that more than 20% of patients with SCD were addicted. Commonly, physicians fail to distinguish between addiction and tolerance or physical dependency, so they usually under-treat those patients. 11

Several studies have shown that the majority of SCD patients rated their ED experience as "very poor," demonstrating a need for improvement in the care of SCD patients in the ED. This suboptimal pain management results in mistrust and dissatisfaction from the patients toward ED physicians.<sup>12</sup>

The issue of oligoanalgesia and delay to analgesia administration for SCD patients has been addressed in many studies. <sup>13-15</sup> However, few studies have addressed the effect of under-treatment of pain on SCD patients presented to ED with VOC. Therefore, the aim of the present study is to assess the impact of proper management and under-treatment of pain on SCD patients 'rates of admission, discharge, length of stay in ED and early ED revisit rates.

#### **METHODS**

### Study design and setting

A cross-sectional study was carried out between January 2020 to January 2023 at the ED of the King Abdul Aziz medical city (KMAC), Riyadh, Saudi Arabia. This medical facility is located in the Central region of country and has a bed capacity exceeding 1200. Its primary focus is to provide healthcare services to the Saudi national guards, hospital employees, and their families.

## Study population and variables

All NGHA eligible patients above age of 14 years with confirmed diagnosis of SCD were included in the study. Patients who were transferred to another hospital or SCD patients who were admitted for other reasons than VOC were excluded from the analysis. Based on feasibility report from ED, it was estimated that at least 114 patients were required to detect differences in pattern of treatment used with 80% power and 95% confidence level.

Data on demographic and clinical data were extracted from each patient's electronic medical records. Demographic data include age, gender, body mass index (BMI), while the clinical data include co-existing comorbidity, previous medical history, vital signs at

emergency admission, and lab results. The medication records were reviewed for each patient to extract data on treatment patterns that have been received in the ED. The study outcomes were the admission to the medical words and ED re-visit within 30 days from date of discharge. The data were collected using standardized data collection sheets by trained data collectors, in which the data were double checked for outlier and accuracy prior the analysis. All patients aged under 14 years, admitted for non-VOC-related diagnoses, or with missing data in documentation were excluded. This study had been approved by the ethical committee at King Abdullah international medical research centre.

#### Data analysis

Descriptive analyses were performed using frequencies and percentages for categorical variables. For the continuous variables, Shapiro-Wilk test was carried out to test for normality, and based on this, the variables were described using mean and standard deviation (SD) if normally distributed or median and interquartile range (IQR) if otherwise. The association of the clinical variables and the study outcomes (admission, ED revisit) was examined using Chi-square test (or Fisher exact test if appropriate), student t-test or non-parametric test (Kruskal-Wallis equality-of-populations rank test, and Wilcoxon rank-sum test). The association between different medication regimen and study outcome were examined using logistic regression. A p value of less than 0.05 was set as a cut-off for statistical significance. All analyses were done with the Stata 12 software system (Stata Corp L.P., college station, TX).

#### **RESULTS**

#### Description of the study population

A total of 144 patients were included in the analysis of this study after reviewing the electronic medical records and applying the study's inclusion criteria. Table 1 presents the demographic and clinical data of the study population. The participants had a median age of 27 years (IQR 22-32). Approximately half of the population were female (n=73, 50%). For the BMI, 20.8% (n=30) classified as underweight, 45.8% (n=66) as a normal weight, 22.2% (n=32) as overweight, and 11.1% (n=16) as obese. Around 47% of our patients experienced three or more attacks in the year preceding the current episode.

## Study outcome

During the study period, out of the patients who visited the ED, 49 individuals (34%) were admitted to the hospital. A comparison was made between the admitted group and the non-admitted group, and it revealed no significant differences in age, gender, BMI, or comorbidities between the two groups. Compared to those patients who were not admitted, the number of VOC was more among patients who had been admitted

(57% of admitted patients had more than three attacks vs 42% among the non-admitted group, p=0.07). The vital signs at ED admission were similar for both the admitted and non-admitted patients. For the retic count, it was lower in the admitted group (median of 71 IQR 0.99-188, p=0.008). Furthermore, the initial pain score among admitted patients was  $4.8\pm1.6$ , which was statistically different from the mean score of non-admitted patients  $(4.1\pm2.2, p=0.032)$ .

