

# The BurnNet

July 2017, Volume 36, No. 7

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## OUR GROUP MEETING

Thursday, **July 6**, 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.  
Tower DCR North 1204 – First floor, near West Entrance

## DEADLINES!

Are you interested in returning to school or attending the Phoenix Society World Burn Congress?

### Cliff Haskell Perpetual Scholarship

FFBI believes in helping burn survivors continue their educational journey and achieving their goals. **\*Application for this scholarship is due July 1<sup>st</sup>.**

### World Burn Congress Scholarship

FFBI offers scholarships to burn survivors to attend the Phoenix Society's World Burn Congress. **\*Application for this scholarship is due July 15<sup>th</sup>.**



If you are interested, please contact the Firefighters Burn Institute at 916-739-8525 or [staff@ffburn.org](mailto:staff@ffburn.org)

## UPCOMING EVENTS



### 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 on The Lawn @ Shriners Hospital. Tickets on sale now- \$60 per person. Call FFBI at 916-739-8525 or [www.ffburn.org](http://www.ffburn.org)



### SEPTEMBER 24 BURN COMMUNITY PICNIC

11:00 AM – 4:00 PM, Elk Grove Regional Park, 9950 Elk Grove-Florin Road, Elk Grove. Free food, fun and games! Bring your picnic chairs and blankets. Fun and relaxing outdoor event with burn survivors of all ages, firefighters, burn unit staff and their families. Attendees MUST RSVP to Marcos at [marcos@ffburn.org](mailto:marcos@ffburn.org) or 916-739-8525 by September 18!

## 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](mailto:debjones@ucdavis.edu)

You can also find The BurnNet Newsletter at our website:

[www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html](http://www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html)

## FIREWORKS WITH PTSD

Today we're going to talk about specific coping skills for dealing with fireworks.

If you're ever been in a position where loud noises mean bad stuff is going on, then you might react to the sound of fireworks, because your threat-response reflex has learned that loud bangs are a predictor of danger.

If your survival reflex at one point learned that a sudden, loud bang means danger, the sound of fireworks will probably make your reflex react, even if the conscious, "smart" part of your brain realizes that it's just fireworks.

So – what do you do?

Let's start off with what NOT to do. Your worst bet is to just pretend like it'll all be fine and do nothing to try to prepare yourself. That's avoidance, and it doesn't help. So – give yourself a pat on the back for being proactive and reading this to help yourself prepare.

We'll talk about two parts: (1) what to do about your feelings; and (2) what to do about the noise.

(1) You might feel shame and anger at yourself for reacting. Fear is a reflex, and that you do not choose to feel fear. Fear is part of the reflex that responds to threats. It "learns" to respond to triggers based on what happened to you. You don't have control over it, and blaming yourself for it makes as much sense as feeling guilty that your toenails grow – it just happens, you can't control that. So – let's work on getting rid of that shame and guilt stuff, okay?

A better approach is to accept that you're going to react to triggers; so – you'll be in a better position to cope if you expect to feel fear in response to triggers, and manage it when it happens. If you hear fireworks, your reflex might be to hit the deck and keep your head down. If that noise had been enemy fire, your reaction might have saved your bacon. Respect your reaction for what it is – a survival reflex. You can help calm your fear by reminding yourself that feeling scared and being in danger are two separate things – your fear in this case is a false alarm, and you are safe.

(2) With fireworks in specific – you may actually find it much easier to cope if you look up and watch them. Seeing the show will make it easier to know where that noise is coming from. You can help to ground yourself by saying (or thinking), "These are fireworks. This is a celebration. I'm home, and I'm safe". If that's not an option – on a holiday weekend when you can expect fireworks, finding ways to mask the noise may be your best bet. That might mean staying indoors, windows closed, playing your favourite music loud enough that noise from outside doesn't filter in.

~ Dr. Dee Rajska, C. Psych.



### **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.

## LESS IS BEST WHEN TREATING BURN PATIENTS WITH BLOOD TRANSFUSIONS



Reducing by half the typical amount of blood provided through transfusions to burn patients makes no difference in terms of patient outcomes, a new multi-center study led by UC Davis researchers shows.

Blood transfusions help maintain oxygen levels, reduce anemia, support tissue healing and preserve organ function in burn patients. How much blood to use has been controversial, especially because of transfusion-related risks such as infection, lung injury, fluid overload and clotting disorders. The study — presented at the American Surgical Association meeting held April 20 to 22 in Philadelphia — is the first to define evidence-based best practices when using blood transfusions to treat burn patients.

