

The BurnNet News

March 2018, Volume 37, No. 3



BURNNET SURVIVORS MEETING

Thursday, **March 1**, 7:30-9:30pm

The BurnNet Survivors meet monthly to discuss issues and raise questions related to burns. Burn survivors, family members and significant others are invited. For more information, call (916) 734-5596. Tower DCR North 1204 – First floor, near West Entrance

QUESTION...

I was burned almost a year ago about 30%. I make sure I eat a balanced diet and a protein shake with every meal- just like in the hospital. Problem is, I'm getting kind of fat. What do you recommend?



...AND ANSWER

First of all, I'm glad to hear that you are focusing on eating a balanced diet! Your nutrition needs will change based on your stage of healing. Right after your burn injury, your metabolism will spike since your body is trying to heal. This means that you need more calories and protein than normal. When you were in the hospital, you probably received burn shakes to supplement your meals since you had high nutrition needs. As you heal, your nutrition needs will gradually decrease and return to baseline after about 6-12 months. Since you are now noticing excess weight gain, this is a sign that you are getting more calories than your body needs. The protein shakes are tasty, but add a lot of extra calories. Focus on eating 3 balanced meals a day rather than drinking protein shakes. This will give you a better variety of nutrients. Choose whole grains, fresh fruits and vegetables, and lean proteins for your meals. You can refer to the Journey Packet for a list of high protein foods. If you still like drinking protein shakes, you can use these to replace a meal rather than drinking these in addition to a meal.

~Jessica La Force, RD, CNSC
Senior Dietitian Supervisor, Inpatient Nutrition Services
UC Davis Health



ARE YOU RECEIVING THE BURNNET NEWS VIA E-MAIL?

Would you like to be on the mailing list to receive The BurnNet News every month? Email Deb Jones RN at debjones@ucdavis.edu. You can also find The BurnNet News at our website: www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html

UPCOMING EVENTS



MARCH 3TH ANNUAL FIREFIGHTERS MARDI GRAS CRABFEED

St. John Vianney Parish, 10497 Coloma Road, Rancho Cordova
5:30 p.m. No Host Cocktails. 6:30 p.m. Dinner is served.

Each \$55 ticket entitles you to all-you-can-eat fresh green salad, bread, Cajun Boil, delicious cracked Dungeness crab and dessert. Handcrafted ales and a selection of wines and spirits will be featured. Raffle and Silent Auctions. Music & Dancing. Call FFBI for tickets! 916-739-8525 or online at <http://mardigrascrabfeed2018.eventbrite.com/>



MARCH 22ND TOUGH MUDDER PAINT NIGHT

Sactown Union Brewery, 1210 66th Street #B, Sacramento

Artist, Kyle Lawson will be there to provide assistance, techniques & tips. \$50 per person. Price includes all art supplies including your unique artwork you each take home and a complimentary drink. Painting starts at 6:00pm and ends at 9:00pm. There will be a food truck available out front, or bring your own dinner.

All tickets must be purchased on Eventbrite. <https://www.eventbrite.com/e/paint-night-tickets-42473785235?aff=es2> For more info contact Lauren Spink at lauren@ffburn.org



APRIL 21ST TOUGH CRAWL

Save the Date! 2nd Annual Pub Crawl hosted by the nurses and firefighters of the Tough Mudder Team FFBI. Tickets available soon. For more info contact Lauren Spink at lauren@ffburn.org



JUNE 23RD 7TH ANNUAL FIREFIGHTER'S A TROPICAL AFFAIR

The best tropical event of the year is returning! Come and enjoy an evening with Sacramento's finest restaurants, breweries and wineries! This outdoor event will include live music, Hawaiian hula dancers, local celebrity MCs, and a variety of foods and beverages provided by generous local business sponsors. Early Bird Special \$40/pp available exclusively on Eventbrite until April 30th. Don't wait until prices go up!

<https://www.eventbrite.com/e/7th-annual-firefighters-a-tropical-affair-tickets-43001010179> Contact Lisa Watanabe at lisa@ffburn.org or 916-739-8525

RAIN

Traditional Chinese medicine believes there is power in our tears, as they transform your energy from an invisible emotion into a visible form. Tears allow you to release emotion and cleanse your body from the inside out- to allow your energy to flow.

Oftentimes, we look to Nature for a parallel—a rushing river, crashing waves, a sudden downpour. Each of these forms of water contain energy. The river washes rocks and silt downstream, the waves carry sand and shells to shore—with enough power to suspend surfers and even wash away trees and homes. And a rainstorm does the same—it washes pollen from the streets, fills birdbaths, rivers, and streams, nourishes trees and plants, and lightens the air during a humid, sticky day.