In terms of revisits to the ED within 30 days from the date of the last VOC attack, approximately 34% of the study population (50 patients) had a 30-day re-visit. A comparison between those who had an ED revisit and those who did not showed that the number of previous attacks was significantly higher in group with ED revisit (Table 2). Specifically, 70% of patients with ED revisit had experienced 3/ more previous attacks, compared to only 35% of those without an ED revisit (p<0.001). Regarding medication usage, significant majority (84%) of study participants received morphine. Among those who received morphine, 61% were given the medication two to three times during their treatment (Table 3).

When comparing medication usage between patients who were admitted and those who were not, there were no differences in the combination of medications used, except for the number of morphine doses administered. Non-admitted patients received a higher number of morphine doses compared to the admitted patients. Specifically, 55% of non-admitted patients received two to three doses of morphine, while only 44% of the admitted group received the same dosage (p=0.009).

Regarding the outcome of ED revisits within 30 days, it was observed that among the patients who received morphine, 69% did not have subsequent ED revisits within the 30-day period, while 30% did revisit the ED within this time frame (p=0.017, as indicated in Table 3). Furthermore, among those who received Diclofenac, 66% had subsequent ED revisits within 30 days. Regarding different medication combinations, 83% of the patients

who received only NSAID, and paracetamol had an ED visit within 30 days (p=0.015). Conversely, the percentages of patients who had no subsequent ED revisits within 30 days for the following combinations were as follows: (morphine and NSAID) 63%, (morphine and paracetamol) 67%, and (morphine, paracetamol, and NSAID) 68% (Table 3).

For the morphine dosage, the study found that only 45% of the entire study population received the appropriate dose, while 30% received a suboptimal dose, and 25% received over the appropriate dose of morphine. The mean morphine dose was significantly lower among the patients who were admitted compared to those who were not. Thus, admitted patients received an average of 0.12 mg/kg of morphine, while non-admitted patients received 0.15 mg/kg (p=0.008). Additionally, patients who had ED revisits within 30 days received a lower morphine dose, as 51% of those who received suboptimal morphine doses had ED revisits within 30 days, compared to 35% of those who received the appropriate dose.

The risk of admission and ED revisits within 30 days were compared between those who received morphine and those who did not. The results indicated that receiving morphine reduced the risk of ED revisits within 30 days by 33%, with a confidence interval of 95% (0.13-0.84). Additionally, patients who received suboptimal doses were twice as likely to be admitted to the hospital compared to those who received the appropriate dose. Furthermore, those who received suboptimal doses were three times more likely to have ED revisits within 30 days, with a 95% confidence interval of (1.45-9.53).

Regarding the time to receive the medication, the median time was two hours (IQR 1-3.2 hours), with the minimum being thirty minutes and the maximum twelve hours. Interestingly, younger patients (≤twenty five years), those with a history of more than three previous attacks, and those with the previous hospital admission tended to receive the medication more quickly (as shown in supplement file 1).

Table 1: Descriptive, clinical, and laboratory parameters of the study population based on admission status.

Variables	Total population, n=144 (%)	Not admitted, n=95 (65%)	Admitted, n=49 (34%)	P value	
Age (In years) (median IQR)	27 (22-32)	26 (21-32)	29 (23-35)		
Age categories (In years)					
≤25	61 (42.3)	41 (43.1)	20 (40.8)		
26-35	56 (38.8)	38 (40.0)	18 (36.7)	0.719	
>35	27 (18.7)	16 (16.8)	11 (22.4)		
Gender					
Female	73 (50.6)	49 (51.5)	24 (48.9)	0.769	
Male	71 (49.3)	46 (48.4)	25 (51.1)	0.768	
BMI categories					
Underweight	30 (20.8)	19 (20.0)	11 (22.4)		
Healthy weight	66 (45.8)	44 (46.3)	22 (44.9)	0.734	
Overweight	32 (22.2)	23 (24.2)	9 (18.3)	0.734	
Obese	16 (11.1)	9 (9.4)	7 (14.2)		

Continued.

