

The BurnNet News

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BURNNET SURVIVORS MEETING



Thursday, **March 5**, 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

FIREFIGHTERS “FILL THE BOOT FOR BURNS”

Each year, dozens of fire agencies throughout Northern and Central California help make a positive difference in the lives of burn survivors by hosting a Boot Drive in their community. Thousands of firefighters volunteer every year to collect money in their boots to improve burn treatment and to fund life-altering burn recovery programs, including Firefighters Kids Camp for young burn survivors, Little Heroes Preschool Burn Camp and Beyond Surviving Adult Burn Survivor Retreat.

The FFBI hosted its flagship Firefighters “Fill the Boot for Burns” Boot Drive during National Burn Awareness Week in Citrus Heights from February 6-9, 2020; this year raising a record-setting \$184,861! On Saturday during the boot drive, they also hosted their annual safety fair to spread the burn and fire prevention word to the community.



Aside from this Boot Drive, there are many “Satellite” Boot Drives all over Northern and Central California that benefit the Firefighters Burn Institute during the year! [Find a Boot Drive in your area.](#)



QUOTE

You can be a good person with a kind heart and still say “No”.
A lack of boundaries invites a lack of respect!
You are not required to set yourself on fire to keep other people warm.
~Unknown

TIPS & TIDBITS FOR OUTPATIENT BURN CLINIC

You are on your way to recovery and now going home. "But wait! You say I need to come back?!"

Yes. Once you leave the hospital you will be given a return appointment for the Outpatient Burn Clinic for a follow up visit. This generally is one week to 10 days after discharge. We are located on the 2nd floor inside the Burn Unit waiting room: 2P410.

Many patients come back for their first visit not knowing what to expect saying, "No one ever told us this." So much is going on when you are discharged, it is not surprising one cannot remember it all! I hope some of these tips and tidbits will help alleviate some fears, preparing you for a less stressful appointment. So here it goes....

- Arrive 15 minutes early for appointment to register. (Our lovely Shelva will be waiting at her desk for you).
- Be on time or we might have to reschedule. Phone calls are a big help when you are running late.
- We will be doing a dressing change! So please take your pain medicine at least 30 minutes prior to your appointment. We do not administer medication.
- Visits are generally 30 minutes in length. We will determine if, and when another appointment is needed.
- Prescriptions can be obtained at this time and best filled in the UC Pavilion Pharmacy.
- No refills are permitted for **any** narcotics; ie. Oxycodone and Norco (Hydrocodone) without seeing and consulting with the nurse practitioner or physician.
- Nurse Helpline hours are 6:00am to 3:30pm.
- Clinic appointments can be scheduled from 7:45am to 11:00am Monday, Wednesday, Thursday and Friday.
- For referrals to your medical insurance and expedited scheduling of care, let your PCP (Primary Care Physician) know you have been treated for a burn injury. If you don't have one, it would be best to establish with one as soon as possible.

Hopefully, this will help ease some concerns.
We are here to help you to the best of our abilities.

Thanks.
Jody G. RN, Outpatient Burn Clinic
(916) 734-7010



8 STEPS TO SETTING HEALTHY BOUNDARIES

Define your personal space without guilt.

What are boundaries?

Boundaries are the mental, emotional, and physical limits to how others can treat you, behave around you, as well as what they can expect from you. Boundaries allow you to define and maintain the space you need to show up as your very best. While setting and enforcing these personal rules may not always come easily or naturally, it will get easier with practice. Here are eight tips to help you get started.



1. *Clearly identify your boundary*

Get clear about the boundary that must be kept in order for you to feel comfortable and safe.

Clear rules help you feel confident about what you expect in your space, as well as reduce misunderstandings.

2. *Understand why you need this boundary*

It's important to understand why you are setting these rules. This will help you defend your boundaries if anyone attempts to talk you out of following through.

3. *Decide what happens if your request is not respected*

These are the actions you will take if anyone violates your boundary. If after my warning the behavior continues, I will follow through and stop allowing her to violate that boundary.

4. *Be direct*

Don't be vague when communicating your needs, thinking you're going to spare someone's feelings or avoid conflict. Keep in mind that you are not being mean or selfish by having boundaries. In fact, it's the opposite. Boundaries allow you to maintain the space you need to stay mentally and emotionally healthy and feel safe. Communicating your rules helps put you and those around you on the same page, preventing resentment and unexpected negative reactions.

5. *Don't apologize*

You are not doing anything wrong by setting and enforcing your boundaries, so there is no need to apologize. Doing so just makes it appear like you feel guilty about needing to feel safe and happy. You have the right and responsibility to communicate the types of behavior you will not allow in your personal space.

