

Aftercare News

The Newsletter of the Aftercare Programs at the NC Jaycee Burn Center

Phoenix World Burn Congress 2017



Phoenix World
Burn Congress
(1)

Teen Camp
(2)

Family Camp
(3)

SOAR & Cooking
Safety
(4)

Kid's Corner &
Physician's Point
of View
(5)

Contact Us
(6)

Phoenix World Burn Congress (PWBC) is an annual international conference that brings together burn survivors, their families, caregivers, burn care professionals and fire service personnel. The conference provides the opportunity to learn during educational seminars, to share stories and experiences in a safe environment, to enjoy fellowship with other survivors and have fun! Survivors tell us that their most meaningful support comes from other survivors, others who are like them. Staff who have attended World Burn report that they learn the most about how to provide better care to their patients from what they learn from them at the conference. PWBC 2017 was in Dallas, Texas October 4-7, 2017. A number of our burn staff and adult survivors attended the conference, some teaching and providing support to attendees at the conference. Be sure to ask them what they learned this year!

For the first time, this year the North Carolina Jaycee Burn Center, through a grant from the Oak Foundation, was able to support four of our teen survivors and a family member to attend PWBC in Dallas. The teens participated in UBelong, a program designed specifically for youth, where they were able to meet and get to know other survivors their own age through fun and creative team building activities. One of the teens participated in the annual talent show, reciting a powerful poem that she wrote. She rocked it!

For those who may not know, our Burn Center has hosted the PWBC twice, first in 2004 and again in 2008. All members of the burn team are strongly encouraged to try to attend this burn meeting. There is no better place to learn how to provide the best of care to the burn patients we so passionately serve, as you learn directly from the patients and families themselves.

Phoenix World Burn Congress will be in Grand Rapids, Michigan September 12-15, 2018. Plan to be there!

Teen Camp



Teen Adventure Weekend was enjoyed by 26 campers accompanied by a crew of 13 counselors and staff in the beautiful mountains of Western North Carolina. The campers and crew gathered from across the state. For the first time ever, we chartered a bus, loaded up, and enjoyed lodging at peaceful Lake Junaluska. Saturday held a full day of adventure, including white water rafting and zip lining, topped off by a relaxing lake cruise. For many of the campers, this was their first trip to the mountains or first experience white water rafting and zip lining.

At teen adventure weekend, we have an attitude of challenge by choice. This means that campers are provided with a safe, supportive environment to set goals and challenge themselves beyond their comfort level. It was exciting to see people grow as they conquered fears of water, heights, or trying other new things. Many of the adult crew faced these same challenges, and the whole teen camp group encouraged and supported each other throughout the weekend.

Burn survivors are eligible to attend Teen Adventure Weekend if they are at least 13 years of age, and have not yet graduated high school. Teen Camp 2018 will be from August 3-5th. The most important thing to keep in mind is to sign up quickly when the teen camp invitation arrives. We have limited spots available and we always fill up!

Family Camp

Family Camp is a unique program offered by Aftercare, where the whole family is recognized as being survivors of a burn injury. It isn't easy to have a burn, care for a burn, or to watch a sibling in trauma, and because we recognize this, Family Camp was born many years ago. This family weekend allows for siblings and parents, as well as pediatric burn survivors, to come together for a weekend of fun and fellowship with other families who truly understand the impact of burns. This year, 22 families joined in the fun for our largest family camp yet! It was a blend of 11 families who have been to family camp before, and another 11 new families. Family camp was held at beautiful Camp Kanata, which allows for parents and new burn survivors to get a feel for the type of experience their kids can have during Camp Celebrate. It is hard to describe an overall highlight of this camp! Parents often say that the time to talk to other parents is incredibly helpful, and that sometimes they "receive support I didn't even know I needed."

