

The BurnNet

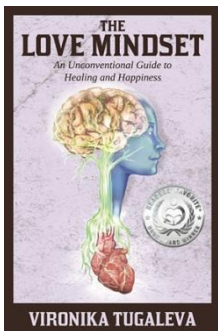
March 2017, Volume 36, No. 3

OUR GROUP MEETING

Thursday, **March 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



THE LOVE MINDSET

I haven't seen a book recommendation in a while. Although this author is not a burn survivor, she has an amazing way to make you feel good (or great) about yourself. This is one of my favorite quotes: "It is just as time consuming and difficult to learn to accept yourself as it is to pretend to be someone else. The only difference is – with self-acceptance, one day, it's not hard anymore. One day, you feel like your sexiest, strongest self just rolling out of bed in the morning. So learn to love yourself, accept yourself, and unleash your strongest, sexiest self. It's in there. You just have to believe it." ~Chris

MARCH IS SAVE YOUR VISION MONTH – PROTECT YOUR EYES

Eye injuries are very common. The National Institute for Occupational Safety and Health (NIOSH) reports that every day about 2,000 U.S. workers sustain job-related eye injuries that require medical treatment. However, safety experts and eye doctors believe the right eye protection can lessen the severity or even prevent 90% of these eye injuries. Splashes with chemicals, hot grease and oil, burns from steam, flash flame burns or sparks are the main causes seen in our burn center.



People experience eye injuries for two major reasons: They were not wearing eye protection or they were wearing the wrong kind of protection for the job they were doing.

The majority of our patients did not realize eye protection was needed for the situation. Whether at home or at work, protective eyewear, such as goggles, face shields, safety glasses or full-face respirators should be used when an eye hazard exists.

March is Save Your Vision Month and the American Optometric Association is working to educate people. Check out their website for more information at www.aoa.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



MARCH 4 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!



MAY 6 UCDAVIS FIRE 12TH ANNUAL PANCAKE BREAKFAST FUNDRAISER

UCD Fire Station 34, 625 Kleiber Hall Drive, Davis. Prepared by the UC Davis Student Resident Fire Fighters of Station 34. All proceeds go directly to the Firefighters Burn Institute. \$5 Pre-sale, \$7 at the door. Email ucdfire@gmail.com or come by Station 34 for tickets.



JUNE 10 TOUGH MUDDER TAHOE 2017

Team FFBI (Firefighters vs. Nurses) will be running the rigorous 10-12 mile, 20+ obstacle Tough Mudder course at Lake Tahoe. They have pledged to collectively raise \$10,000 for the FFBI before the big day! To help support their fundraising goals, please click [here](#). Want to be a sponsor? Contact our office at (916)739-8525 or staff@ffburn.org.



JUNE 24 6th ANNUAL FIREFIGHTER'S "A TROPICAL AFFAIR"

The best tropical event of the year is BACK! Come and enjoy an evening with Sacramento's finest restaurants, breweries and wineries! This outdoor event will be held in Sacramento, include live music entertainment, Hawaiian hula dancers, local celebrities as MCs, and a variety of foods and beverages provided by generous local business sponsors. Details to follow or call FFBI at 916-739-8525

ELLEN'S BADGE OF SURVIVAL

I worked for a nonprofit part time and loved it. While watching a movie, the tip of my cigarette fell on my pajamas. I was on fire. Instead of taking them off I went in the bathroom. Finally, after putting out the fire I took my pajamas off. Skin was bubbling and peeling. Went to the hospital where I was told I needed to be sent to the burn unit at UC Davis in Sacramento.

Third degree burns on 30% of my body. Neck, tummy, ears, chest, arms, and under my breasts. I was a mess of burns. The nurses were awesome. Very compassionate. Skin grafts were done. When I was taken to the shower to clean the donor sites, they looked like raw ground beef. After almost three weeks, I came home.

I had to leave my job to work on healing. I tried to get my job back but things were changing and I was not needed. It was like a dagger when I was told that. My spirit was broken. After getting home from the hospital, that was the only time I cried.

My skin was "shedding" from the donor site as it was healing. My hair was falling out. Lost 30 pounds. I couldn't talk correctly. I couldn't think of the words I wanted to say and could not form sentences correctly. Also, I had some health issues which the specialists tell me they were from the stress my body went through from the fire. Saw glimpse of my "old self" once in a while.

