

The BurnNet News

February 2020, Volume 39, No. 2

BURNNET SURVIVORS MEETING



Thursday, **February 6**, 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

2020 NATIONAL BURN AWARENESS WEEK (NBAW) HOT SURFACES DAMAGE SKIN!

National Burn Awareness Week, the first full week of February, is a window of opportunity for us to increase awareness among the general population of the frequency and causes of burn injury in America, and the advances in and sources of burn care available today. Our 2020 NBAW Theme is: Contact Burns – Hot Surfaces Damage Skin! A contact burn is a burn caused by touching a hot object of any kind.

FACTS

- Roughly 70,000 people went to the hospital emergency department because of contact burns in 2018 (National Electronic Injury Surveillance System- NEISS).
- About one-third of the patients were children under the age of five (5).
- Most burns associated with cooking in 2013-2017 were caused by contact with a hot object or liquid rather than by fire or flame.

TIPS TO AVOID CONTACT BURNS

- Watch children around hot objects at all times.
- Keep your feet safe by wearing shoes when walking on hot pavement or sand. Keep pets off hot pavement too.
- Turn electric heating pads and blankets off before sleep.
- Have oven mitts available whenever cooking. Assume all pots and pans are hot.
- Remember to treat items coming from the microwave as you would items from the oven. They are hot! Limit microwave use by children.
- Unplug tools such as clothes irons, coffee pots or curling irons when not in use, and always treat as if they are still hot. Keep out of reach of children.
- Tableware often holds very hot food, soups or drinks, and may itself be very hot. Keep them away from table and counter edges.
- Have a “kid-free zone” of at least 3 feet (1 meter) around the stove or grill and areas where hot food or drink is prepared or carried.
- Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids.

www.ameriburn.org/prevention



Each year, the American Burn Association (ABA) hosts a Burn Prevention Poster Contest. First Place Winner for the 2020 NBAW theme, "Contact Burns – Hot Surfaces Damage Skin!" submitted by Eastern Virginia Medical School:



QUESTION

I was burned a few months ago. Still not working, but I hope to someday. Despite the best of intentions, things don't always get done around the house. I'm feeling worthless. I just don't have a ton of energy. I don't have the motivation to get larger jobs done around the house like cleaning the kitchen. It doesn't help that since my burn I have been diagnosed with post-traumatic stress disorder (PTSD) and depression. And on top of that, I have a S.O. (significant other) who does have a job telling me to "get stuff done."

~Rob

ANSWER

Based on your information, I'm going to assume you may have some physical limitations, but not enough to physically keep you from doing light-duty tasks around your home. But you do have medical diagnoses of PTSD and depression. Let's look at common symptoms of these:

- Difficulty concentrating
- Feelings of hopelessness and/or pessimism
- Feeling worthless or guilty
- Irritability, restlessness, or being slowed down
- Loss of interest in favorite activities
- Low energy or fatigue
- Sadness most of the day
- Significant weight change, up or down the scale
- Trouble sleeping or sleeping too much



Assuming again that you are following your prescribed treatment plan, maybe you need to "cut yourself some slack". Schedule a time to talk with your S.O. with or without your counselor present. He/she needs to hear and grasp what you are going through.

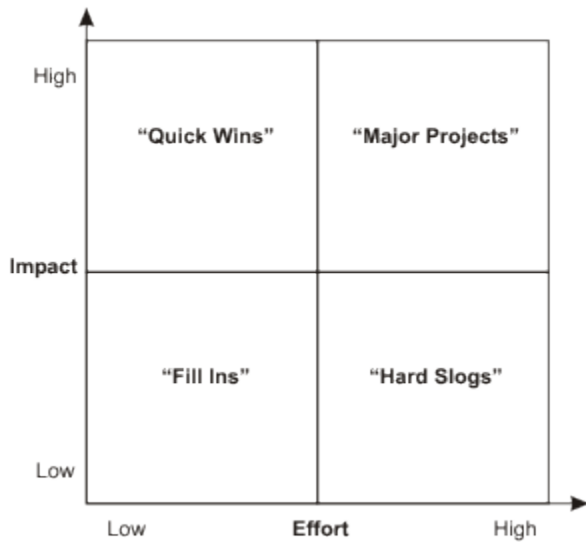
Of course, no one gets away that easy, Rob. Frankly, there are things you can, and must, do to recover and be a functioning member of family and community. This includes setting goals -- and getting them done! Make a daily "To Do List". But instead of "clean the kitchen", list all the separate tasks that eventually will meet that goal. Example:

- | | |
|---|--------------------------|
| 1. collect all dirty dishes into the sink | 6. dry large pots |
| 2. wipe down table | 7. wipe down the counter |
| 3. rinse dishes | 8. put away all dishes |
| 4. place dishes in dishwasher | 9. sweep kitchen floor |
| 5. wash large pots | 10. take out trash |

Author Denis Waitley says, "Don't be a time manager, be a priority manager. Cut your major goals into bite-sized pieces. Each small priority or requirement on the way to your ultimate goal becomes a mini goal in itself."