Variables	Total population, n=144 (%)	Not admitted, n=95 (65%)	Admitted, n=49 (34%)	P value
Co-existing comorbidities	H-111 (70)	H > C (00 / 0)	H 15 (5170)	
Diabetes mellitus	13 (9.0)	8 (8.4)	5 (10.2)	0.724
Hypertension	8 (5.5)	5 (5.2)	3 (6.1)	0.552
Previous medical history			, , , , , , , , , , , , , , , , , , ,	
Splenectomy	15 (10.4)	7 (7.3)	8 (16.3)	0.095
Number of attacks in previous year				
None	32 (22.2)	20 (21.1)	12 (24.4)	
1-2 attacks	44 (30.5)	35 (36.8)	9 (18.3)	0.070
≥3 attacks	68 (47.2)	40 (42.1)	28 (57.1)	_
Required blood transfusion in the pre	vious year			
None	83 (57.6)	57 (60.0)	26 (53.1)	
Once-twice	30 (20.8)	20 (21.1)	10 (20.4)	0.566
More than 3 times	31 (21.5)	18 (18.9)	13 (26.5)	_
Pain site at the current attack				
Generalised	67 (46.5)	40 (42.1)	27 (55.1)	
Specific to the upper body	28 (19.4)	18 (18.9)	10 (20.4)	0.202
Specific to the back and lower body	49 (34.1)	37 (38.9)	12 (24.4)	
Vitals at emergency admission				
Heart rate /min (mean ±SD)	96±19.1	95.7±18.3	97±20.5	0.691
Respiratory rate/ min (median, IQR)	20 (19-20)	20 (19-20)	20 (19-20)	0.261
Oxygen saturation (percenatges) (median, IQR)	98 (96-100)	98 (96-99)	98 (96-99)	0.628
Temperature C <sup>0</sup> (median, IQR)	36.9 (36.7-37)	36.9 (36.7-37)	36.9 (36.7-37.1)	0.294
Systolic blood pressure (mean, SD)	115±22	118±12.7	118.5±16.5	0.561
Diastolic blood pressure (mean, SD)	71 (12.1)	71.9±12.4	70±11.7	0.266
Lab results [DFMO1]				
Haemoglobin level (median, IQR)	99 (85-110)	100 (85-111)	95 (83-104)	0.736
Retics count (median, IQR)	147.2 (0.13-257)	180 (52-276)	71 (0.99-188)	0.008*
WBC (median, IQR)	10 (6.8-14.1)	10.5 (6.3-18.2)	11.2 (7.5-14.1)	0.387
Initial pain score (mean ± SD)	4.3±2.1	4.1±2.2	4.8±1.6	0.032

P<0.05 considered significant.

Table 2: Study population based on ED revisit within 30 days from the date of VOC attack date.

Variables	ED revisit within 30 days	P value	
v ariables	No, n=94 (65%)	Yes, n=50 (34%)	r value
Age (In years)	29 (22-32)	26 (21-34)	0.956
Age categories			
≤25	41 (43.6)	20 (40.0)	
26-35	34 (36.1)	22 (44.0)	0.630
>35	19 (20.21)	8 (16.0)	
Gender			
Female	50 (53.1)	23 (46.0)	0.411
Male	44 (46.8)	27 (54.0)	0.411
BMI (kg/m <sup>2</sup> )			
Underweight	20 (21.2)	10 (20.0)	
Health weight	39 (41.4)	27 (54.0)	0.318
Overweight	25 (26.6)	7 (14.0)	0.316
Obese	10 (10.6)	6 (12.0)	
Previous medical history			
Splenectomy	7 (7.4)	8 (16.0)	0.151
Number of attacks in previous year			
None	27 (28.7)	5 (10.0)	
1-2 attacks	34 (36.1)	10 (20.0)	< 0.001
≥3 attacks	33 (35.1)	35 (70.0)	

Continued.

Variables	ED revisit within 30 c	Dwolno	
variables	No, n=94 (65%)	Yes, n=50 (34%)	— P value
Required blood transfusion in the previous	us year		
None	59 (62.7)	24 (48.0)	
Once-twice	16 (17.1)	14 (28.0)	0.188
More than 3 times	19 (20.1)	12 (24.0)	
Admission	33 (35.1)	16 (32.0)	0.708
discharge pain score (median IQR)	0 (0-2)	1 (0-3)	0.121

Table 3: Medication regimen and dose of morphine received by the patients and its association with hospital admission and ED revisit.

