Abstract

Full-face Motorcycle Helmets to Reduce Injury and Death: A systematic review, meta-analysis, and practice management guideline from the Eastern Association for the Surgery of Trauma,

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Background
While motorcycle helmets reduce mortality and morbidity, no guidelines specify which is safest. The authors sought to determine if full-face helmets reduce injury and death.

Methods
The authors searched for studies without exclusion based on: age, language, date, or randomization. Case reports, professional riders, and studies without original data were excluded. Of 4431 studies identified, 3074 were duplicates, leaving 1357 that were screened. Eighty-one full texts were assessed for eligibility, with 37 studies eventually included.

Results
Full-face helmets significantly reduce traumatic brain injury.

Full-face helmets significantly reduce facial fracture.

Full-face helmets reduce severity of head, neck, and facial injury.

Conclusion
Full-face motorcycle helmets are conditionally recommended to reduce traumatic brain injury, facial fractures, and injury severity.