Richard Casias, burn survivor and Phoenix SOAR supporter, has presented to our BurnNet Survivor attendees the Action Priority Matrix, from www.timeanalyzer.com. He shared that using this tool helps one choose which activities to prioritize (and which ones to drop) to make the most of your time.

Figure 1: Action Priority Matrix



Quick Wins (High Impact, Low Effort): giving you great feelings of accomplishment/ compliments for relatively little effort.

Major Projects (High Impact, High Effort): you eventually get those great feelings of accomplishment, but only after working very hard

Fill Ins (Low Impact, Low Effort): you or others may not even acknowledge the task was completed, even though it wasn't that difficult anyway

Hard Slogs (Low Impact, High Effort): you work very hard to complete a task that you or others do not appreciate

Since you have a S.O., you may realize during discussions that their Matrix may not match up with yours. (Doing the dishes may be less important than making the bed or preparing a meal to one or the other.) This is where compromise, respect and validation of each other are needed-- necessary components of any relationship.

~Deb Jones RN

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.

Phoenix Society
for burn survivors

- **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!

UPCOMING EVENTS



January 25 46th Annual Guns & Hoses Football Game

Presented by Pig Bowl, held at CSU Sacramento Hornet Field, Sacramento
Sacramento Area Firefighters DOGS vs. Sacramento Law Enforcement HOGS.
Kids Safety Fair 11 AM to 1 pm / Pregame Show 12 pm / Kick Off 1 pm
Tickets \$10 each. 10:00AM Kids Safety Fair 1:00PM Kick-Off www.pigbowl.org



February 6 – 9 “Fill the Boots for Burns” Boot Drive

FFBI hosts its Firefighters “Fill the Boot for Burns” Boot Drive annually in conjunction with National Burn Awareness Week in Citrus Heights at the corner of Sunrise and Greenback at the Sunrise Mall in the Sunrise Marketplace, 6041 Sunrise Mall, Citrus Heights. Donations are used to improve burn treatment and to fund life-altering burn recovery programs. We are looking for volunteers to help man the FFBI Regional Burn Center Booth on Saturday, February 8 during the Safety Fair. Call (916) 734-5596 or (916) 739-8525 for more information or to sign up!



March 7 FFBI Mardi Gras Crab Feed & Cajun Boil

St. John Vianney Hall, Rancho Cordova 5:30 PM – 10:30 PM

We're bringing Mardi Gras to you with festive decorations, all you can eat Cajun boil and crab dinner, live DJ and dancing. Early Bird Tickets only \$60/ person until February 1st, 2020. \$65/ person after February 1. \$75/ person at the door (based on availability). If you would like to sit with a certain group or if you have any specific requests, please email kristen@ffburn.org. Seating arrangements will be first come first serve basis and will also be prioritizing ADA/ event sponsor requests. [CLICK HERE](#) to purchase tickets! See you there!



May 1-3 Adult Burn Survivor Recovery Retreat

Lake Tahoe Resort Hotel

The Firefighters Burn Institute offers adults who have been affected by the emotional and physical pain of a serious burn injury a unique opportunity to meet others who have gone through similar experiences and build a network of support. Thanks to generous donations, the FFBI is able to offer this retreat free of charge to burn survivors (a refundable deposit is required). Apply Today! Application Deadline is February 28. Download Applications at www.ffburn.org Questions? Contact Valorie Smart at (916) 739-8525 or Valorie@ffburn.org

QUOTE

“Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.”

—Pablo Picasso

Art: Modern Running Horses—Pablo Picasso



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



WALKING MEDITATION

Walking meditation is a simple way to connect with your spirit and mother earth in a very grounded way.

Many of us take the benefits of walking for granted. Each day we limit the steps we take by driving or sitting for long periods of time. But walking even a few blocks a day has unlimited benefits – not only for our health, but our spirit as well, for as we walk, we connect with the earth.

Even when walking on concrete, the earth is still beneath us, supporting us. Walking lets our body remember simpler times, when life was less complicated. This helps us slow down to the speed of our body and take the time to integrate the natural flow of life into our cellular tissue. Instead of running from place to place or thinking about how much more we can fit into our day, walking allows us to exist in the moment.

Each step we take can lead us to becoming more mindful of ourselves and our feelings. Walking slows us down enough not only to pay attention to where we are in our body, but also to our breath. Taking time to simply notice our breath while we walk, through the length of our inhales and exhales, and becoming attuned to the way in which we breathe is taking a step towards mindfulness. When we become more mindful, we gradually increase our awareness of the environment around us and start to recognize that the normal flow of our thoughts and feelings are not always related to where we are in the present moment. Gradually we realize that the connection we have with the earth and the ground beneath our feet is all that is. By walking and practicing breathing mindfully we gain a sense of calm and tranquility -- the problems and troubles of the day slowly fade away because we are in the 'now'.

The simplicity and ease of a walking practice allows us to create time, space and awareness of our surroundings and of the wonders that lie within. Taking a few moments to walk each day and become more aware of our breath will in turn open the door for the beauty of the world around us to filter in.

~Madisyn Taylor, www.DailyOM.com