		Admission	Admission			ED revisit within 30 days		
Type of medication received	Total, n (%)	Not admitted, n=95 (65%)	Admitted, n=49 (34%)	P value	No, n=94 (65%)	Yes, n=50 (34%)	P value	
Morphine	121 (84.1)	78 (64.4)	43 (35.5)	0.381	84 (69.4)	37 (30.5)	0.017	
Nonopioid medication								
Paracetamol	117 (81.2)	75 (64.1)	42 (35.9)	0.324	74 (63.2)	43 (36.7)	0.287	
NSAID								
Ketorolac	33 (22.9)	21 (63.6)	12 (36.3)	0.835	21 (63.6)	12 (36.3)	0.822	
Diclofenac	12 (8.3)	8 (66.6)	4 (33.3)	0.958	4 (33.3)	8 (66.6)	0.024	
Medication combination vs	morphine							
NSAID +paracetamol	6 (4.7)	3 (50.0)	3 (50.0)	0.667	1 (16.6)	5 (83.3)	0.015	
Morphine + NSAID	36 (29.7)	23 (63.8)	13 (36.2)	0.932	23 (63.8)	13 (36.1)	0.390	
Morphine+paracetamol	102 (84.3)	65 (63.7)	37 (36.2)	0.695	69 (67.6)	33 (32.3)	0.326	
Morphine+ paracetamol+ NSAID	34 (38.1)	21 (61.7)	13 (38.2)	0.698	21 (61.7)	13 (38.2)	0.253	
Fluids	126 (87.5)	81 (64.2)	45 (35.7)	0.258	86 (68.2)	40 (31.7)	0.047	
0.9NACL	119 (92.2)	77 (64.7)	42 (35.2)	0.962	80 (67.2)	39 (32.7)	0.731	
D5%0.45NACL	11 (8.7)	7 (63.6)	4 (36.3)		7 (63.6)	4 (36.3)		
Morphine dose	, ,	,	, , ,		, , ,	, ,		
Number of morphine dose re	eceived							
Once	25 (20.6)	22 (88.0)	3 (12.0)		18 (72.0)	7 (28.0)		
Twice to three times	74 (61.1)	41 (55.4)	33 (44.5)	0.021	48 (64.8)	26 (35.1)	0.052	
More than three times	22 (18.1)	15 (68.1)	7 (31.8)	-	18 (81.1)	4 (18.1)		
Mean dose (SD)	0.14 (0.06)	0.15 (0.05)	0.12 (0.06)	0.008	0.15 (0.06)	0.12 (0.05)	0.003	
Dose categorization								
Suboptimal	35 (28.9)	17 (48.5)	18 (51.4)		16 (45.7)	19 (54.2)		
Appropriate dose	55 (45.4)	39 (70.9)	16 (29.1)	0.066	42 (76.3)	13 (23.6)	0.001	
Over the appropriate dose	31 (25.6)	22 (70.9)	9 (29.1)		26 (83.8)	5 (16.1)		

The percentage shown for admission and ED revisit category is row percentage.

Table 4: Univariate analysis of the risk of hospital admission and ED revisit within 30 days in relation to different medication regimens received by patients.

X7	OD 050/ OT	D 1
Variables	OR, 95% CI	P value
Opioid vs non-opioid		
Admission	1.156 (0.57-4.25)	0.383
ER visit	0.33 (0.13-0.84)	0.020
NSAID+ paracetamol vs opioid		
Admission	1.81 (0.35-9.37)	0.477
ER visit	11.3 (1.28-29.9)	0.029
Opioid NSAID vs opioid		
Admission	1.03 (0.45-2.33)	0.932
ER visit	1.43 (0.62-3.28)	0.391

Continued.

Variables	OR, 95% CI	P value
Opioid + paracetamol vs opioid		
Admission	1.23 (0.43-3.51)	0.695
ER visit	1.79 (0.55-5.82)	0.331
Opioid + paracetamol + NSAID vs opioid		
Admission	1.17 (0.51-2.67)	0.698
ER visit	1.62 (0.70-3.75)	0.255
Dose		
Admission		
Appropriate	Reference	
Underdose	2.58 (1.06-6.23)	0.035
Over the appropriate dose	0.99 (0.37-2.62)	0.995
ER visit		
Appropriate	Reference	
Underdose	3.83 (1.54-9.53)	0.004
Over the appropriate dose	0.62 (0.19-1.94)	0.414

#### **DISCUSSION**

The importance of our study lies in highlighting the importance of pain management in patients presenting to the ED with VOC and assessing the factors that led to 30-day ED revisit and admission.

