

BURN AFTERCARE – IS THERE A ROLE FOR HEALTH PROFESSIONALS IN LONG TERM RECOVERY?

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THE BURN RECOVERY CONTINUUM

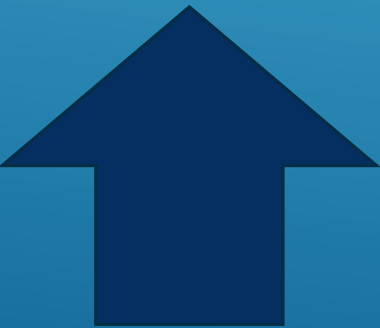
DISCHARGE FROM CLINICAL SERVICES

First Aid /
Surgery

Wound
Closure

Active
Rehabilitation

Long term
recovery?



Surgeons, nurses, GP, physio, OT, social worker, psychologist, dietician, podiatrist, orthotist, speech pathologist, prosthetist, pain specialist, neuropsychologist.....



GP, the Burns
Unit?



PERCEPTION OF LONG TERM RECOVERY

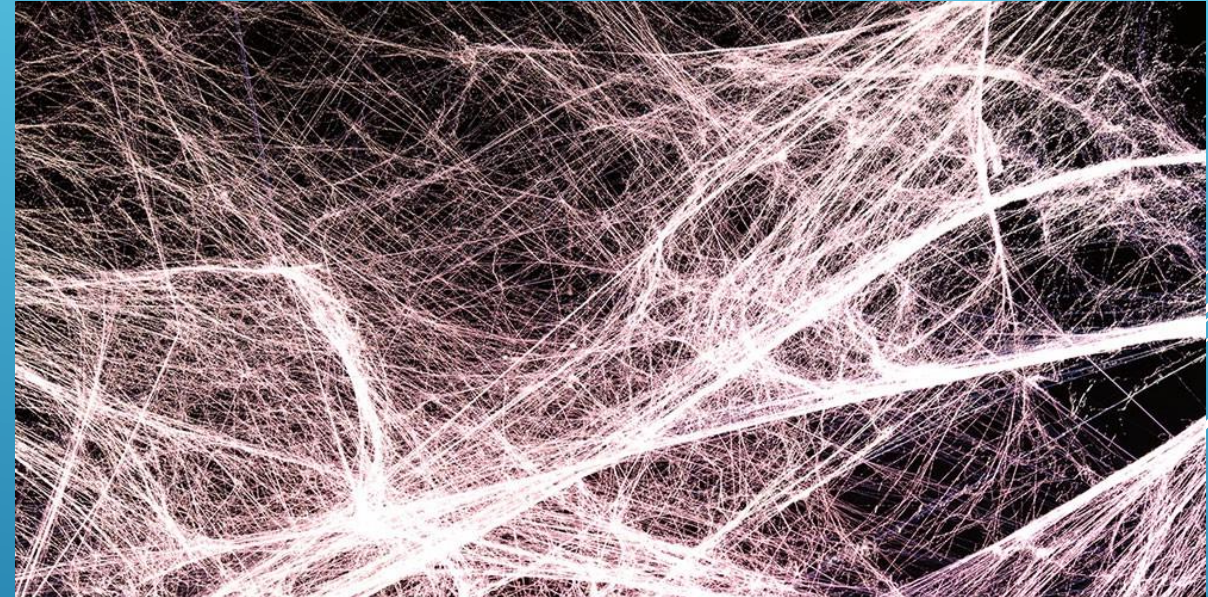
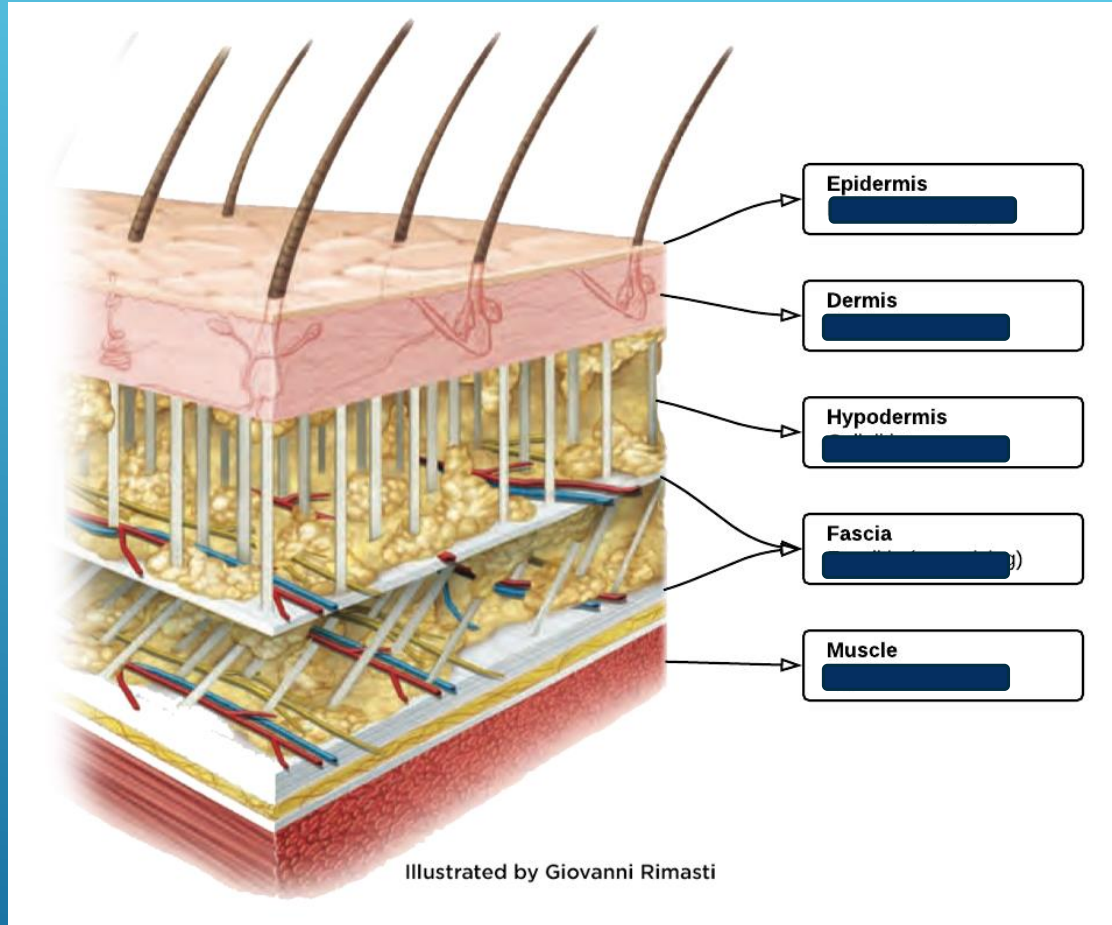
HEALTH PROFESSIONALS

