

The BurnNet

February 2017, Volume 36, No. 2

OUR GROUP MEETING

Thursday, **February 2**, 7:30-9:30pm

The Burn Recovery Support Group is a monthly meeting where survivors, families burn and significant others, discuss issues and raise questions related to their injury. For more info, call (916) 734-5596.

***WE HAVE A NEW MEETING ROOM!** Tower DCR North 1204 – First floor, near West Entrance



It Can Happen In A Flash With A Splash

LIQUID AND STEAM BURN LIKE FIRE



The Epidemic of Liquid and Steam Burns. Children and Older Adults Most At-Risk.

Each year, over 450,000 burn injuries occur in the United States that are serious enough to require medical treatment. Between 2007 and 2013, the proportion of burn center admissions due to scald burns increased from 29.8% to 33.7%. Join us in the fight to prevent severe burn and scald injuries!

Tips to Stay Safe:

- Set your water heater at 120 degrees F/48 degrees C or just below the medium setting.
- Use a thermometer to test the water coming out of your bath water tap.
- Run your hand through bath water to test for hot spots.
- Use back burners and turn pot handles toward the back of the stove so children cannot pull them down.
- Use oven mitts when cooking or handling hot food and drinks.
- Stir and test food cooked in the microwave before serving. Open heated containers away from you from back to front.
- Keep children away from the stove when cooking by using a safety gate for younger children and marking with tape a 3-foot "no-kid zone" for older children.
- Keep hot drinks away from the edge of tables and counters and avoid using tablecloths and placemats.
- Use a "travel mug" with a tight-fitting lid for all hot drinks.
- Never hold or carry a child while you have a hot drink in your hand.

<http://flashsplash.org/>

ARE YOU RECEIVING THE BURNNET VIA E-MAIL?

Would you like to be on the mailing list to receive The BurnNet every month?
Email Deb Jones RN at debjones@ucdavis.edu



UPCOMING EVENTS



JANUARY 28 43RD ANNUAL GUNS & HOSES FOOTBALL GAME

Presented by Pig Bowl, held at Cal State Sacramento, 6000 J Street, Sacramento
Annual Charity Football Game: Sacramento Area Firefighters vs. Sacramento Law Enforcement.
www.pigbowl.com



FEBRUARY 9-12TH ANNUAL FIREFIGHTERS "FILL THE BOOT FOR BURNS" BOOT DRIVE

Sunrise Mall, corner of Greenback and Sunrise in Citrus Heights. Want to volunteer to help?
Contact Lisa Watanabe at 916-739-8525 or Deb Jones RN at 916-734-5596.
FREE Safety Fair for the community on Saturday!



MARCH 4TH ANNUAL FIREFIGHTERS MARDI GRAS CRABFEED

St. John Vianney Parish, 10497 Coloma Road, Rancho Cordova
6 p.m. No Host Cocktails. 6:30 – 11 p.m. Dinner, All-you-can-eat fresh green salad, Cajun Boil, bread, and of course... Dungeness crab! No Host Cocktails, including the fine brews of American River Brewing Company. Raffle and Silent Auctions. Music & Dancing. Call FFBI at 916-739-8525 for tickets!



APRIL 24—29, 2017 BURN COMMUNITY CRUISE TO CABO

5 Night Cruise to Cabo San Lucas on Princess Cruises
For burn survivors, firefighters, burn care professionals & friends of the Firefighters Burn Institute!
Prices start at \$549 per person. **\$50 deposit/pp due 1/16/17, final payment due 2/16/17.**
For more information contact Rachel Crowell with FFBI at (916) 739-8525 or Joshua Rubinstein with Cordially Yours Travel at (916) 838-3960 (CST#: 1013939-40)

PHOENIX SOCIETY ONLINE LEARNING

Burn survivors and their families are able to participate in free online learning courses designed to empower, with the tools to handle questions, stares and social situations after a burn injury! Phoenix Society's Online Learning is a web-based program developed by burn survivors, family members, and burn care professionals. Enroll now at the following link:

www.phoenix-society.org/community/stayconnected/online-learning-community/



QUESTION AND ANSWER



I'm home now and it is winter. With dressings and ACE wraps, my feet are gigantic and FREEZING! What can I do to keep my feet warm without breaking the bank or hurting my feet when I'm not tucked in bed?

