

BURN CENTER AFTER CARE PROGRAMS

UCSD Regional Burn Center is dedicated to providing programs that promote the patient's ability to maximize physical and psychosocial functional capacity.

The following hospital based programs support rehabilitation, support and recovery. These programs are described in the following sections:

- SUPPORT GROUP
- SCHOOL RE-ENTRY
- PEER COUNSELING
- YOUTH PROGRAMS

BURN SUPPORT GROUP:

Each month there is a support group for burn survivors and family members. The group meets the third Wednesday of every month at 6 p.m. at the UCSD Medical Center in Hillcrest. The group has been active since 1986. The primary goal is psychosocial support for burn survivors and their loved ones in a relaxed atmosphere. Burn survivors and their guests are able to discuss topics, ask questions and explore their feelings related to their injuries. The meeting offers educational programs specific to recovery and information regarding community financial programs, eligibility requirements and legal rights. It is also an opportunity for the health care team to follow the patient's progress.

SCHOOL RE-ENTRY PROGRAM:

The purpose of this program is to support children return to school after sustaining a burn injury. Research has found that burned children have better coping strategies and peer acceptance when peers are aware of their injury and treatments. The program provides burn education and reviews specific goals of burn rehabilitation for classmates and teachers. Burn prevention education is also a component of the program.

PEER SUPPORT PROGRAM:

The UCSD Burn Center Peer Support Program is based on the premise that people seek support from those who have similar experiences, expectations or values. The program goals are: to support burn survivors with emotional and or physical issues during acute and rehabilitation phases, to provide ongoing prevention education for the community and lastly, to provide consultation to burn center staff for program improvement. Peer support members receive specialized training, which includes: program overview and objectives, common reactions to injury, coping styles, understanding non-verbal behavior, working within a health care systems, and active

listening skills. The peer activities include: inpatient visits, support calls, participation in monthly Burn Support Group.

YOUTH PROGRAMS:

Youth programs provide a therapeutic recreational and educational setting where staff, patients, and community volunteers join together to support children, between five and 16, to participate in recreational activities early in the rehabilitation phase of their burn recovery. The children and youth can enjoy activities including field trips to entertainment parks, beach outings, special educational opportunities and holiday celebrations. These activities foster self-confidence and build independence. By being together the children and youth support one another to develop a sense of identity, skills and expand interests.

Youth programs also provide an opportunity for maintaining long term follow up with the health care team. A safe environment is provided for the expression of feelings related to burn injury and an opportunity to learn, grow and succeed. Many children cultivate friendships that last a lifetime.

BECAUSE WE CARE

After you leave the hospital you will receive a quality service questionnaire. Your opinion is important to us. It will help us know how to better serve you and it will provide an opportunity to recognize staff members that were helpful to you and your family. Please take a moment to complete the **Press Ganey** questionnaire and return it.



GLOSSARY

This glossary is designed to define terms used during the course of treatment. It may be helpful to mark the ones that apply specifically to your situation.

ALLOGRAFT: Donated skin taken that is surgically placed over a debrided burn wound. It is a temporary covering.

AUTOGRAFT: Skin taken from another part of the body to be placed over a debrided burn wound. It is a permanent covering. It may be meshed (with small holes) or sheet (No holes except a few slits for drainage).

DEBRIDMENT: Removal of dead tissue (and/or other substance) from the burn wound site.

DONOR SITES: The area of the body where the skin graft is taken to provide wound coverage for the burn site.

EDEMA: Swelling.

ENDOTRACHEAL TUBE: A tube placed through the mouth or nose into the lungs to keep the airway open.

EPITHELIA BUDDING: Normal, small "bud-like" structures that form in the healing wound and are the beginning of the new epidermis.

ESCHAR: Dead tissue covering a burned area.

ESCHAROTOMY: An incision made through ESCHAR to relieve pressure and increase circulation of blood to the involved area.

GRANULATION TISSUE: new capillaries that form in an open wound, it is generally bright pink or red and bleeds easily.

IMMUNE SYSTEM: That system of the body that fights off infection internally.

INHALATION INJURY: Injury to the airways caused by breathing in smoke or toxins.

INTRAVENOUS (IV) LINES: Plastic catheters placed in veins, large or small, over a needle, used to give fluids and medicine.

NASOGASTRIC (NG) TUBE: A tube inserted through the nose into the stomach to deliver nutrition.

OXYGEN SATURATION: Amount of oxygen being carried by the red blood cells. It is measured with a light probe usually on the patient's finger.

PIGMENTATION: Coloration of the skin due to the deposit of pigments.

RANGE OF MOTION (ROM): Exercise to move the joints through their usual range of movement.

SEDATIVE: A medication that has a soothing or tranquilizing effect.

SPLINT: A device used to help prevent contractures, provide support, decrease swelling, and maintain proper positioning.

VENTILATOR: Machine used to support breathing.



RESOURCES:

ALISA ANN RUCH BURN FOUNDATION

WEBSITE: www.aarbf.org

Services: Education and support for burn survivors of all ages.

AMERICAN BURN ASSOCIATION

WEBSITE: www.ameriburn.org

Services: Responsible for developing national standards for the care of patients with burns.

BURN INSTITUTE

WEBSITE: www.burninstitute.org

Services: Burn injury prevention, survivor support programs

BURN PREVENTION FOUNDATION

WEBSITE: www.burnprevention.org

Services: Burn injury prevention education and advocacy

BURN SURVIVOR RESOURCE CENTER

WEBSITE: www.burnsurvivor.com/survivorlinks.html

Services: Links to organizations dedicated to assisting burn survivors as their families

HEALTHFINDER: SPONSORED BY THE US DEPARTMENT

WEBSITE: www.healthypeople.gov/healthfinder

SERVICES: Health & Human Services is a gateway to 1800 agencies and organizations.

NATIONAL SAFE KIDS CAMPAIGN

WEBSITE: www.safekids.org

Services: Accidental childhood injury prevention

NATIONAL WOMENS HEALTH INFORMATION CENTER

WEBSITE: www.4women.gov

Services: Publications from a federal clearinghouse.

THE PHOENIX SOCIETY

WEBSITE: www.phoenix-society.org/

Services: Resource for burn survivors, their friends and loved ones, firefighters, and medical professionals

UCSD BURN CENTER:

WEBSITE: <http://health.ucsd.edu/specialties/burn>

UCSD Regional Burn Center website with program information

We wish to give special thanks to all those who assisted in the continuing development of this resource handbook.



NOTES

FINAL NOTES

We would very much like to keep you informed about our program and survivor events. We are required by federal law to obtain your consent so that we may send you survivor information.

Thank you.

I would like to receive burn survivor information

Yes

No

Name

Address

Email
