

# Northwest Regional Burn Model System

UW Medicine Regional Burn Center  
at Harborview Medical Center

Seattle, Washington



Fall 2014

Newsletter

## What's New?

October 5-11, 2014 NFPA National Fire Prevention Week

Anytime Take the NFPA 2014 Fire Prevention Week Quiz. Go online and test your knowledge:

<http://www.nfpa.org/safety-information/fire-prevention-week/fire-prevention-week-quiz>



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## Fire Prevention Week

The National Fire Protection Association's (NFPA) Fire Prevention Week was first established to commemorate the Great Chicago Fire in 1871 that killed more than 250 people. To read more about this tragic event, go to the NFPA website:

<http://www.nfpa.org/safety-information/fire-prevention-week/about-fire-prevention-week>

To help prevent home fires, consider the following facts:

- Almost 3 out of 5 reported home fire deaths result from fires in homes with no working smoke alarms.
- Only 1/3 of Americans have both developed and practiced a home fire escape plan.
- Two of every 5 home fires start in the kitchen.
- Portable or fixed space heaters, including wood stoves, were involved in 1/3 of home heating fires.
- During 2007-2011, smoking materials caused an estimated 17,900 home structure fires.

Look for important fire prevention tips on the reverse side of this newsletter.

Reference: <http://www.nfpa.org/safety-information/fire-prevention-week/fast-facts-about-fire>

## NWRBMS Fall 2014 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.



Photo by Clare McLean/UW Medicine

HANDWASHING --  
IT HELPS KEEP OUR  
PATIENTS SAFE!

## PLAY - It's part of CARE here at the Burn Center

One-third of all patients admitted to the UW Medicine Regional Burn Center are children. Admission to a hospital for anyone can be stressful, but for children -- the hospital is often a very scary place. For this reason, an important member of our burn team is Rachel Allard, CTRS. Rachel is a Certified Therapeutic Recreation Specialist and one of the newest members to join our team here at Harborview. Professionals with this specialty degree have studied childhood development and recreation.

Rachel understands the importance of incorporating play therapy into the care of children hospitalized at Harborview for their burn injury. Play is an important aspect of coping and recovery, and for a child who has been burned this is especially true. Play allows a child to understand the world around them. Specifically, through symbolic play a child is able to recreate past experiences in a manageable way. Play therapy helps to support a positive transition into the hospital environment by allowing the child to process the events that led to the admission.

In the burn center, all members of the team use play therapy. For example, during wound care when a child's wounds are washed and redressed with bandages, play is used to help the child cope and as a means of distraction. Wound care is often a source of anxiety because children will anticipate the pain and discomfort associated with the procedure without understanding the need for the treatment. So, we use distraction and play engagement -- to make it less stressful. The tub is often filled with bubbles and toys. Children are encouraged to play with the toys and blow bubbles. Play is also used during physical therapy - balls and games are used to encourage active range of motion of joints affected by a burn.

Play is also used to teach our pediatric patients about upcoming medical or surgical procedures. Medical play is used to help children become more familiar with planned procedures and the medical equipment involved. With the use of Bernie (our friendly burn-injured doll), children are able to 'walk' through a procedure and clarify questions they may have. They are able to play with common medical items such as stethoscopes, gloves, and masks. Prior to a planned grafting procedure, we show them where bandages will be placed after surgery and they can help 'dress' Bernie's wounds.



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

### Fire Prevention Tips



Stay in the kitchen while you are frying, grilling or broiling food. If you leave the kitchen for even a short time, turn off the stove.

If you smoke, use only fire-safe cigarettes.

Keep cigarettes, lighters, and matches up high out of the reach of children, in a locked cabinet.

Make a home escape plan. Know at least 2 ways out of every room, if possible. Have an outside meeting place that is a safe distance from the home where everyone should meet.

Test your smoke alarm monthly. Visit [https://www.usfa.fema.gov/prevention/outreach/smoke\\_alarms.html](https://www.usfa.fema.gov/prevention/outreach/smoke_alarms.html) to learn answers to common questions about smoke alarms.

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