



Keep Cool with Burns

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About the Presenter:

Educational Background

Child Life Experience

Previous Presentations

Presentation Objectives:

1

Define a burn

2

Differentiate
between
types of burns

3

Identify what
to expect in
burn care

4

Review
considerations
for child life
support

Definition of a Burn

An injury caused by exposure to heat or severe cold.

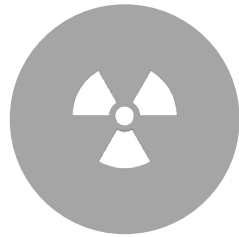
Location, depth, & involvement of burns drastically impact treatment and prognosis.



Types of Burns



THERMAL



RADIATION



CHEMICAL



ELECTRICAL



FRICTION

Depth/Degree of Burn

1st Degree
(superficial)

No skin loss, pink-red, non-blistered, minor inflammation & pain

2nd Degree
(partial thickness)

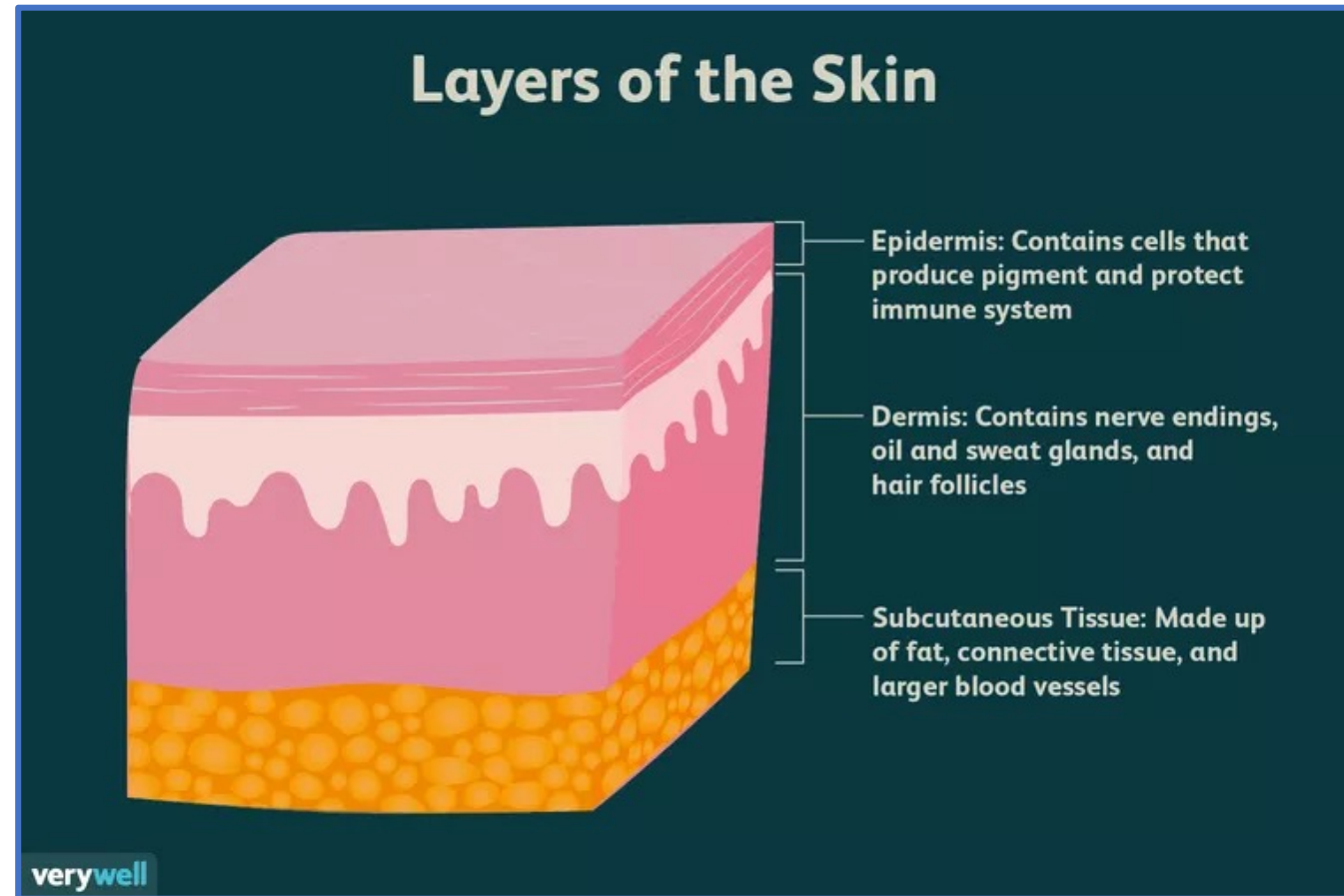
Blisters & some thickening of skin, extremely red, painful

