

# Northwest Regional Burn Model System

UW Medicine Regional Burn Center  
at Harborview Medical Center

Seattle, Washington



Summer 2017

Newsletter

## What's New?

July 2017     **2017 Camp Eyabsut for young pediatric burn survivors was a great success (see page 2 of this newsletter). Visit our Facebook page to see photos from camp.**

October 1, 2017     **The UW Burn Team is busy writing research abstracts to be submitted for consideration for the 2018 American Burn Association meeting in Chicago next year.**

Join us on Facebook and Twitter to learn more about our research and educational efforts.



## Summer Volunteers for Burn Center Research



The UW Medicine Regional Burn Center at Harborview is fortunate to have four hard-working research volunteers this summer. From right to left is returning volunteer, Stephen Sibbett (basic science college student), Kimberley Koetsier (visiting international student intern from the Netherlands), Naima Alver (BS in Biology), and Amali Fernando (basic science college student). Each volunteer is working with a Burn Center mentor on different projects related to the analysis of injured skin or the longitudinal global health of adult burn survivors.     **THANK YOU -- VOLUNTEERS!**

## NWRBMS Summer 2017 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.



## Helpful Information for Anyone Affected by a Burn

As part of the Burn Model System research program, our team of research investigators and clinicians develop information specific to the needs of both young and adult-aged burn survivors and their families. At press time, there are 13 factsheets available in both English and Spanish (<http://www.msctc.org/burn/factsheets>):

- [Sleep problems after burn injury](#)
- [Psychological distress after burn injury](#)
- [Understanding and improving body image after burn injury](#)
- [Managing pain after burn injury](#)
- [Social interaction after burn injury](#)
- [Employment after burn injury](#)
- [Scar Management after burn injury](#)
- [Itchy skin after burn injury](#)
- [Help your child recover - build your child's resilience after burn injury](#)
- [Going back to school after a major burn injury](#)
- [Exercise after burn injury](#)
- [Healthy eating after burn injury - for adults](#)
- [Healthy eating after burn injury - for kids](#)

How are these factsheets developed? There are several steps to the process which includes a review of the research evidence, approval by experts in the field, testing by consumers (to include adult burn survivors and parents of pediatric survivors), and a final review to ensure that each factsheet is written at the appropriate reading level. All factsheets are revised every 5 years to ensure that they include up-to-date information.

Look for new factsheets to be available soon concerning basic wound care, sun exposure, post-traumatic stress disorder and a basic informational factsheet that outlines common terms used to describe and treat a burn injury.

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

### Barbeque grilling safety tips



Keep your grill at least 10 feet away from any structure (house, garage, carport).

Clean your grill regularly - built-up fat and grease can be fuel for a fire.

Check for propane leaks -- don't know how? Visit this YouTube video for helpful information:

<https://www.youtube.com/watch?v=mpDhUssEgPO>

Be careful with charcoal starter fluid. If the fire goes out, do not add any starter fluid or any other flammable liquids to the fire.