6. *Begin with tighter boundaries*

It's easier to ease up on tight boundaries than it is to tighten loose boundaries.

7. *Address violations early*

Don't wait until someone has repeatedly violated your boundary before you speak up. You can't expect another person to know your boundaries until you've communicated your rules to them. This includes boundaries that are "obvious" to you.

8. *Trust your gut*

Practice mindfulness. Pay attention to what you're feeling. If something makes you feel uneasy, create a rule to protect yourself from those negative feelings and enforce it to keep peace and confidence in your personal space.

-Carmen Sakurai, Certified Life Strategist, Advocate for Victims of Narcissistic Abuse.

For the entire article, click on <https://thriveglobal.com/stories/8-steps-to-setting-healthy-boundaries/>

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. www.phoenix-society.org

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



March 7 FFBI Mardi Gras Crab Feed & Cajun Boil

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

All you can eat Cajun boil and crab dinner, live DJ and dancing. Tickets are \$65/ person and \$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



June 27 9th Annual Firefighter's "A Tropical Affair"

Come and enjoy an evening out with Sacramento's finest restaurants, breweries and wineries for a great cause! This outdoor event will be held at the lawn behind Shriners Hospital for Children in Sacramento, CA. Live music entertainment, Hawaiian hula dancers, local celebrities as MCs, and a variety of foods and beverages provided by

generous local business sponsors from the Sacramento area, all included in the price of admission. **\$40.00 Early Bird Special Sales end Mar 31, 2020** After this date, regular presale tickets will be available for \$60 or \$100/2 tickets. Don't wait to buy your tickets! If we don't sell out, tickets at the door will increase to \$75/ticket.

Purchase tickets [here!](#)

SCIENTISTS FIND NEW WAYS TO PREVENT SKIN SCARRING

A new study in *Burns & Trauma*, published by Oxford University Press, reveals promising new strategies to prevent skin scarring after injuries.

While scars are common when wounds heal, hypertrophic scarring is a skin condition characterized by deposits of excessive amounts of collagen. This results in a thick and often raised scar. The underlying mechanisms of hypertrophic scar development are poorly understood, however. The *Burns & Trauma* paper reviewed strategies for treating hypertrophic scars.

Skin wound healing is a process that consists of three phases: inflammation, proliferation, and regeneration. Hypertrophic scar formation can occur as a result of an abnormality in these processes. The frequency of such scarring ranges from 40% to 94% following surgery and from 30% to 91% following a burn injury. In poorer countries, the incidence rate is greater reflecting the high rate of burn injuries.

Major risk factors for hypertrophic scar formation include gender, age, genetic predisposition, wound size and depth, anatomical site, and mechanical tension on the wound. Such scarring hinders normal function, and obviously results serious physical, psychological, and aesthetic problems for patients.

It is widely accepted that the time to complete wound healing is the most important factor to predict the development of hypertrophic scars. Only one-third of wounds developed scarring tissue if healing occurred between 14 and 21 days. Some 78% of the sites resulted in serious scarring if the wound healed after 21 days. The established therapies for preventing serious skin scarring include pressure therapy, which has long been considered the mainstay non-invasive treatment for hypertrophic scarring. It is widely used worldwide and its effectiveness has been established. It's likely more effective suggested that it is more effective if pressure therapy is performed within two months after the initial injury.

Other interventions include silicone, steroids, and laser therapy. While the effectiveness of silicone therapy has not been completely determined, the topical administration of steroids for burn injuries has been generally used and reported to be effective. There is consistent evidence that early laser intervention for the prevention would be beneficial in both the speed of scar reduction and the efficacy of therapeutic response.

Resection (cutting out the tissue) and radiation can often be used in addition to the primary therapies. Surgical approaches do, however, vary with the type of scar. Researchers involved with this paper argue that we need long term results in order to make decisions about using resection or radiation as a medical intervention.

The drug botulinum toxin A (btxA) is widely used for cosmetic purposes, as well as treating headaches and other pain. It is also often used to treat hypertrophic scars. Researchers involved in this paper emphasize that while btxA appears to have some positive effect on scar prevention, researchers still haven't decided on the optimal concentration of the drug to treat scarring. It may depend on the size or severity of the wound. They conclude the drug is promising and worth investigating further.

Future management possibilities for hypertrophic scar therapy include anti-angiogenesis therapy, which inhibits the development of new blood vessels, fat grafting, and stem cell therapy. There are several experimental investigations on the effectiveness such therapies to reduce abnormal tissue formation.