3rd Degree
(full thickness)

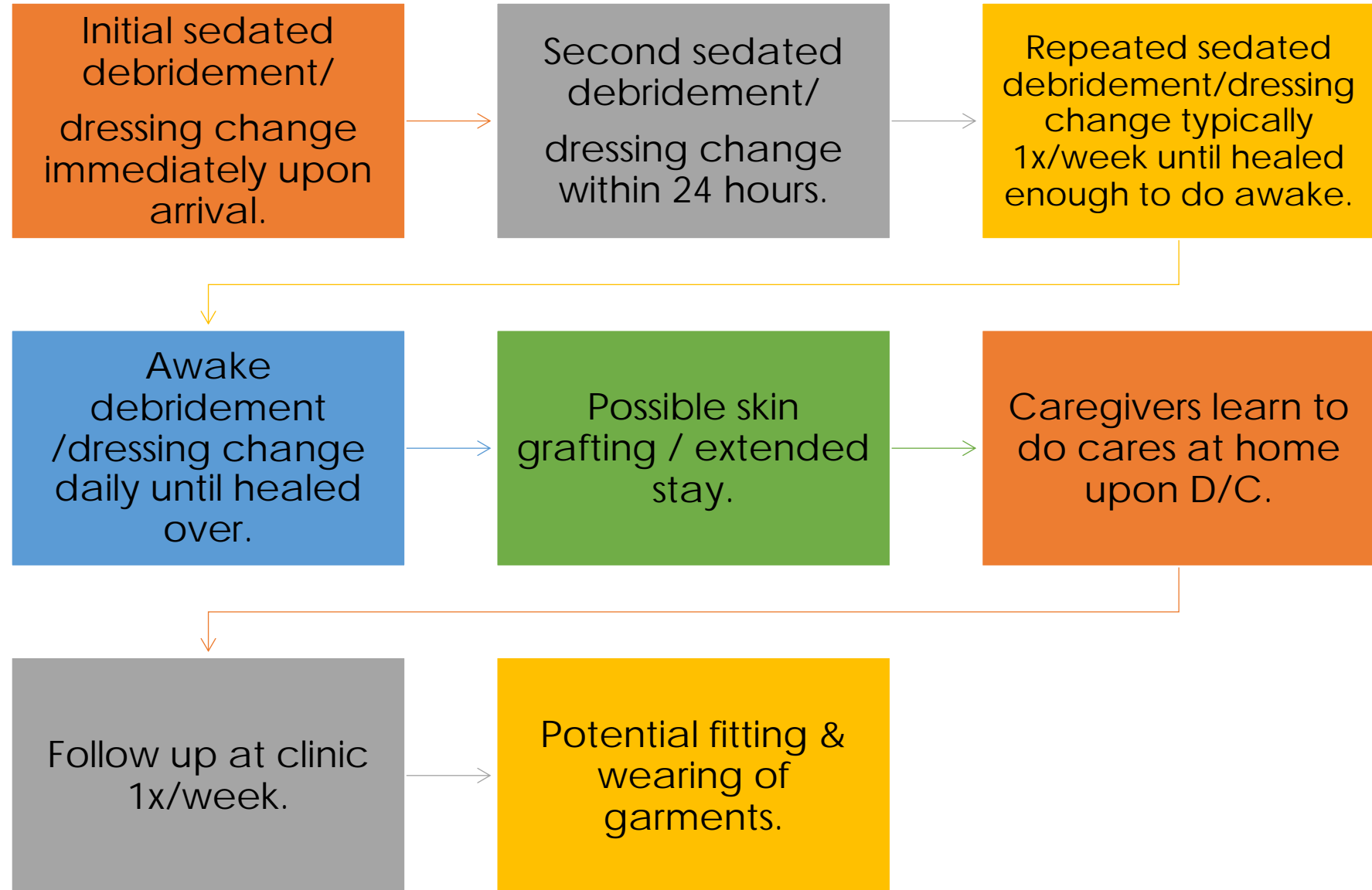
Widespread thickness with a white/yellowish, leathery appearance