Pain
Itch
Sensation/Tightness
Contracture
Appearance
Symmetry
Psychosocial recovery
Acceptance
Change in life roles

SURVIVORS?

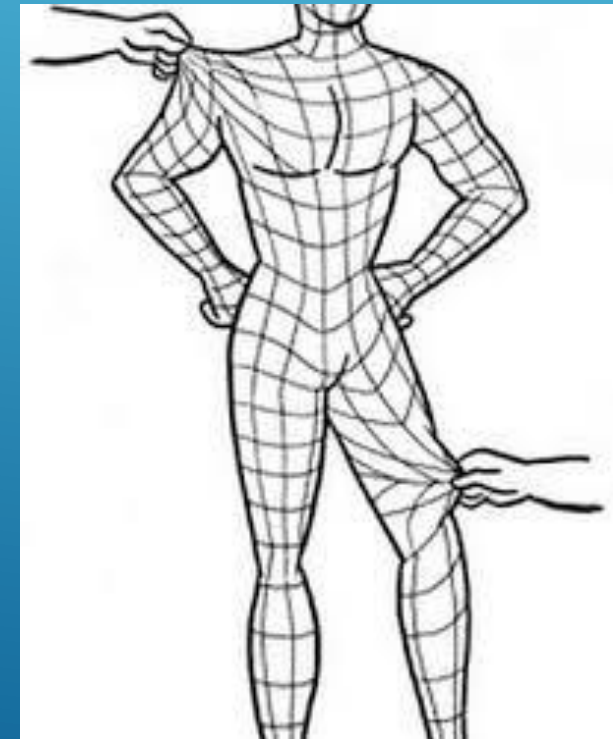
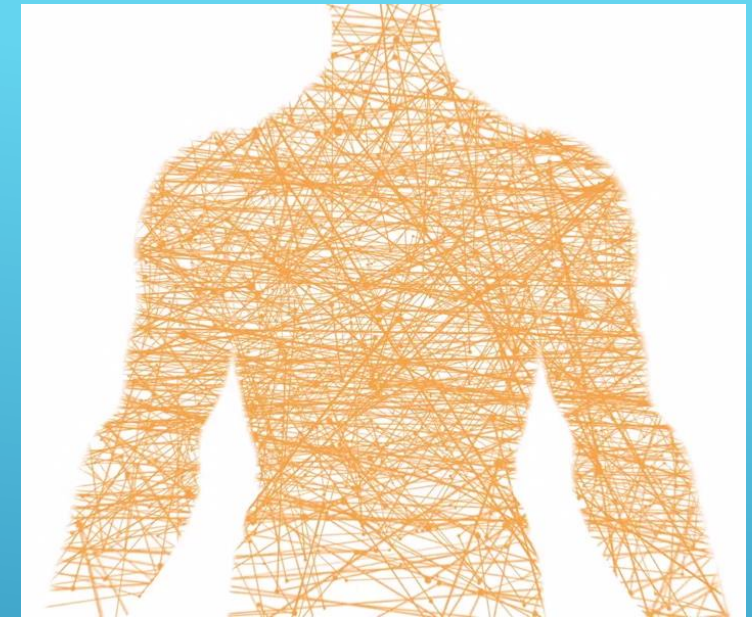


SKIN AND FASCIAL TIGHTNESS – MECHANICAL AND SENSORY.....



