



UNIVERSITY OF WASHINGTON

Burn Model System Newsletter

Summer 2010



Northwest Burn Foundation (NWBF)

The mission of the Northwest Burn Foundation is to prevent burns and improve the quality of life for burn survivors through programs, education and research.

Initially started by Dr. David Heimbach, local community

leaders and firefighters - the NWBF provides consultation regarding use of cosmetics, emergency housing, prevention education (seasonal safety tips), summer camp experience for burn survivors age 7 - 17 years, and

support group opportunities (see Burn Injury Information Group below).

The NWBF is a non-profit organization that serves all those in need in the Pacific Northwest to include Washington, Oregon, Idaho, Montana and Alaska.

Burn Injury Information Group

The burn injury informational support group meets on the 3rd Wednesday of the month from 1-2:00pm in room 8EH-50 at Harborview Medical Center. This

group is open to all burn survivors and their families. Upcoming meetings are July 21st, August 18th, September 15th, 2010. It is sponsored by the Northwest Burn Foundation

and is provided at no charge. You can also participate by phone; to do so contact Dr. Shelley Wiechman at 206-744-4439 and she will provide all necessary information.

NWBF Board Member Profile - Sarah McDonald

The NWBF has long been known for their support for emergency housing for family members of critically ill burn survivors and for the annual summer youth camp. More recently, with input from Sarah McDonald, NWBF secretary and member of the adult burn survivor program committee, the NWBF is developing an adult program.

Although in a formative stage of development, the adult program has initially focused on sponsoring social activities and outings. "We know that burn survivors can experience challenges with reintegrating into society, and our intention is to provide a fun, informal and supportive group environment. Our first outing was a barbeque (Spring 2009) and our second, bowling

(Spring 2010) at a local Seattle bowling alley. Both outings were well attended and received favorable feedback. We hope to keep learning from our experiences in developing a program that truly meets the needs of burn survivors in our community", states Ms. McDonald.

All of the activities of the adult NWBF programs are open to adult burn survivors and their families.

For more information about the adult program, upcoming events, volunteer opportunities, facts, frequently asked questions, and burn prevention efforts - visit the Northwest Burn Foundation website at www.nwburn.org/ or call at 206-789-6759; toll free at 1-888-NOBURNS.

Research Update

In January 2009, Dr. Shelley Wiechman (leader of the UW/HMC Burn Injury Information Group) published a paper concerning reasons for distress after hospital discharge in adult burn survivors.

Dr. Wiechman used a new and unique research technique for her study - Q-sort methodology. In conjunction with the Harborview Burn Advisory Group (group is composed of adult burn survivors), 50 possible reasons for distress were identified. A game board was designed that enabled research participants to rank each reason from 'not causing distress' to 'causing significant distress' at several different timepoints after injury (6, 12, and 24 months).

Dr. Wiechman discovered that several clusters of problems exist and this technique shows promise for developing interventions that target the unique needs of burn survivors.

Did You Know?

An important summer safety tip:

NEVER add lighter fluid to an already lit fire or BBQ - this can cause the flame to flashback up into the container and explode.

Visit our website at

<https://depts.washington.edu/uwnidrr/> for more information.

To reach the UW/HMC Burn Center Clinic, call 206-744-5735.