4th Degree
(deep burn injury)

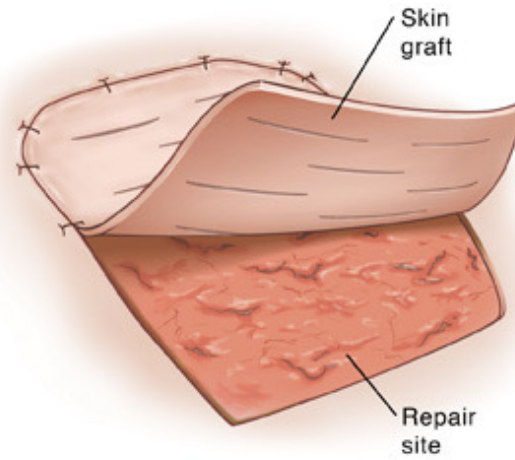
Similar symptoms as 3rd degree, but extends beyond skin



Timeline for Cares



Skin Grafting



- Needed for deep 2nd degree and 3rd degree burns.
- Surgical procedure transplanting skin from one area to another.
- Two sites of care.
- If burn is large, may need multiple.
- If young/active, typically kept lightly sedated for a week for graft to take.
- If super active and / or worried about infection/cares, will keep hospitalized a month+.

Wound Care Goals