The best thing I did was go to therapy to help with depression. Now, 12 months later, I am my "old self". Retired and enjoying it. I was alone, but not by myself. I had the love and support of Elaine, Sue Ann and Fred, and Jessica, Looking at my skin grafts, yes, they are ugly, but I see them as a badge of survival.

I am alive.

Ellen McAndrews, Burn Survivor, Date of burn: 12/13/15



QUOTE

Out of suffering have emerged the strongest souls. The most massive characters are seared with scars.

~Khalil Gibran

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, stress 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/



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.

8 BAD HABITS THAT COULD BURN YOUR HOUSE DOWN

Your everyday routine could be putting your family at risk.

Fire safety is a hot-button topic (pun intended) — and rightly so. During a recent five-year study by the National Fire Protection Association (NFPA), U.S. fire departments responded to 1,000 home fires every day, on average. That's 42 every hour, causing roughly \$228 in damage each second.

"The majority of home fires can be prevented by taking some very simple steps," says Lorraine Carli of the NFPA. Start today by considering all of the little things you do that can put you at big risk.



1. CROWDING APPLIANCES TOGETHER

"When you don't leave space around electrical appliances, you're not allowing the heat they generate to dissipate," says Rachel Rothman, Technical Director at the Good Housekeeping Institute. All major appliances should be plugged directly into a wall outlet — rather than using extension cords or power strips to clump them in the same area — according to Carli. "More than one heat-producing appliance in an outlet at a time risks overloading the wiring, putting you at risk for an electrical fire.

Another safety tip: "Sign up to get recall notices on your major appliances at Recalls.gov," advises Rothman. "Every now and again products are recalled that have been found to be potentially dangerous due to overheating."

2. WALKING AWAY FROM FOOD COOKING IN THE KITCHEN

Cooking (chiefly, unattended cooking) is by far the leading cause of home fires. "It only takes a few seconds for abandoned cooking to catch fire," says Carli. Frying is the riskiest, according to the U.S. Fire Administration. You may want to avoid the technique on Thanksgiving: it's the top day for home cooking fires.

3. DAISY-CHAINING EXTENSION CORDS

"Connecting cords overloads them, which can cause a short circuit that can result in a fire," says Carli, noting that extension cords are only meant to be a temporary solution. "If you need more outlets, seek a qualified electrician to install some."

And never assume that your power strip has built-in surge protection. "In general, power strips are not designed to regulate power flow or block surges," says Rothman. Plugs that do not have a UL, CSA-US or ETL-US mark should be avoided.

4. MAKING DO WITH DAMAGED OR WORN OUT CORDS

Using compromised cords can cause electric shock as well as increase your fire risk if heat from the wires comes in contact with anything that can burn, says Carli, who recommends replacing any cords doubt. As Bruce Springsteen sings, "you can't start a fire without a spark." And in less than 30 seconds, the USFA reveals, "a small flame can get completely out of control and turn into a major fire."

5. LEAVING HOME WITH AN ELECTRICAL APPLIANCE RUNNING

"You should never have an appliance on that is not properly tended to, especially if leaving the house," says Rothman. The exception? Crockpots. "They're OK," says Carli, noting that "the food does not get hot enough or boil to cause a big fire concern."

6. IGNORING THE LINT THAT NEEDS TO BE CLEANED OUT FROM THE DRYER

According to the USFA, 2,900 home clothes dryer fires are reported each year and cause \$35 million in property loss. Thirty-four percent of those blazes were caused because the homeowner didn't clean the dryer. "Lint that collects on the filter, around the drum, and in the vents, can catch fire from the heat of the dryer," says Carli. "Without cleaning, the lint builds up and then the heat can't escape." Clean your lint filter regularly, but also check your dryer hose for lint clogs at least once a year.

7. LEAVING A LIT CANDLE UNATTENDED

It sounds simple but bears repeating considering how much damage even a single votive can do. "Candles can be blown over or knocked over by pets," says Carli. "Use sturdy holders and extinguish them when you leave the room."

8. PUTTING OFF CLEANING THE CHIMNEY

"Creosote, the oily substance that builds up when you burn things in your fireplace, is a leading cause of chimney fires," says Carli. "Have chimneys inspected on a yearly basis and cleaned as needed." But never toss fireplace ashes in the trash before they're 100 percent cool (and that could take a few days). Rothman advises, "Put water on the ashes to make sure they are really out."

From: Good Housekeeping.com