Firstly, our study revealed that 34% of SCD patients with VOC were admitted to the hospital. This admission rate is less than a retrospective review conducted by Jacob et al which reported admission rates ranging from 50% to 60% among SCD patients with VOC.<sup>16</sup> In addition, another retrospective study carried on by Cheng et al) reported an admissions rate of 53%.<sup>17</sup> These findings indicate that a significant proportion of SCD patients presenting with VOC require hospitalization for adequate management and support the results of previous literature in terms of the need for standardized pain management plans, as studied by (Givens et al, Ender et al and Kavanagh et al).<sup>18,19</sup> However, it's importance to note that populations of these studies had relatively lower mean age than ours.

According to current study, 30-day ED revisit rate for patients with VOC found to be 34% (n=50), which is lower compared to rates reported in literature. Prospective study by Matthew examined ED revisits within 3 and 30 days, revealing rates of 16% and 67%, respectively.<sup>20</sup> Another retrospective study conducted by Solmon found an ED revisit rate of approximately 28% within 3 days.<sup>21</sup>

A retrospective cohort study by Glassberg developed a risk score to predict 30-day ED revisits in sickle cell pain patients. The risk score incorporated four variables: age, insurance status, triage pain score, and the amount of opioids administered during the ED visit. This scoring system correctly identified 60% of patients who had ED revisits within 30 days and accurately identified 80% of patients who did not have ED revisits within 30 days.<sup>22</sup>

In a retrospective cohort study conducted by Brousseau et al, an association was observed between ED revisits

within 30 days and age. The study found that the 30-day rehospitalization rate was highest among individuals aged 18 to 30 years, with a rate of 41.1% (95% confidence interval, 40.5%-41.7%). For this age group, nearly half of all hospitalizations resulted in a return to the ED for sickle cell-related acute care within 30 days. 23 To the best of our knowledge, there is currently no existing study in our area that has investigated the potential relationship between ED revisits within 30 days and the frequency of vaso-occlusive attacks. The current study investigated variables influencing the 30-day ED revisit rate and found significant associations with certain factors. Patients with a history of previous VOC attacks had a higher likelihood of ED revisits, with 70% of revisiting patients having experienced more than 2 previous attacks. Additionally, 84% of the current study population received morphine, of which 61% of those received morphine twice to three times. The administration of morphine in the ED showed better outcome in terms of ED revisit within 30 days. The results showed that receiving morphine reduce the ED re-visit within 30 days by 33%, 95% CI (0.13-0.84). Furthermore, the appropriate administration of morphine had significant reflection on the outcome in terms of the ED revisit within 30 days and admission rate. Patients receiving suboptimal doses of morphine were three times more likely to have ED revisits within 30 days. Moreover, patients receiving suboptimal morphine doses were twice more likely to get admitted. Another retrospective study by Leslie et al reported a significantly higher frequency of ED revisits in patients prescribed NSAIDs only without opioids (OR=6.9, 95% C=1.3-37.3, p=0.03). <sup>24</sup>In line with these findings, our study observed that 83% of patients who received only acetaminophen and NSAIDs in the ED without opioids had ED revisits within 30 days.

## Limitation

It is important to acknowledge the limitations of our study. First, our findings are based on data collected from a single ED in Saudi Arabia, which may limit the generalizability of the results to other populations. Additionally, the finding of the results need to be interpreted with caution as data on confounders were not comprehensively collected. The retrospective nature of the study design may introduce selection bias and confounding factors. Future prospective studies involving larger and diverse patient populations are warranted to validate our findings and provide more robust evidence.

#### **CONCLUSION**

A comprehensive approach is essential to tackle the challenges of managing VOC in the ED for patients with SCD. This approach should encompass personalized pain management techniques and improved compliance with established protocols. By prioritizing effective pain management and optimizing patient care, healthcare providers can make significant strides in enhancing the outcomes and experiences of SCD patients during their ED visits.