1. protect the wound surface

2. moisture balance

3. promote wound healing

4. limit burn progression

5. minimize discomfort



Considerations for Dressing Changes

Location

Age & activity of patient

Anticipated complexity

Frequency

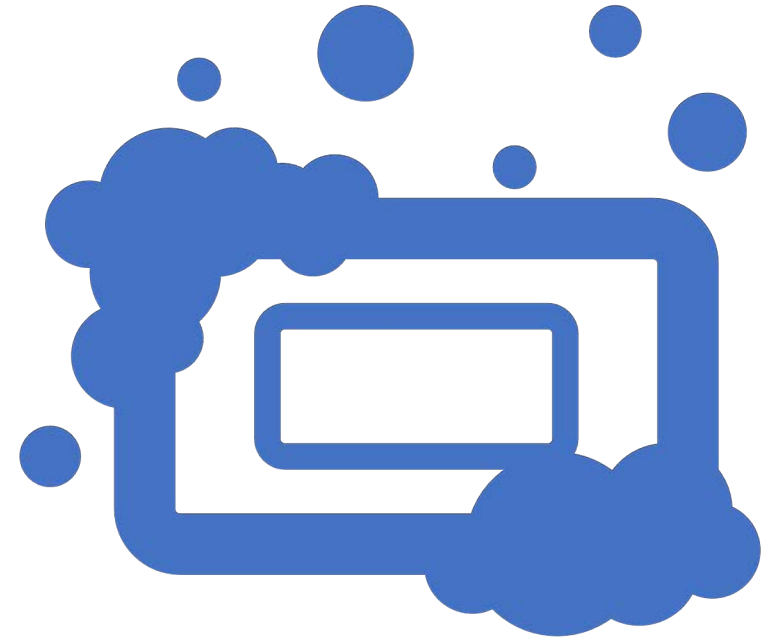
Inpatient vs outpatient

Supplies available

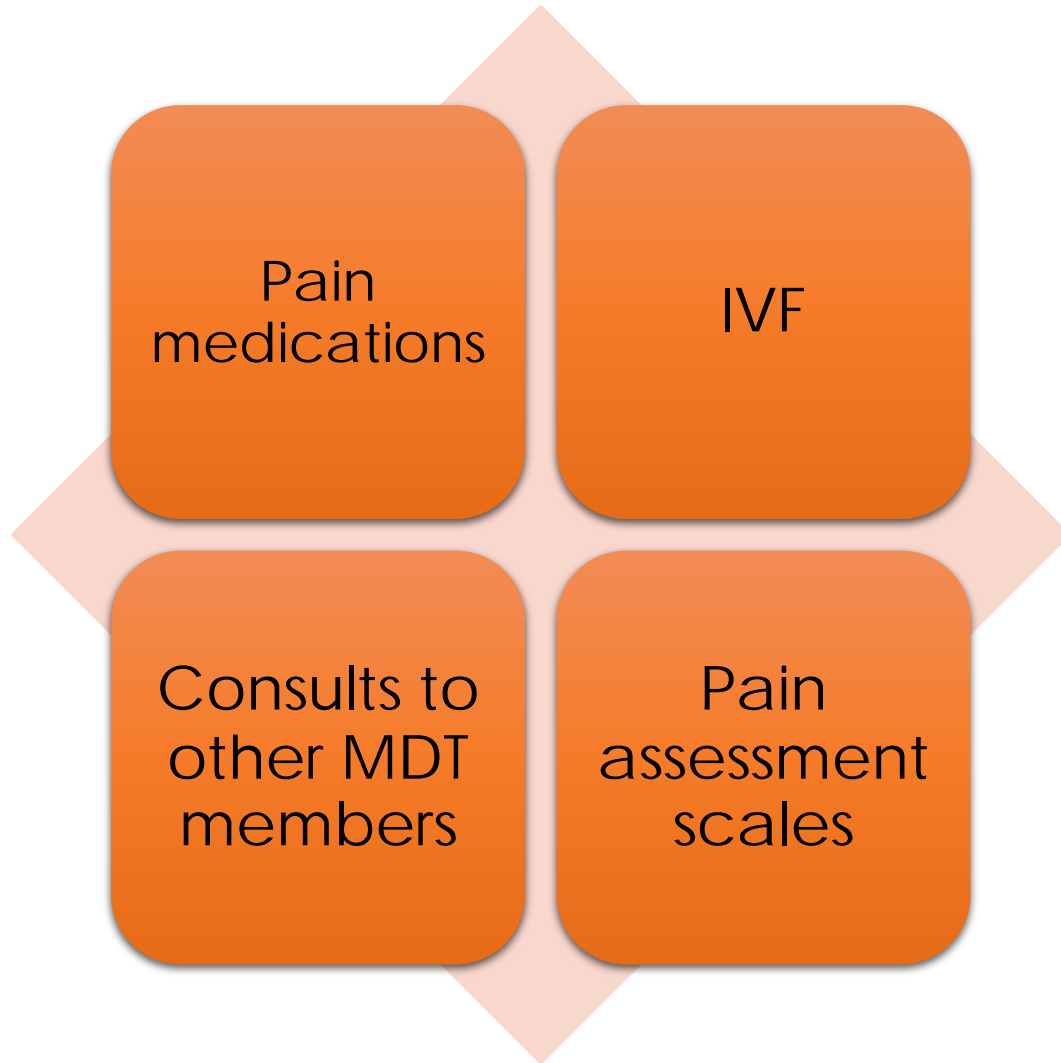
Pain control

Dressing Changes – Items

- ☒ Soap and lukewarm/cool water
- ☒ Non-adherent dressings
- ☒ Antimicrobial ointments/gels
- ☒ Absorptive products that manage moisture
- ☒ Securement devices



