

Northwest Regional Burn Model System

UW Medicine Regional Burn Center
at Harborview Medical Center

Seattle, Washington



Spring 2013

Newsletter

What's New?

April 2013 *Impact of Hypnosis* research study enrollment begins.

April 2013 Visit our website for a new fact sheet on itching.

July - September 2013 Two camps for burn survivors and family members are available this summer. Visit <http://nwburn.org/summer-camp/> AND <http://campeyabsut.org/> for more information.

April - September 2013 Check us out on Facebook and Twitter @NWRBMS



45th Annual Meeting of the American Burn Association

Every year clinicians (doctors, nurses, therapists, dieticians, psychologists, and researchers), firefighters, and burn survivors gather for the purpose of sharing important burn care and injury prevention research findings. This conference, the Annual Meeting of the American Burn Association (ABA), was held during the week of April 23rd at the Palm Springs Convention Center in California.

Given that research is the focus of the Northwest Regional Burn Model System (NWRBMS) grant and a mission of the UW Medicine Regional Burn Center, many clinicians from Harborview Medical Center attended.

Who presented and what did they talk about? The list below provides you with a snapshot of our ABA educational efforts:

- Samuel Mandell, MD - national trends with amputations following a burn
- Megan Nordlund, MS (dietician) - nutrition and caloric needs
- Michell Rainier, RN, BSN - use of email photos during outpatient care
- Gretchen Carrougner RN, MN - postburn itching; use of social media
- Tam Pham, MD - rehabilitation care of the older adult
- Beth Costa, OT - serial casting for range of motion and immobilization
- Teresa Moroseos, BSCE (research assistant) - quality improvement project when rapid response teams are used
- Shelley Wiechman, PhD - virtual reality and hypnosis; sleep issues

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



Burn Prevention Efforts

What did UW Medicine Regional Burn Center team members do during Burn Injury Prevention month?

March was Burn Injury Prevention month and several educational initiatives occurred throughout the month.

Thirty-five members of the UW Medicine Regional Burn Team participated in an 'Ask Me How' campaign in which over 11,000 burn prevention tips were shared with patients, family members, hospital staff, University faculty and individuals from the community. The #1 prevention tip shared concerned when to change the battery in a smoke detector (Answer: Twice a

year or if a 'chirp' is heard indicating a low battery). The second prevention tip shared was what to do in the event of a kitchen grease fire (Answer: Turn off the stove, put on an oven mitt and slide a lid over the pan to extinguish the flames. Let the pan cool completely before moving it and NEVER pour water on the flames).

In addition to sharing tips in person, the Harborview electronic reader boards provided safety and prevention information at each of the two main entrances. Cafeteria signs were also used to educate the public. These

signs focused on scald prevention; holiday safety; home safety for those living in hotels, high-rise apartments and dormitories; and safety suggestions when using BBQs and heating equipment (portable heaters, wood-burning stoves).

Daily prevention tips were also posted on the NWRBMS Facebook and Twitter pages. We gained many new 'likes' during the month of March and many of our followers shared the information with their friends and family, thus increasing our *reach* and prevention efforts.

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

Burn Prevention Tips for Older Adults

Wear tight-fitting clothing or short sleeves when cooking.



Turn stovetop burners off before reaching above or across the stove.

Keep walking areas free of clutter to avoid injury during an evacuation.