

# The BurnNet News

November 2018, Volume 37, No. 11



## BURNNET SURVIVORS MEETING

Thursday, **November 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. The BurnNet Survivors meetings are held on the 7<sup>th</sup> floor of the Davis Tower, Room 7705. \*See map on last page of this BurnNet News. For more information, call (916) 734-5596.

## WOUNDED WARRIOR RESEARCH TO IMPROVE TRAUMATIC BRAIN INJURY AND BURN CARE

The U.S. Department of Defense's Precision Trauma Care Research Initiative has awarded researchers and clinical care specialists at UC Davis Health, a 3-year, \$4.5 million grant to develop better, more precise treatments for patients who suffer traumatic brain injury (TBI) along with burns or other forms of trauma. The goal is to improve outcomes for TBI victims by developing a precision medicine approach – a precise, personalized and proactive classification of injury using biomarkers and data – that will enable medical teams to determine the best way to care for patients for improved survival and recovery rates.

"This is a critical project," said Frederick Meyers, professor of internal medicine and director of the UC Davis Center for Precision Medicine. "The military, for obvious reasons, needs innovations in trauma care in the most challenging of environments, including injury care on the battlefield, in forward-line surgical areas, and in nearby combat-support hospitals. What makes this research doubly important is that the discoveries and breakthroughs we make for our troops can also be applicable back home in the civilian realm."

TBI is a leading cause of death in the U.S. military and civilian populations. When combined with burn injury and trauma, such as an explosion or a car crash, traumatic brain injury mortality is doubled. More than 300,000 soldiers have died from TBI in the past 16 years, while approximately 1.5 million Americans sustain traumatic brain injuries each year, with 153 people dying daily from TBI.

Meyers is co-leading the research effort with Dr. Tina Palmieri, Assistant Chief of Burn Surgery and Director of FFBI Regional Burn Center UC Davis Medical Center. "TBI treatments usually focus on minimizing intravenous fluid administration to avoid brain swelling, whereas burn treatments use large amounts of IV fluid to replace fluids lost because of the burn wound," said Palmieri, a nationally recognized burn surgeon and the principle investigator on a number of burn studies. "When the two injuries occur together, the question medical teams always face is 'which strategy should be used?' We want to develop a good roadmap to navigate the many challenges in these traumatic cases."



*Dr. Tina Palmieri MD, FACS, FCCM  
Asst. Chief of Burn Surgery, Director of  
Burn ICU, Professor, Burns Division*

Read the entire article at [www.ucdmc.ucdavis.edu/publish/news/contenthub/13208](http://www.ucdmc.ucdavis.edu/publish/news/contenthub/13208)

## 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](mailto:debjones@ucdavis.edu) You can also find The BurnNet News at our website: [www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html](http://www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html)



## UPCOMING EVENTS



### SATURDAY, OCTOBER 20 5th ALARM CHILI COOK-OFF

6:00 - 10:00PM California Auto Museum, 2200 Front Street, Sacramento  
Chili tasting, beer tasting, raffle, silent auction, live music and much more!  
Adults \$30, Children < 12 \$15, Reserved table for ten \$300.  
Tickets through Eventbrite or FFBI 916-739-8525



### SATURDAY, NOVEMBER 3 HEROES, HOPS & HOT RODS

2:00 – 7:00PM 33<sup>rd</sup> Street (between Stockton Blvd. & P Street), Sacramento  
Local beer, Games, Classic cars, Food Trucks, Raffle, Live music! 21 and over ONLY!  
Brought to you by: SACYARD and Bertolucci's. Proceeds benefit Firefighters Burn Institute.  
Tickets \$35/pp, 2/\$60, or \$40 at the door



### TUESDAY, DECEMBER 25 FFBI REGIONAL BURN CENTER HOLIDAY PROJECT

For the 30<sup>th</sup> year in a row, firefighters, burn survivors and volunteers of the Firefighters Burn Institute along with Santa Claus will sing Christmas carols and deliver gifts to the patients in the Burn ICU on Christmas morning. Meet us in the Burn ICU Waiting Room (Pavilion, 2<sup>nd</sup> Floor) by 9:00AM. Call if you have questions: 916-739-8525 or 916-734-5596



### MAY 3-5 FFBI ADULT BURN SURVIVOR WEEKEND RETREAT – SAVE THE DATE!

Returning to Granlibakken Resort, Tahoe City, CA. Scholarships will become available for burn survivors! More information to follow in coming months!

