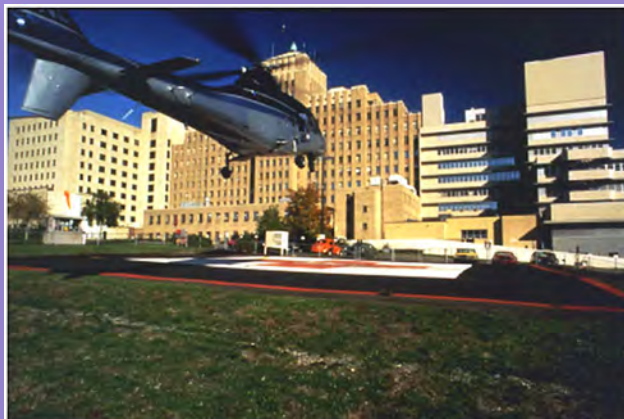


# Northwest Regional Burn Model System

UW Medicine Regional Burn  
Center at Harborview Medical  
Center

Seattle, Washington



Fall 2012

Newsletter

## What's New?

- 10/1/2012 Funding was awarded to the Northwest Regional Burn Model System (NWRBMS)
- October 2012 National Disability Employment Awareness month
- October-November 2012 Burn survivors and family members invited to review new 'Itch Fact Sheet' - Email us at [NWRBMS@uw.edu](mailto:NWRBMS@uw.edu)
- October 2012 Check us out on Facebook and Twitter at NWRBMS

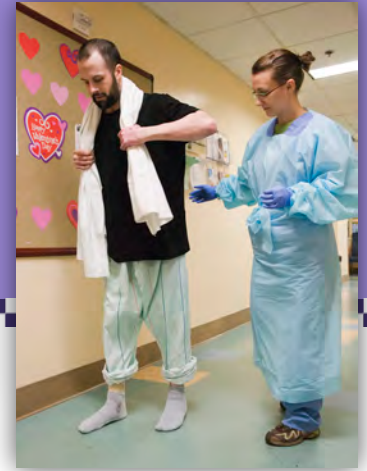


## New Funding for NWRBMS

In the next 5-year cycle of burn model system funding from the National Institute on Disability and Rehabilitation Research (NIDRR), the Northwest Regional Burn Model System (NWRBMS) will build upon past efforts to address significant issues of concern to burn survivors – pain management, distress, hypertrophic scarring, community re-entry and return to work. We have been funded for two projects. Dr. Peter Esselman will lead in the development of a Return to Work after Burn Injury Website in which we will use current internet technology to establish a web-based dissemination effort to provide education regarding the challenges and processes encountered following a significant burn injury. The target audience for this project includes burn survivors, families, employers, medical professionals, case managers, third-party payers, Worker's Compensation and vocational rehabilitation agencies. Dr. Shelley Wiechman will lead the research project, 'Impact of Hypnosis on Post-burn Pain and Itch: A Randomized Controlled Trial'. This research utilizes our expertise in clinical management of pain and itching, and our experience with hypnosis as an innovative non-pharmacologic intervention.

## NWRBMS Fall 2012 Newsletter

If you would like to receive a copy of our newsletter, email us at [NWRBMS@uw.edu](mailto:NWRBMS@uw.edu) and request either an email or paper copy. Please include the appropriate email or postal address with your request.



## Peer Support for Burn Survivors

The UW Medicine Regional Burn Center at Harborview has launched a new peer support program for burn survivors.

Survivors Offering Assistance in Recovery (SOAR) is a program that was designed by The Phoenix Society in 2001 to provide training to burn survivors and their family members who want to volunteer to help others whose lives have been touched by a burn injury. Peer support assists individuals in adapting to a burn injury through sharing similar experiences. SOAR is a hospital-based program that is intended to make it easier for burn centers to work with volunteers in providing peer support to patients. The program

coordinators at Harborview are Dr. Shelley Wiechman (Attending Burn Psychologist) and Beth Costa (Burn Center Occupational Therapist). Dr. Wiechman states, "We have eleven burn survivors in four different states (Washington, Idaho, Montana, and Alaska) to serve as peer visitors. Peer support may involve a hospital visit with an inpatient or it may involve a telephone call or email interaction, or a meeting in a designated public place in the burn survivor's community after hospital discharge. We have also trained spouses and parents of burn

survivors so that we may provide support to family members as well. Our patients often find that talking to a fellow burn survivor that has lived through the recovery process and is now thriving, provides them with the hope they need to keep going." Please contact Dr. Shelley Wiechman at 206-744-4439 or Beth Costa at 206-744-8118 if you would like more information on this program or to schedule a peer visit with a SOAR volunteer.

Additional information is available at <http://www.phoenix-society.org/>

Visit our new website at <http://burnrehab.washington.edu/>

**Burn Prevention Tips  
in the Kitchen**



Create a 'kid free zone' around the stove or oven.

Keep hot liquids out of reach of young children.

Use only containers designed for microwave use.