SKIN AND FASCIAL TIGHTNESS

- ❑ Massage – myofascial scar release
- ❑ Vacuum therapy – mechanical massage, suction cupping
- ❑ Stretching exercise – yoga, Pilates, tai chi
- ❑ Daily stretch routine – runners stretch (hamstrings and hip flexors), forward fold (full body), seated back twist (spine), Bound angle (hip opening), chest stretch in door (chest, upper arms)
- ❑ Joint mobility exercises
- ❑ Foam rollers (go gently at first)
- ❑ Spas and saunas (watch out for itch!)
- ❑ Cardio exercise (swimming, walking, rowing, biking)
- ❑ Remember – one area can affect another



SKIN CARE

- ❑ Wash daily
- ❑ Ensure skin fold clean and dry
- ❑ Monitor skin changes
- ❑ Apply non-cosmetic, unperfumed moisturisers/lotions daily
- ❑ Anti-itch qualities in cleansing and moisturising
- ❑ Consider soap substitutes
- ❑ Avoid scented products
- ❑ Avoid sunburn – slip, slop, slap
- ❑ Ensure sunscreen broad spectrum (UVA and UVB rays)



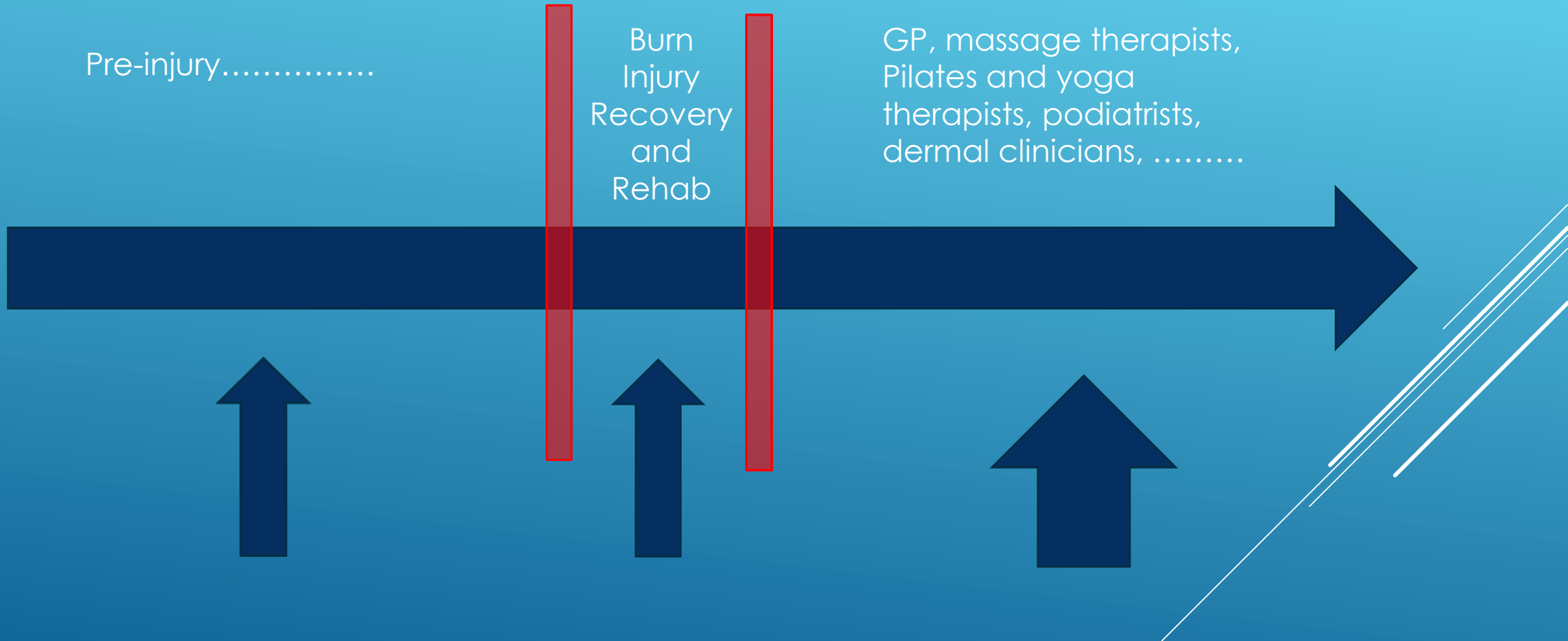
IS THERE A ROLE FOR HEALTH PROFESSIONALS IN LONG TERM RECOVERY FROM BURN INJURY?



YES!!!!



THE BURN RECOVERY SURVIVAL CONTINUUM



"The eyes of the future are looking back at us and they are praying for us to see beyond our own time."

Terry Tempest Williams, Naturalist and writer