*Tina L. Palmieri MD, FACS*

"The general thinking among burn specialists has been that more is better when it comes to blood transfusions," said Dr. Tina Palmieri, director of the Firefighters Burn Institute Regional Burn Center at UC Davis Medical Center and assistant chief of burn surgery for Shriners Hospitals for Children – Northern California. "We wanted to see if a more restrictive strategy, similar to what is used in other critical-care specialties, made sense for burn patients as well."

In conducting the study, lead author Palmieri and researchers at more than a dozen burn centers in the U.S., Canada and New Zealand enrolled a total of 345 patients with burns over 20 percent of their bodies. The patients were divided into two groups, with half receiving less blood (a median of eight units) than the other half (a median of 16 units) throughout their hospitalizations, including surgeries.

They found that that bloodstream infections, ventilator days, wound healing, organ problems and mortality were all similar between the two groups, indicating that the restrictive transfusion strategy made better use of blood resources without affecting health outcomes. Palmieri said the study should help identify standards of care at burn centers worldwide.

"We want to do everything we can to speed the recovery of our patients, but we also don't want to expose them to treatments they may not need and that may actually cause them harm," Palmieri said. "Our study provides a great start to defining the most effective and appropriate use of blood transfusions for burn patients."

The study was funded by the U.S. Army Medical Research and Material Command (grant W81XWH0810760), the National Center for Research Resources of the National Institutes of Health (grant UL1RR024146) and the National Center for Advancing Translational Sciences of the National Institutes of Health (grant TR000002).

A Center of Excellence, the Firefighters Burn Institute Regional Burn Center unites the exceptional surgical, critical care and rehabilitation resources of UC Davis to care for the unique needs of adult burn patients. The team also treats pediatric burn patients through a partnership with Shriners Hospitals for Children – Northern California. In addition to a comprehensive clinical program, the burn center conducts research aimed at improving patient outcomes, leads community outreach to support burn survivors and provides education to reduce burn injuries. More information is at [www.ucdmc.ucdavis.edu/burncenter/](http://www.ucdmc.ucdavis.edu/burncenter/)

## NOT EVERYTHING IS EASY

My grandfather gave me a quote he carved on a beautiful piece of wood.

**"Hard things ARE hard and sometimes complex."**

It sits on my desk- wherever I have my desk.

~Linda Sander, burn survivor



## BE A PART OF HISTORY

...with a Personal Engraved Brick. Firefighters Burn Institute (FFBI) offers a unique way for you to honor a special person, event or achievement, or show your support for the FFBI and the work they do for burn survivors. The bricks will be used to pave a dedication memorial outside their headquarters (Old Fire Station 9) honoring the late founder, Sacramento Fire Captain Cliff Haskell. \$125/each. Contact them at (916) 739-8525 or email to [staff@ffburn.org](mailto:staff@ffburn.org).



## 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/](http://www.phoenix-society.org/community/stayconnected/online-learning-community/)

## OTHER SUPPORT OPTIONS

Live Online Support

[www.phoenix-society.org/chat](http://www.phoenix-society.org/chat)

Peer Support

EVERY Wednesday 6:00 – 7:30PM PST

Facilitated Parent Support

EVERY Monday 6:00-7:30PM PST



For any questions please do not hesitate to contact [nicole@phoenix-society.org](mailto:nicole@phoenix-society.org)

## PHOENIX WORLD BURN CONGRESS



The 29th Annual Phoenix World Burn Congress is coming to Dallas, Texas October 4-7, 2017!

The Phoenix World Burn Congress offers a unique atmosphere of burn survivors, families, healthcare providers and firefighters who come together as one caring community of support. People come to learn, grow and share their amazing experiences. Many people have described the experience as a life-changing moment in their lives while some can be overwhelmed by the stories of injury and recovery.

Online Registration is now open! Early registration is strongly recommend. You'll save \$100 if you submit your payment and form to the Phoenix Society by September 6, 2017.

[PHOENIX WBC 2017 REGISTRATION FORM](#)

[PHOENIX WBC 2017 REGISTRATION BROCHURE](#)

For additional information call 800-888-2876 or 616-458-2773. ~[www.phoenix-society.org](http://www.phoenix-society.org)