Pain Management



FACES Scale

Wong-Baker FACES® Pain Rating Scale



0

No
Hurt



2

Hurts
Little Bit



4

Hurts
Little More



6

Hurts
Even More



8

Hurts
Whole Lot



10

Hurts
Worst

FLACC Scale

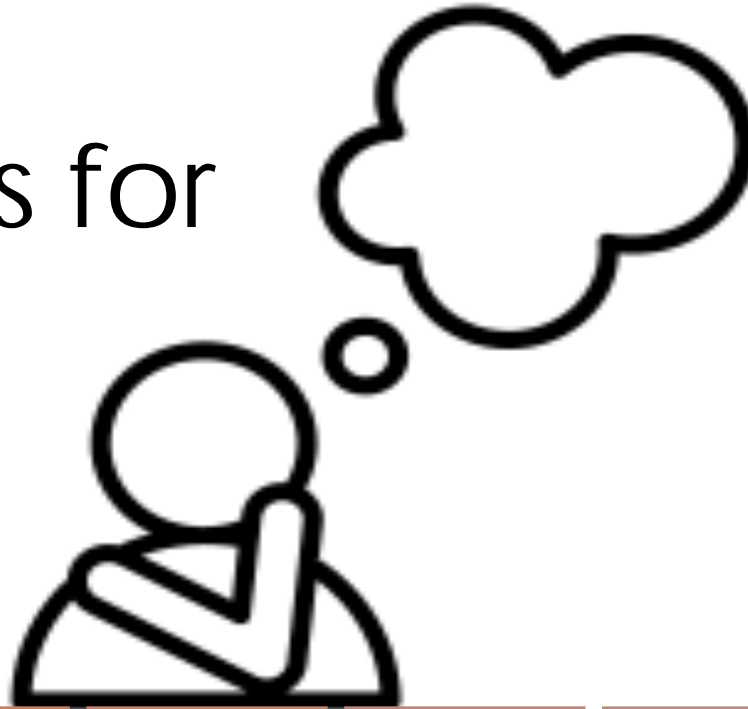
FLACC Scale ²		0	1	2
1	Face	No particular expression or smile.	Occasional grimace or frown, withdrawn, disinterested.	Frequent to constant frown, clenched jaw, quivering chin.
2	Legs	Normal position or relaxed.	Uneasy, restless, tense.	Kicking, or legs drawn up.
3	Activity	Lying quietly, normal position, moves easily.	Squirming, shifting back and forth, tense.	Arched, rigid or jerking.
4	Cry	No crying (awake or asleep).	Moans or whimpers; occasional complaint.	Crying steadily, screams or sobs, frequent complaints.
5	Consolability	Content, relaxed.	Reassured by occasional touching, hugging or being talked to, distractible.	Difficult to console or comfort.