As rain cleanses the Earth, so too, do tears cleanse the soul. Water is cleansing in all of its forms. So allow a tear to fall. Celebrate the rain—dance in the puddles and splash in the streets! You'll soon feel a smile spread across your face. Instead of hiding under an umbrella, allow the rain to hit your cheeks and splash on your shoes. Enjoy this gift that the Universe is sharing with you. Allow the rain to cleanse you from the inside out.



QUESTION...

I'm a burn survivor. Like most people in the US, I watch This is Us- faithfully! The last couple shows focused on how Jack, one of the main characters, died in a house fire. At least that's what I thought until I started reading all the stuff on social media and even reported on the news. Is there anything real about this show because it looked real? -Erik



...AND ANSWER

Let me start with, this is a scripted television show. It is not a fact-based documentary, but a highly rated fictional dramatic series. Its entertainment value comes from the emotions felt by viewing this show that covers topics similar or relevant to your own life experiences. The writers and actors of this show want you to get emotional. If one doesn't feel fear, anger, sadness, joy, disgust, surprise, trust or anticipation, then a person is not going to keep coming back to watch every week. (That goes for ANYTHING we, as humans, experience.)

If you are asking, "Can someone die from smoke inhalation?" the answer is "Yes". And as a burn nurse, I questioned why they didn't show oxygen being administered, monitoring the patient's EKG and vital signs, drawing necessary bloodwork or running IV fluid. And as an old cardiac nurse, I could not believe the doctor labelled the cause of death a "widow maker" heart attack moments after Jack died because, 1) the term "widow maker" describes a heart attack caused by a blockage of plaque built up over time in the left anterior descending (LAD) artery, not smoke inhalation; and, 2) it is not possible to diagnose which exact artery was blocked without diagnostic tests before death, or an autopsy afterward.

But it doesn't mean one cannot learn something real and important from this television show. This is Us brought attention to several life-threatening errors too many people make in maintaining their home and keeping their families safe.

- Have working smoke alarms. Smoke alarms provide an early warning of a fire, giving people additional escape time. Statistically-speaking, if the fictional Pearson family had working smoke alarms throughout their house, they would have probably gotten out in time.
- Practice your home escape plan. According to NFPA, planning and practicing a home escape plan ensures each family member knows how to exit their home as quickly and safely as possible. (They also would have known to call the fire department immediately after getting out of the house at their pre-planned Safe Meeting Place.)
- No one should ever re-enter a burning building. Despite what is shown in many television shows and movies, the smoke of a burning building makes it nearly impossible to see family pets or cherished heirlooms; and more importantly, the toxins and heat of a raging structure fire will burn or kill the unprotected homeowner.

Unfortunately, too many people watch these shows and assume the scenarios presented are factual or based on facts by expert consultants, not the fiction that they really are-- especially when labelled a "dramatic series" versus "comedy". I'm not suggesting anyone should stop watching This is Us, or any other show for that matter, if it is enjoyed; just do it knowing this is fictional entertainment.

For more fire prevention information and safety tips, go to www.nfpa.org/publiceducation

-Deb Jones RN



QUOTE

And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the storm is really over, But one thing is certain. When you come out of the storm, you won't be the same person who walked in. That's what this storm is all about. ~Haruki Murakami

Walking out of the Storm, 2005
Artist: Euan MacLeod

OTHER SUPPORT OPTIONS

Peer Support Chat on Facebook

If you need technical support or can't connect, you can reach a live Phoenix Society staff member on Wednesday night from 6:00PM - 7:30PM (PST). Click [here](#) for a list of numbers by country.

How do I join?

Click [here](#) for the Peer Support Chat Group. Between 9:00 PM - 10:30 PM (EST), you will be able to request to join the group. The group is "closed," which means all members must be approved by Chat Moderators.

For any questions please do not hesitate to contact nicole@phoenix-society.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, 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/

HOME FIRE SPRINKLER FACTS

Home fire sprinklers save lives and property. In many situations, a family who has survived a fire will also have their "home" to live in and enough of the items and space in their home to continue living their lives as they did before. Did you know...?



- The cost of a home fire sprinkler system in a new home averages \$1.35 per sprinklered square foot totaling an amount similar to what is spent for carpet upgrades, paving stone driveway or a whirlpool bath. *Source: Fire Protection Research Foundation Study 2013.*
- A home fire sprinkler system can reduce the homeowner's insurance premium.
- Fire departments typically use roughly 10 times as much water as a fire sprinkler would use to contain a fire. *Source: Fire Protection Research Foundation Study 2010.*
- Fire sprinklers are environmentally friendly. They can reduce the amount of water run-off and pollution, fire damage by up to 71%, and water usage to fight a home fire by as much as 91%. *Source: FM Global and Home Fire Sprinkler Coalition Study 2010.*
- A home fire sprinkler system is easy to maintain. Just inspect your home to make sure the sprinklers are not blocked by something that would prevent the water from coming out such as paint and be sure the main control valve is never turned off.

Get more information at <https://homefiresprinkler.org/>