I usually recommend our patients look for socks described as "diabetic" or "bariatric" socks. Depending on the brand, their openings can stretch up to 24 inches in circumference around swollen feet, ankles and calves with dressings. They are usually made with 80-100% cotton making them very comfortable and machine washable. Cost depends on where you shop; however, I have found them at various dollar stores and online for \$1-\$3/pair.

Please remember that socks alone or slick-bottom slippers will keep your feet warm, but are a slip hazard. Whether indoors or out, wear supportive shoes or slippers with a rubber sole. Consider buying shoes that are extra-long and extra-wide, or adjustable with Velcro for the extra space needed for your bandages and edema. No need to be expensive- dressings, swelling and ACE wraps are temporary. ~Deb Jones RN

QUOTE

Step into my shoes and walk the life I'm living... and if you get as far as I am, just maybe you will see how STRONG I really am. ~Unknown



USING ANTIBIOTICS WISELY: DO'S AND DON'TS

Antibiotic resistance is a growing problem, both in the United States and around the world. According to the U.S. Centers for Disease Control and Prevention, an estimated 700,000 people around the world die each year from drug-resistant strains of common bacterial infections. That figure includes 200,000 newborns who die from infections that don't respond to antibiotic treatment.

Antibiotics do not work against the common cold or flu. Knowing how to use antibiotics safely and appropriately empowers everyone to be a part of the solution to preserve the life-saving power of antibiotics, said Larissa May, associate professor of emergency medicine at UC Davis Medical Center and a national expert on antibiotic stewardship.

Illness	Usual Cause		Antibiotic Needed
	Viruses	Bacteria	
Cold/Runny Nose	✓		NO
Bronchitis/Chest Cold (in otherwise healthy children and adults)	✓		NO
Whooping Cough		✓	Yes
Flu	✓		NO
Strep Throat		✓	Yes
Sore Throat (except strep)	✓		NO
Fluid in the Middle Ear (otitis media with effusion)	✓		NO
Urinary Tract Infection		✓	Yes

"Every time a person takes antibiotics, sensitive bacteria are killed, but resistant ones may be left to grow and multiply," she said. "One out of five visits to emergency departments nationwide for adverse drug events are caused by complications from antibiotic use, especially among children under 18 years of age. Antibiotic resistance in children is of particular concern because they have the highest rates of antibiotic use and often have fewer antibiotic choices since some antibiotics cannot be safely given to children."

- DO:
- Ask your physician how you can feel better and get relief from symptoms without using antibiotics. Sometimes the best treatment may be relieving symptoms, not an antibiotic.
 - Follow your physician's instructions on how to take the antibiotic.
 - Safely discard any leftover medication. The U.S. Food and Drug Administration offers tips on safe medication disposal, and the Drug Enforcement Administration identifies medication collection sites by zip code.
 - Ask your physician about vaccines recommended for you and your family. Vaccines are an effective way to prevent infections that may require an antibiotic. Vaccines are also an important way to keep diseases from spreading.

- DON'T:
- Take an antibiotic for a viral infection like a cold or the flu. Antibiotics do NOT cure viral infections.
 - Pressure your physician to prescribe an antibiotic.
 - Skip doses or stop taking an antibiotic early, even if you no longer feel sick, unless your physician tells you to do so.
 - Save antibiotics for the next time you become sick and do not take antibiotics prescribed for someone else. Taking the wrong medicine may delay correct treatment, allow bacteria to multiply, and cause unwanted or severe side effects.

~ Dr. Larissa May, associate professor of emergency medicine at UC Davis Medical Center

PRESSURE GARMENT ASSISTANCE AVAILABLE



Patients who have problems with the fit or delivery of their garments can get help by calling the representative who fitted you first. In most cases, as a patient treated at UC Davis Regional Burn Center, that would be Heather Weidle of Enhance by Linda Reib. Her office phone number is 916-638-2508. Burn survivors should always act quickly anytime pressure garment problems are perceived. Do not be shy about this. Your recovery is dependent on being your own patient advocate.