



UNIVERSITY OF WASHINGTON

## Burn Model System Newsletter

Winter 2007



### Help With Recovery

Recovery can be challenging - that is why we make several different support services available to our patients. For patients in the hospital as well as those who have been discharged, the burn injury information support group (see

below) is available. In addition, one-to-one meetings with a peer support counselor can be arranged. A peer counselor is a burn survivor who has received training on how to provide support and guidance to those who have recently been

injured. Our group of peer counselors are trained and guided by our Burn Center Psychologist, Dr. Shelley W. Askay. For more information on participating in 'group' or requesting a peer counselor visit, please contact Dr. Askay at 206-744-4439.

### 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 meeting dates are March 19, April 16, & May 21, 2008. This meeting is sponsored by the Northwest Burn

Foundation and it is at no charge. You can also participate by phone; contact Dr. Askay and she will provide all necessary information (no long distance charge will apply).

### Peer Survivor Support

*The following was written by a 14-year old girl who suffered burns to her face and chest. She wrote it in hopes of providing encouragement to others.*

"Everything happens for a reason. I used to think that was just a cliché. For the longest time I would question myself and wonder - what had I done to deserve the pain I was feeling. Why me? I mean it's not everyday that you catch on fire - so where did I go wrong? But now, a year later, I realize it was not my fault. I did not DO anything. This was just one of those unexplainable things that happened. [But] instead of focusing on my progress and what I wanted to take from this experience, my focus

was directed elsewhere - searching for a reason [for my injury]. But it's not that simple. You can't just expect to know the reason. It takes time and most of the time, you are blind to certain things because you're caught in the moment. And although it's a huge obstacle that no one should ever have to face - full of unimaginable, unexplainable feelings - you can get through it! There really is a reason for everything that happens. I have learned that. But it's not a matter of searching for a reason - the answers that you have been longing for will come to you. And maybe you just might come out stronger and possibly the person you want to be in the end."

### Did You Know?

Burn prevention is important - many educational materials are available in Spanish as well as English. If you are interested in prevention materials - contact the Burn Center.

### Visit our website at

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

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

### Research Update

Every spring, burn care professionals (doctors, nurses, therapists, pharmacists, dieticians, researchers, counselors), firefighters, and burn survivors from around the world attend the Annual American Burn Association (ABA) Meeting.

Although the focus of this meeting is the communication of important research findings, opportunities exist for the informal sharing of concerns and experiences by many special interest groups. In addition, workshops and forums for firefighters, researchers, burn prevention staffers, and those new to burn care are offered. This meeting is all about - EDUCATION and NETWORKING.

Harborview will be well represented with more than 20 Burn Center professionals in attendance.

To learn more about the Annual ABA meeting - visit their website at [www.ameriburn.org](http://www.ameriburn.org). This year's meeting is April 29 - May 2 in Chicago, IL.