Funding: No funding sources Conflict of interest: None declared

Ethical approval: The study was approved by the

Institutional Ethics Committee

#### REFERENCES

- 1. Weatherall DJ. The inherited diseases of haemoglobin are an emerging global health burden. Blood. 2010;115(22):4331-6.
- DeBaun MR, Jordan LC, King AA, Schatz J, Vichinsky E, Fox CK et al. American Society of Hematology 2020 guidelines for sickle cell disease: Prevention, diagnosis, and treatment of cerebrovascular disease in children and adults. Blood Adv. 2020;4(8):1554-88.
- 3. Robert D, Kyle CB. Pain management for sickle cell disease. Cochrane Library, John Wiley and Sons, Ltd. 2006.
- 4. Modell B, Darlison M. Global epidemiology of haemoglobin disorders and derived service indicators. Bull Worl Heal Org. 2008;86(6):480-87.
- 5. Jastaniah W. Epidemiology of sickle cell disease in Saudi Arabia. Ann Saudi Med. 2011;31(3):289-93.
- 6. Wong TE, Brandow AM, Lim W, Lottenberg R. Update on the use of hydroxyurea therapy in sickle cell disease. Blood. 2014;124(26):3850-4004.
- 7. Ndefo UA, Maxwell AE, Nguyen H, Chiobi TL. Pharmacological management of sickle cell disease. P T Peer-reviewed J Formulary Management. 2008;33(4):238-43.
- 8. Lottenberg R, Hassell KL. An evidence-based approach to the treatment of adults with sickle cell disease. Hematology. Am Society Hematol Education Program. 2005;58-65.
- 9. Glassberg JA, Tanabe P, Chow A, Harper K, Haywood C Jr, DeBaun MR et al. Emergency provider analgesic practices and attitudes toward patients with sickle cell disease. Ann Emergency Med. 2013;62(4):293-302.e10.

- 10. Labbé E, Herbert D, Haynes J. Physicians' attitude and practices in sickle cell disease pain management. J Palliative Care. 2005;21(4):246-51.
- 11. Lovett PB, Sule HP, Lopez BL. Sickle Cell Disease in the Emergency Department. Hematol/ Oncol Clin N Am. 2017;31(6):1061-79.
- 12. Puri Singh A, Haywood C Jr, Beach MC, Guidera M, Lanzkron S, Valenzuela-Araujo D et al. Improving Emergency Providers' Attitudes Toward Sickle Cell Patients in Pain. J Pain Symptom Management. 2016;51(3):628-32.e3.
- 13. Lazio MP, Costello HH, Courtney DM, Martinovich Z, Myers R, Zosel A et al. A comparison of analgesic management for emergency department patients with sickle cell disease and renal colic. Clin J Pain. 2010;26(3):199-205.
- 14. Solomon LR. Pain management in adults with sickle cell disease in a medical center emergency department. J National Med Asso. 2010;102(11):1025-32.
- 15. Tanabe P, Myers R, Zosel A, Brice J, Ansari AH, Evans J et al. Emergency department management of acute pain episodes in sickle cell disease. Academic Emergency Med. 2007;14(5):419-25.
- 16. Jacob SA, Mueller EL, Cochrane AR, Carroll AE, Bennett WE Jr. Variation in hospital admission of sickle cell patients from the emergency department using the Pediatric Health Information System. Pediatr Blood Cancer. 2020;67(6):e28067.
- 17. Lyon M, Sturgis L, Lottenberg R, Gibson ME, Eck J, Kutlar A et al. Outcomes of an Emergency Department Observation Unit-Based Pathway for the Treatment of Uncomplicated Vaso-occlusive Events in Sickle Cell Disease. Annals of emergency Med. 2020;76(3S):S12-20.
- 18. Givens M, Rutherford C, Joshi G, Delaney K. Impact of an emergency department pain management protocol on the pattern of visits by patients with sickle cell disease. J Emergency Med. 2007;32(3):239-43.
- 19. Ender KL, Krajewski JA, Babineau J, Tresgallo M, Schechter W, Saroyan JM et al. Use of a clinical pathway to improve the acute management of vaso-occlusive crisis pain in pediatric sickle cell disease. Pediatric blood & cancer. 2014;61(4):693-6.
- Lyon M, Sturgis L, Lottenberg R, Gibson ME, Eck J, Kutlar A. Outcomes of an Emergency Department Observation Unit-Based Pathway for the Treatment of Uncomplicated Vaso-occlusive Events in Sickle Cell Disease. Ann Emergency Med. 2020;76(3S):S12-20.
- 21. Solomon LR. Pain management in adults with sickle cell disease in a medical centre emergency department. J National Med Asso. 2010;102(11):1025-32.
- 22. Glassberg J, Simon J, Patel N, Jeong JM, McNamee JJ, Yu G. Derivation and preliminary validation of a risk score to predict 30-day ED revisits for sickle cell pain. Am J Emergency Med. 2015;33(10):1396-401.