Non-Medicinal Pain Management Considerations

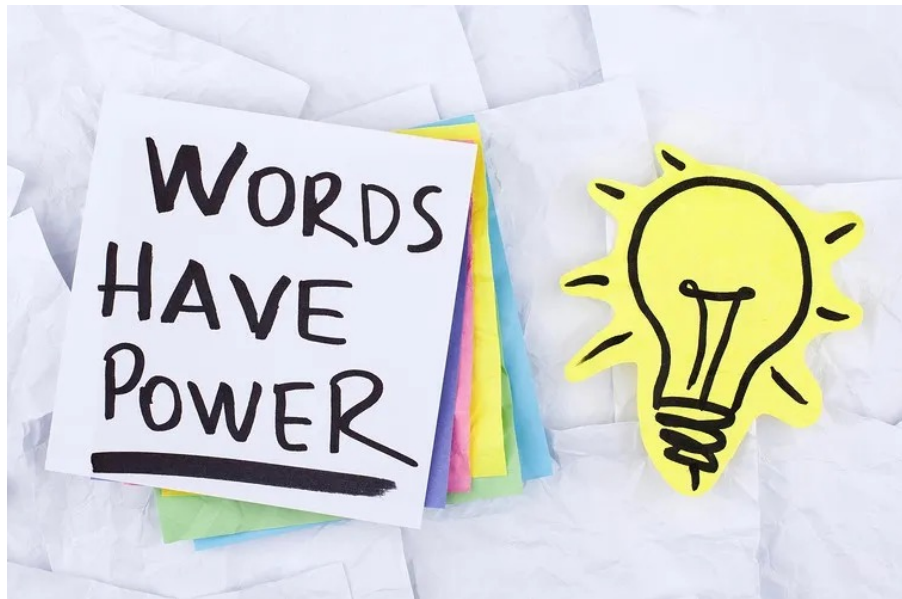
- ✓ Relaxation techniques
- ✓ Environment
- ✓ Language used
- ✓ Preparation
- ✓ Distraction

Considerations for Interactions



01	02	03	04	05	06	07	08	09	10
Get on the child's level	Be honest	Respect emotional expression	Offer only real choices	Support caregivers	Respect the child's privacy	Be mindful of multiple meanings	Focus on what child may do	Validate pain	Appropriate word choice and tone

Word Choice



Lift your bad/good leg

What happened to him?

Oh that doesn't hurt

That's going to need grafted

Whew, do you smell that?

They live in a trailer

You look great!

It is fragrent in that room

I'm only going to touch your "good" skin...

It's just...

Stop whining

CCLS SUPPORTS

Normalize
environment
– long term
stay

Play &
socialization

Education &
preparation

Procedural
support

Developing
coping plan

Advocating

Pain
Management

Supporting
rehab goals

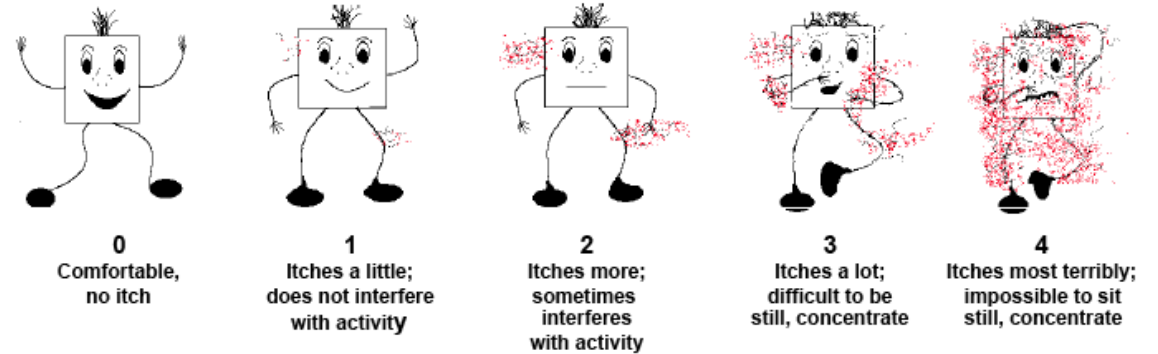
Emotional
supports

Support for
family

School
reintegration

The Healing Burn

- Moisturize
- Itch relief
- Exercise
- Sun protection
- Pressure garments





Questions?

Thank You!

PATIENT/FAMILY RESOURCES:

Phoenix Society for Burn Survivors

<https://www.phoenix-society.org>

American Burn Association

<https://ameriburn.org>

Model Systems Knowledge Translation
Center

<https://msktc.org>

Kids Health

<https://kidshealth.org>

References

<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=90&ContentID=P01737>

<https://library.sheffieldchildrens.nhs.uk/managing-itchy-skin-after-a-burn-injury/>

<https://www.verywellhealth.com/skin-anatomy-4774706>