

台灣地區腳踏車頭部外傷之探討

A Study of Bicycle Related Head Injuries in Taiwan

中文摘要

腳踏車傷害是一個嚴重的公共衛生問題，然而在台灣卻很少有針對腳踏車傷害的相關研究。本篇研究的目的為調查腳踏車頭部外傷不同性別、年齡與受傷型態之關係及評估腳踏車安全帽對頭部外傷預防的適用性。本研究收集 84 年 7 月 1 日至 91 年 6 月 30 日 2,127 個因騎乘腳踏車導致頭部外傷的病例。結果顯示受傷年齡層集中在 10-19 歲(35.2%)及 70 歲以上(19.6%);男性佔 64.7%，女性佔 35.3%；與受傷者相撞的物體 41.2% 為汽車、33.3% 為機車;有 21.6% 的人受傷後昏迷指數為中重度，雖然大部分的人都有良好的預後情形，但仍有 5% 的人最後為死亡，安全帽對於頭部外傷傷者有無意識喪失及顱內出血的危險性，有明顯減少的現象。在本研究中，騎腳踏車者之安全帽的使用率很低，除了本研究的結果外，台灣應有更多相關的研究去探討腳踏車頭部外傷的預防方法，以期降低腳踏車頭部外傷的人數及嚴重度。

英文摘要

Bicycle injury is a serious public health issue. However, currently there are only a few studies concerning bicycle-related injuries. The purpose of this study was to survey the relationship between different sex, age groups, injury patterns, severity, outcome and the effectiveness of bicycle helmets. Our study collected 2,127 bicycle-related head injury patients from 56 hospitals during the period of July 1st, 1995 to June 30th, 2002. The result shows majority of the injuries concentrated in the age groups of 10-19 years old (35.2%) and over 70 years old (19.6%); The males occupied 64.7% and the females occupied 35.3%. The types of objects that bicycles most often collide with were cars (41.2%) and motorcycles (33.3%). 21.6% of injured patients showed moderate or severe in coma scales. Though most of the people had a good recovery rate, there were still 5% of patients, which resulted in death. Wearing a bicycle helmet can obviously reduce the risk in loss of consciousness and intracranial hemorrhage. The bicycle helmet usage rates were quite low in our study. More related studies should be performed in the future to evaluate the prevention methods, thus reducing the bicycle-related head injuries.