

# The BurnNet News

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## BURNNET SURVIVORS MEETING

Thursday, **April 4**, 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. For more information, call Deb Jones RN at (916) 734-5596 or [debjones@ucdavis.edu](mailto:debjones@ucdavis.edu)



## QUESTION:

Was I supposed to change the batteries in my smoke alarms when the time changed last week? ~Grace

## ANSWER:

Well, that depends. How old is your smoke alarm?

Replacing batteries once, or even twice a year after a smoke alarm is 10 years old does not guarantee the actual smoke sensor is working! Aging alarms experience "sensitivity drift", which results in no alarm or an increase in nuisance alarms, which then increases the likelihood people will remove the power supply. Effectiveness is also compromised with accumulated dust, insects, airborne contaminants and corrosion of electrical circuitry.

Approximately 2/3 of home fire deaths occur in homes without working smoke alarms. Since most fatal fires occur at night, it's essential that every home has working smoke alarms to provide an early warning. Working smoke alarms increase the chance of surviving a home fire by 50%!

As of July 1, 2015, smoke and combination smoke and carbon monoxide alarms powered by replaceable batteries are no longer available for sale in California. Instead, all battery-powered smoke alarms or combination alarms approved for sale by the state fire marshal must be powered by a sealed, 10-year lithium battery.

Learn more at [www.nfpa.org/Public-Education/By-topic/Smoke-alarms](http://www.nfpa.org/Public-Education/By-topic/Smoke-alarms)



Would you like 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



### JUNE 22 8<sup>TH</sup> 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. Tickets are on sale on Eventbrite for \$40 each until 4/30/19 @ 11:30PM. After this date, tickets will go up to \$60/pp or 2 for \$100. <https://8thtropicalaffair.eventbrite.com>



### JUNE 24-30 FIREFIGHTERS KIDS CAMP

A week-long program held annually at Camp Arroyo in Livermore, CA to benefit young burn survivors ages 6 – 17. Application Deadline: May 3, 2019 More information, please visit the FFBI website.

**Counselors Needed!** We are also looking for fun loving individuals who are willing to commit one week to providing a fun and adventurous opportunity to our burn survivors of various ages. Counselor applications are available at [www.ffburn.org](http://www.ffburn.org) through April 5, 2019 or until positions are filled.

## OTHER SUPPORT OPTIONS



### Phoenix Society for Burn Survivors

Find support and connection whenever you need it, wherever you are through Phoenix

*Phoenix Society*  
for burn survivors

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.
- **Burn Support Magazine:** Also, join their mailing list for updates and other Phoenix Society resources!

## WORLD BURN CONGRESS SCHOLARSHIP PROGRAM

2019 World Burn Congress is being held October 2-5, 2019 in Anaheim, CA

The Firefighters Burn Institute is honored to provide a limited number of scholarships for burn survivors and the medical professionals that care for them to attend the [Phoenix Society's World Burn Congress](#) . The conference helps burn survivors and their families understand and cope with the physical and emotional challenges associated with burn recovery. WBC not only offers burn survivors the chance to meet others overcoming similar challenges, but also gives the hope and encouragement to go beyond merely surviving. The scholarship typically includes roundtrip airfare, hotel costs for approved conference nights and conference registration. Application Deadline: July 1, 2019



## HOME OXYGEN SAFETY

Safety is one of the most important aspects of oxygen therapy whether you choose an oxygen concentrator, oxygen cylinders or a liquid oxygen system as your oxygen supply source. Although oxygen is a safe, non-flammable gas, it does support combustion meaning things burn more readily and ignite easier in its presence.



To enable more home oxygen safety, consider the following tips:

1. The Centers for Disease Control and Prevention (CDC) report that 89% of deaths related to fire and home oxygen use are caused by smoking. Never smoke or allow anyone else to smoke around oxygen. Post NO SMOKING signs in every room of your home where oxygen is in use.
2. Keep oxygen canisters at least 5-10 feet away from any heat source, including gas stoves, lit fireplaces, wood burning stoves, candles, lighters or other types of open flame.
3. According to the American Lung Association, "the combustion of flammable products containing petroleum [like Vaseline] can also be supported by the presence of oxygen." Avoid using lotions, creams or other home care products containing petroleum. Choose water-based products instead.
4. Store oxygen canisters safely and securely in the upright position, away from any type of heat source and in an approved oxygen storage cart or other device designed to store home oxygen.
5. Support home oxygen safety and reduce the risk of home fires by turning your oxygen supply valve to the off position when oxygen is not in use.
6. Avoid using anything that may cause a spark around home oxygen, including electric heaters, electric blankets, electric razors, hair dryers or friction toys.
7. Install and maintain smoke detectors in your home. Replace batteries regularly. Perform weekly checks. Keep a fire extinguisher on hand and know how to use it. Plan and practice an emergency evacuation route for you and your family to use in the event of a fire.
8. Familiarize yourself with your oxygen equipment and the safety checks established by your home oxygen supply company. If you don't understand how something works, ask for more information and a demonstration.
9. Inform your power company that you are oxygen dependent. Many companies offer oxygen-dependent patients priority service or even a generator when their power goes out. Find out what steps you need to take to get this type of service.
10. Oxygen accumulates in poorly ventilated areas like closets or cabinets creating a potential fire hazard. Store your oxygen in a well-ventilated area away from the sun. In addition, never drape clothing or other material over your oxygen supply source.

These tips should help you take better precautions for oxygen safety in the home.

~ Deborah Leader RN, BSN, PHN

## PREPARING FOR YOUR FIRST SESSION

Have you decided it is time to seek mental health therapy or counseling in continuing your burn recovery journey?

Before you see your therapist you should know:

- Having personal problems in one's life can happen to anyone.
- It doesn't mean you are "weak", "crazy" or a "failure".
- Seeking help shows a sign of strength rather than weakness.

A therapist can assist you with the following:

- Assist you in identifying and clarifying a problem
- Assist you in developing a plan of action
- Assist you in handling a crisis by sorting out your options
- Assist you in resolving more complex issues by providing guidance to additional services

Before you have your first appointment, you may want to consider the following:

- Write down a list of questions and or concerns and bring the list with you. This will help you focus on what is bothering you.
- Write down the problem and the history of the problem; bring notes or journals to help you remember the details.
- If appropriate and with the therapist's permission, bring family members or significant people involved with the problem to the first session.

At the first session expect the following:

- To just relax. The therapist's office will be comfortable, quiet and designed for a private, confidential conversation.
- The therapist will have you complete forms.
- The therapist will ask you questions that will help assess your problem.
- The therapist will discuss with you your problem and concerns and possible options.
- Depending on your need for treatment you may return for additional sessions or, a referral to a specialist may be recommended.



### QUOTE

Good friends help you to find important things when you have lost them.  
Your smile, your hope and your courage.

– Doe Zantamata