

The BurnNet News

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BURNNET SURVIVORS MEETING

Thursday, **May 2**, 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 7th floor of the Davis Tower, Room 7705. For more information, call Deb Jones RN at (916) 734-5596 or debjones@ucdavis.edu



QUESTION:

I'm super interested in doing any research that could help me or others. How do I find out what's out there? ~Paul

ANSWER:

There are different ways to search for clinical trials and other research studies.

- Major search engines like www.centerwatch.com or www.clinicaltrials.gov
- Specific Health Associations like www.phoenix-society.org
- Referrals from your doctor, nurse or hospital, such as <https://health.ucdavis.edu/medicalcenter/clinicaltrials/>
- Social media and newspapers

You could also join a national registry of research volunteers like [ResearchMatch](https://www.researchmatch.com). This is an NIH-funded, secure and free registry to connect people who are trying to find research studies with researchers seeking people to participate in their studies.

Lastly, when considering volunteering for research, it is important to make an informed decision. Ask questions:

- What is the main purpose of the study?
- Why is this study important to me?
- What kinds of risks are involved?
- How much of my time will this take?
- What kinds of tests will be done? Will they hurt? If so, for how long?
- Will I be able to continue to see my own doctor during the study?
- Will I be able to continue to take my regular medications during the study?
- Is there compensation and costs?

~Deb Jones RN

Would you like 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



JUNE 22 8TH 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 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



HOW WILL YOU CELEBRATE INTERNATIONAL FACE EQUALITY WEEK – MAY 17-25, 2019?



Face Equality International

We have chosen as our logo an imperfect circle, a symbol of Wabi-Sabi, the Japanese aesthetic which sees the beauty, profundity and authenticity in imperfection.

According to Japanese legend, a young man named Sen no Rikyu sought to learn the elaborate set of customs known as the Way of Tea. He went to tea-master Takeno Joo, who tested the younger man by asking him to tend the garden. Rikyu cleaned up debris and raked the ground until it was perfect, then scrutinized the immaculate garden. Before presenting his work to the master, he shook a cherry tree, causing a few flowers to spill randomly onto the ground. To this day, the Japanese revere Rikyu as one who understood to his very core a deep cultural thread known as wabi-sabi. Emerging in the 15th century as a reaction to the prevailing aesthetic of lavishness, ornamentation, and rich materials, wabi-sabi is the art of finding beauty in imperfection and profundity in earthiness, of revering authenticity above all. In Japan, the concept is now so deeply ingrained that it's difficult to explain to Westerners; no direct translation exists.¹

Face Equality International campaigns for a global culture which sees the beauty, profundity and authenticity in facial imperfection and values every single human being equally whatever their face looks like. The imperfect but — or better, and — beautiful, meaningful and profound circle symbolically reflects the aesthetic culture we aspire to create.



Wabi-Sabi is particularly in evidence in pottery and art:

"While we may be tempted to throw away a broken plate or bowl, ceramics in Japan are mended using resin mixed with powdered gold, silver, or platinum. You can see the visible cracks, but the repaired pieces' quirky beauty somehow make them even more covetable. And it's not just

used with things that are broken. Artists in Japan often leave subtle fractures in the glaze when making a vase or bowl as a reminder of the wabi-sabi nature of life.²

The making of human faces is far subtler and more complex than the making of a vase or a portrait. The judgements we make about them should be too — and not based on out-dated or commercially-inspired stereotypes.

We hope you will enjoy the logo in all its fullness!

References:

1. Robyn Griggs Lawrence: <https://www.utne.com/mind-and-body/wabi-sabi>
2. <https://thethirty.byrdie.co.uk/wabi-sabi>



QUOTE

I think freckles, stretch marks, tattoos, bruises, birthmarks and scars are probably the coolest thing. You started with almost a blank canvas and look at you now! All this evidence that you've lived, and the sun has shone on you, and you've grown, and maybe tripped up a few times, and you liked an image so much you made it a permanent part of you. Beautiful!

~Amanda Pants

HOARDING AND FIRE SAFETY

Do you have a person in your life who may be a hoarder? Hoarding is a condition where a person has persistent difficulty discarding personal possessions. The large amount of possessions fill the home and prevent the normal use of the space. Living space becomes cluttered. It may be unusable. Hoarding brings distress and emotional health concerns.



Why Hoarding Increases Fire Risks

- Cooking is unsafe if flammable items are close to the stove or oven.
- Heating units may be too close to things that can burn. They might also be placed on unstable surfaces. If a heater tips over into a pile, it can cause a fire.
- Electrical wiring may be old or worn from the weight of piles. Pests could chew on wires. Damaged wires can start fires.
- Open flames from smoking materials or candles in a home with excess clutter are very dangerous.
- Blocked pathways and exits may hinder escape from a fire.

How Hoarding Impacts First Responders

- Hoarding puts first responders in harm's way.
- Firefighters cannot move swiftly through a home filled with clutter.
- Responders can be trapped in a home when exits are blocked. They can be injured by objects falling from piles.
- The weight of the stored items, especially if water is added to put out a fire, can lead to building collapse.
- Fighting fires is very risky in a hoarding home. It is hard to enter the home to provide medical care. The clutter impedes the search and rescue of people and pets.

How Can You Help Reduce the Risk of Fire Injury

- When talking a person who hoards, focus on safety rather than the clutter. Be empathetic. Match the person's language. If they call it hoarding, then you can call it hoarding.
- Help the residents make a home safety and escape plan. Stress the importance of clear pathways and exits. Practice the plan often. Exit routes may change as new items are brought into the home.
- Install working smoke alarms in the home. Test them at least once a month.
- Reach out to community resources. Talk to members of the fire department to alert them of your concerns. They may be able to connect you with members of a hoarding task force for additional help.

For more information, check out <https://www.nfpa.org/education>