## HOME FIRE DRILL DAY IS OCTOBER 13<sup>TH</sup>



**MAKE SAFE HAPPEN<sup>®</sup>**

***A home fire happens every 86 seconds, yet half of parents say their kids wouldn't know what to do if their smoke alarm went off.***

When Dale Earnhardt Jr. was a young child, his home caught fire. Luckily he and his sister Kelley escaped unharmed. After this experience and as a new parent, Dale wants to help parents be proactive about home fire safety and child injury prevention along with Kelley and his wife Amy. By teaming up with Nationwide Insurance, a website and app have been developed. Check out [www.makesafehappen.com](http://www.makesafehappen.com) for these and other safety tips.

1. Make sure everyone knows what to do and where to go in case of a fire.
  - i. Make a written home fire escape plan and go over it with the whole family.
  - ii. Pick a safe meeting spot far enough from the house.
2. Do home fire drills and aim to get out in 120 seconds or under 2 minutes. **Our app** timer makes it easy.
3. Test your smoke alarms twice a year, and make sure your child can recognize the sound.
4. Teach your child to get low and crawl on the ground, where the air is less smoky.
5. Show your child how to use the back of his hand to check doors for heat before opening. Teach them to use a different way out if the door is hot to the touch.
6. If your child needs to use an escape ladder, show him where you keep it, and how to use it.
7. Children can become scared and confused during emergencies, so teach them to never hide from firefighters.
8. Teach children to NEVER go back inside a burning building. Once they are out, stay out!

## KEEP GOING

When things go wrong, as they sometimes will,  
When the road you're trudging seems all up hill,  
When the funds are low and the debts are high,  
And you want to smile, but you have to sigh,  
When care is pressing you down a bit,  
Rest if you must—but don't you quit.

Life is queer with its twists and turns,  
As every one of us sometimes learns,  
And many a failure turns about  
When he might have won had he stuck it out;  
Don't give up, though the pace seems slow—  
You may succeed with another blow.



Often the goal is nearer than  
It seems to a faint and faltering man,  
Often the struggler has given up  
When he might have captured the victor's cup,  
And he learned too late, when the night slipped  
down,  
How close he was to the golden crown.

Success is failure turned inside out—  
The silver tint of the clouds of doubt,  
And you never can tell how close you are,  
It may be near when it seems afar;  
So stick to the fight when you're hardest hit—  
It's when things seem worst that you mustn't quit.

~Edgar A. Guest

## OTHER SUPPORT OPTIONS

### Phoenix Society for Burn Survivors

Find support and connection whenever you need it, wherever you are through Phoenix Society's active online community.



- **[Peer Support Chat](#)**: This weekly, moderated chat gives burn survivors a place to connect and discuss lifelong burn recovery.
- **[Online Learning](#)**: These free online courses are designed to empower burn survivors and their families with tools to handle social situations after a burn injury.
- **[Resource Library](#)**: Browse the resource library for burn survivor stories, information, and articles about the physical, emotional, and social aspects of recovery.
- **[Blog](#)**: Stories and tips by the burn community, for the burn community.