- 23. Brousseau DC, Owens PL, Mosso AL, Panepinto JA, Steiner CA. Acute care utilization and rehospitalizations for sickle cell disease. JAMA. 2010;303(13):1288-94.
- 24. Okorji LM, Muntz DS, Liem RI. Opioid prescription practices at discharge and 30-day returns in children with sickle cell disease and pain. Pediatr Blood Cancer. 2017;64(5):10.1002/pbc.26319.

Cite this article as: Al Hussaini ZA, Al Kanhal R, Al Ebrahaimi F, Al Shalhoub M, Al Asmari B, Othman F. Management of sickle cell disease patients presenting to the emergency department with vaso-occlusive crisis: a retrospective study. Int J Res Med Sci 2024;12:8-16.

## **APPENDIX**

Table 1: Study population based on time to medication.

	m· , 1·	T' 4 1'4' '		Time to medication categories		
Variables	Time to medication in hours		Less than 2 h 78 (54.1%)	More than 2 h 66 (45.8%)	P value	
Age (In years)			,	,		
Age categories (In years)						
<i>≤</i> 25	1.8 (1.0-3.1)		34 (43.5)	27 (40.9)		
26-35	2.0 (1.0-3.6)	0.613	29 (37.1)	27 (40.9)	0.901	
>35	2.0 (1.1-3.2)	_	15 (19.2)	12 (18.1)	_	
Gender						
Female	2.0 (1.0-3.6)	0.077	37 (47.4)	36 (54.5)	0.205	
Male	1.7 (0.6-3.0)	0.077	41 (52.5)	30 (45.4)	0.395	
BMI (kg/m²)						
Underweight	2 (0.5-2.5)		15 (19.2)	15 (22.7)		
Health weight	2.0 (1.1-3.1)	0.566	35 (44.8)	31 (46.9)	0.652	
Overweight	2.0 (1.0-3.6)	0.566	17 (21.7)	15 (22.7)	0.653	
Obese	1.2 (0.5-2.6)	_	11 (14.1)	5 (7.5)		
Previous medical history	, ,			, ,		
Splenectomy	2.0 (1.3-2.5)	0.609	7 (8.9)	8 (12.1)	0.538	
Number of attacks in previous y	vear					
None	2.0 (1.3-3.0)		20 (25.6)	12 (18.1)		
1-2 attacks	2.3 (1.1-3.2)	0.531	21 (26.9)	23 (34.8)	0.442	
≥3 attacks	2.2 (1.3-2.6)	-	37 (47.4)	31 (46.9)	_	
Required blood transfusion in t	he previous year			,		
none	2.0 (1.0-3.6)		42 (53.8)	41 (62.1)		
Once-twice	1.1 (0.5-4.3)	0.041	23 (29.4)	7 (10.6)	0.015	
More than 3 times	2.2 (1.0-4.0)	-	13 (16.6)	18 (27.2)	_	
Admission			,	,		
No	2.0 (0.5-3.2)	0.004	52 (66.6)	43 (65.1)	0.040	
Yes	1.8 (0.5-3.0)	0.201	26 (33.3)	23 (34.8)	0.848	
Type of medication received	/		,	,		
Paracetamol	2.0 (1.3-3.1)	0.624	63 (80.7)	54 (81.8)	0.872	
Morphine	2.0 (1.3-3.5)	0.739	63 (80.7)	58 (87.8)	0.246	
Number of morphine dose recei			,	,		
Once	2.3 (2.0-4.0)		10915.8)	15 (25.8)		
Twice to three times	1.8 (1.3-4.0)	0.152	38 (60.3)	36 (62.1)	0.152	
More than three times	1.4 (2.5-1.3)		15 (23.8)	7 (12.1)		
Ketorolac	2.2 (1.0-5.3)	0.296	16 (20.5)	17 (25.7)	0.456	
Diclofenac	1.8 (1.4-2.1)	0.997	9 (11.5)	3 (4.5)	0.133	
Fluids	2.0 (1.3-3.2)	0.719	66 (84.6)	60 (90.9)	0.255	