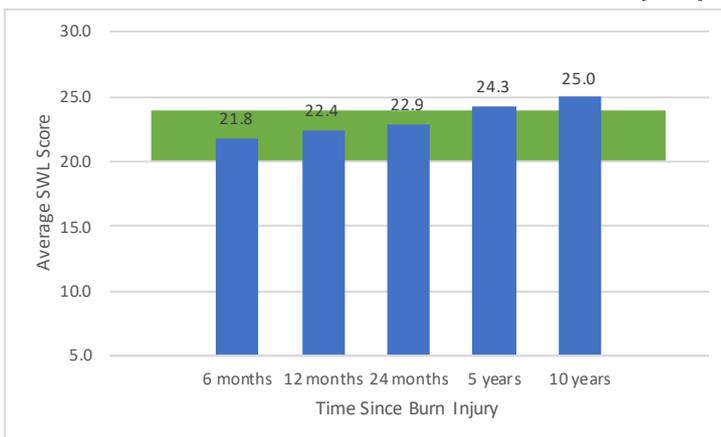




Burn Model System National Database at a Glance: Satisfaction with life after burn injury



Satisfaction with life (SWL) is a measure of well-being that includes mood, satisfaction with relationships, achieved goals, and ability to cope with one's daily life. A higher SWL score indicates more satisfaction with life. The graph shows the average satisfaction with life for all burn survivors participating in the Burn Model System who answered the satisfaction with life questions between 6 months and 10 years after their burn injury.

- The average US general population SWL is between 20 and 24. The green band marks normal range.
- A different number of people answered the SWL questions at each timepoint, ranging from 1,882 at 6 months to 140 at 10 years.
- Burn survivors SWL is in the normal range at all timepoints indicating that starting with 6 months post injury, burn survivors report similar level of well-being as people without burn injury. SWL increases with more time since burn injury.

Adapting to COVID-19 at the Burn Model System

We hope that you and your families are staying safe during this COVID-19 crisis. We continue to fulfill the Burn Model System mission while working from home whenever possible. We meet weekly via video conferencing and when we must come to the workplace we assure that we physically distance, wear appropriate protective equipment and wash our hands frequently.

Safety Tip

Because hand sanitizers are alcohol-based products, they are flammable. When using hand sanitizers, make sure your hands are completely dry before contact with any flame source.

**ONLINE SAFETY REFERENCES:
CLICK FOR MORE INFORMATION**

Protect the Ones You Love:
Child Injuries are Preventable



Safety Tip Sheets from the
National Fire Protection
Association (NFPA)



Read this Guide: A Parent's
Checklist for Preventing
Injuries During the Coronavirus
Pandemic

NWRBMS Coordinator Receives ABA Award

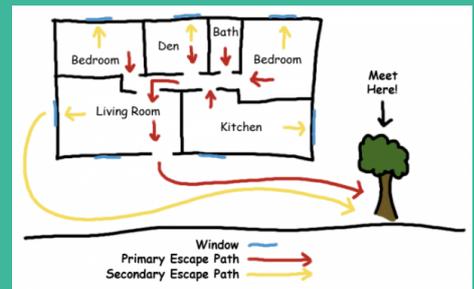
Gretchen J. Carrougher MN, RN, project coordinator for the NIDILRR-funded Northwest Regional Burn Model System (NWRBMS) grant has received the Special Achievement Award from the American Burn Association. The award recognizes Ms. Carrougher's long standing efforts to improve burn care and outcomes by those affected by burn injury. She has been a burn nurse for nearly 40 years and a member of the UW Medicine Regional Burn Center team since 1996. The award was to be presented at the 52nd Annual Meeting of the American Burn Association in Orlando in March.



CONGRATULATIONS Gretchen on this achievement!

Have an Escape Plan

- Create a fire escape plan and involve the kids in the planning (example on the right).
- Make sure everyone knows at least two ways out of every room.
- Identify a central meeting place outside.



reference: arlingtonva.us



Visit us online and social media

The NWRBMS maintains an active social media presence on both Facebook and Twitter. To follow/join us on Facebook, search "Northwest Regional Burn Model System". From Twitter, search "@NWRBMS" or go to <https://twitter.com/nwrbums>.

Please visit our website for more information:
burnrehab.washington.edu