## HAVE YOU STARTED YOUR HOLIDAY SHOPPING? DO YOU SHOP ON AMAZON?

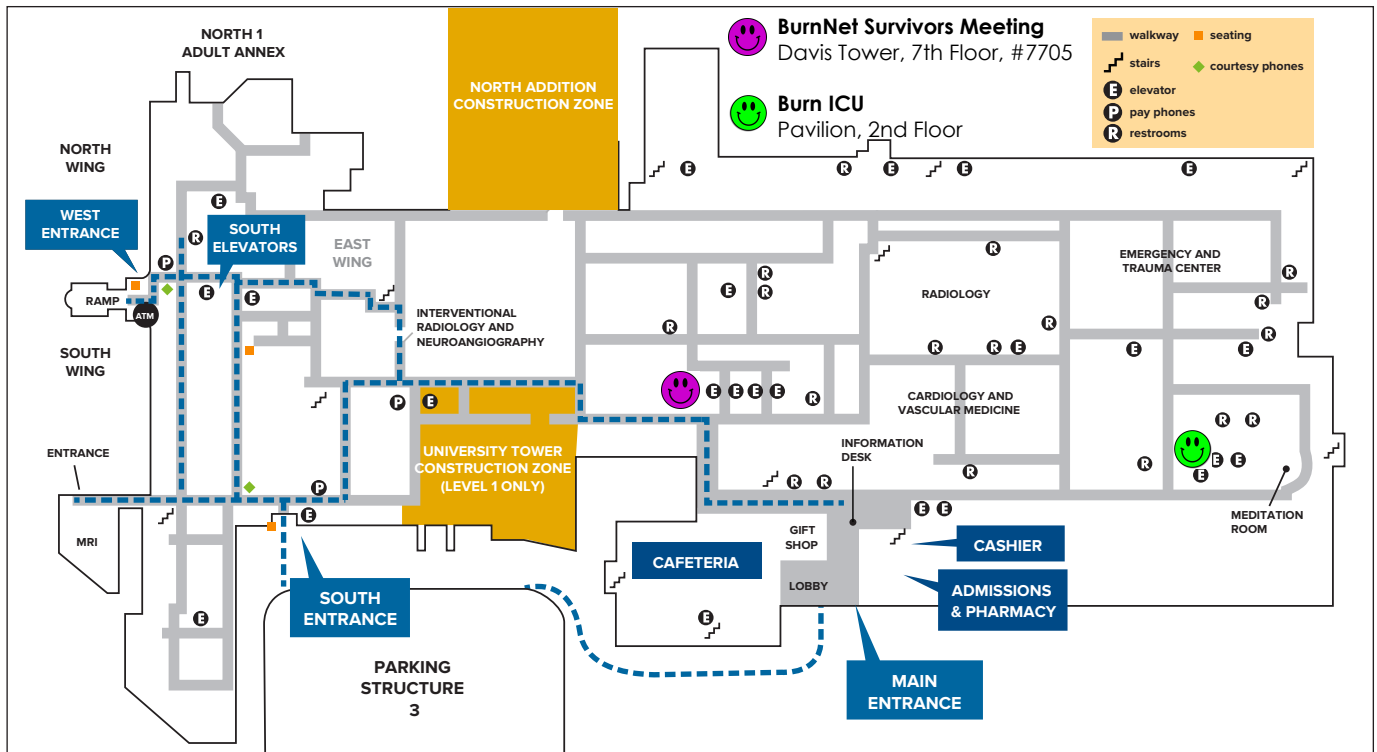


**FIREFIGHTERS  
BURN INSTITUTE**

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# UC DAVIS MEDICAL CENTER

## Directions to the BurnNet Survivors Meeting

### Parking

Parking Structure 3 is located at the corner of Stockton Blvd. and X Street. The main entrance to Parking Structure 3 is accessible from X Street near the front of the hospital. Patient/Visitor parking is located on the Lower Level, Level 1 and Level 2 with disabled parking on the Lower Level and Level 1.

### To locate the meeting room

For the most direct access, enter the hospital through the Main Entrance. Once inside, turn left past the gift shop and cafeteria. Then turn right through the double doors. You will see a large bank of elevators ahead. Take an elevator to the 7th Floor. Stepping out of the elevator, walk toward the windows. Turn right down the hallway. You will find Room 7705 on your right.

### To request wheelchair or mobility assistance

Call 916-703-4309 to contact a patient transport dispatcher. Or visit the cashier's station on Level 1 of Parking Structure 3.

### From the North (Sacramento International Airport, Redding)

1. Take I-5 South to Business 80/Capital City Freeway East (Reno).
2. Follow Business 80/Capital City Freeway East to Highway 50 (Placerville).
3. Take the 34th Street exit and turn left onto 34th Street.
4. Turn right onto T Street.
5. Turn right onto Stockton Blvd.
6. Turn left onto X Street.

### From the South (Stockton, Los Angeles)

1. Follow Highway 99 or I-5 North to Business 80/Capital City Freeway East (Reno).
2. Exit at T Street.
3. Turn right onto T Street.
4. Turn right onto Stockton Blvd.
5. Turn left onto X Street.

### From the East (Placerville, Lake Tahoe)

1. Take Highway 50 to the Stockton Blvd exit.
2. Turn left onto Stockton Blvd.
3. Turn left onto X Street.

### From the West (Davis, San Francisco)

1. Take Business 80/Capital City Freeway east (Reno) to Highway 50 (Placerville).
2. Take the 34th Street exit and turn left onto 34th Street.
3. Turn right onto T Street.
4. Turn right onto Stockton Blvd.
5. Turn left onto X Street.