We couldn't do it without the support of dedicated volunteers and help from the Firefighters Burned Children's Fund and other individual fire departments. Wake Forest firefighters provided us with a pancake breakfast, Monroeton sponsored a pizza party, and Lee County and Wake County FFBCF chapters partnered their efforts for a delicious cookout. Activity highlights included a family art project, fishing, canoeing, swimming and fun family games. Camp also included a disaster preparedness project. Recent natural disasters across the U.S made this project quite timely. Key items included were portable weather radios, first aid kits, toilet paper, flashlights, can openers, etc. We hope that your family doesn't ever have to endure a natural disaster, but if you do, please take the time to prepare. Donors from across the state contributed. A *Special Thank You* to the Donors of the Family Camp 2017 Emergency Preparedness Project:

The American Red Cross, Ashe County FFBCF, Carrboro Fire Rescue, Charlotte-Mecklenburg Emergency Management, Charlotte-Mecklenburg FFBCF, Cumberland County FFBCF, Elizabeth City Fire Department, ILM Fire Rescue, Lee County FFBCF, Orange County FFBCF, Sam Dahl, Spring Lake Fire Department.



Family Camp 2017 Attendees



David Nance of the Lee County Firefighter's Burned Children's Fund prepares for the cookout



Families let loose and have fun during the Friendly Family Games Competition



Donations for Disaster Preparedness Kits

Phoenix SOAR- Survivors Offering Assistance in Recovery

Our North Carolina Jaycee Burn Center offers training and supervision for peer support. We follow a program designed by the Phoenix Society providing formal training for survivors and family volunteers so they may offer one-on-one support to burn survivors and loved ones affected by a burn injury. Our staff is also trained in this program and understands the importance of aftercare support. Peer supporters work with the staff and come in to visit on the unit as well as offer community based support.

Why peer support?

At times during your stay at the burn center you may benefit from talking with others who have had similar experiences and types of injuries. Peer supporters do not provide medical advice or information but do provide a sense of hope and a listening ear for the patient and their loved ones. Peer support in your neighborhood can also provide you with support to re-engage in your work place, school, church and other areas of your life. Our program has been in existence since 2001 when the Phoenix Society and a national task group implemented the standardized materials. If you are interested in peer support or becoming a trained peer supporter, please contact Shirley Massey at 984-974-0218 shirley.massey@unchealth.unc.edu

Prevention

COOKING SAFETY

- Teach your children to stay a safe distance from hot stoves and appliances.
- Avoid carrying or holding a child while cooking on the stove.
- Kids love to reach so use the back burner of stove. Turn pot handles away from the edge.
- Remind yourself to check on food frequently by using a timer, especially when baking or simmering.
- Check to make sure appliance cords are coiled and away from counter edges. Take an extra second to make sure hot foods are away from the edge of your counters as well.
- Stay close when you are using a grill or turkey fryer.
- Wear short, close-fitting or tightly-rolled sleeves when cooking.
- Take a minute to test your smoke alarms.
- Teach your kids how to cook safely.

For more information visit [safe kids.org](http://safekids.org)

Kid's Corner

Some children and teens admitted on the burn service have the opportunity to enroll in Beads of Courage. This program honors the experiences of pediatric patients and gives them a way to look back and tell their own stories. There are standard beads given upon enrollment and then beads that are "earned" as patients experience different aspects of care. Each patient has a Daily Bead Journal that helps with tracking these experiences in the hospital, tells staff when beads were last updated, and provides a reference to recall each bead's meaning.

Beads of Courage also recognizes that recovery does not end at discharge from the hospital. There are beads for coming to clinic and aspects of care that happen as an outpatient. If you were enrolled in Beads of Courage during an inpatient admission, be sure to ask about updating your beads when you come back for outpatient visits!

A Physician's Point of View

Burn injury is different from other health conditions in that it brings along physical, mental and psychosocial trauma for patients and their families, followed by a long and often complicated rehabilitation period. As a medical student, rotating at UNC Jaycee Burn Center was an eye-opening experience where I first learned about the overwhelming nature of the injury and the intricate care that it requires. From immediate wound care to the operating room procedures, from resuscitation to the intensive care that follows, management of burn injury is often provided by a multidisciplinary expert team of surgeons, nurses, physical therapists, respiratory therapists, occupational therapists all working in a synergistic pattern to improve the health of the patient. As a student, I got to witness this pure brilliance in high quality patient care. However, what you don't get to see at the hospital during a month-long rotation is the long term effect and care of the patient. So when I was invited by Dr. Cairns to attend Camp Celebrate in May 2017 I was curious to find out how the survivors are taken care of, after their initial treatment at the hospital is complete. Camp Celebrate 2017, held at Camp Kanata had activities planned for children of all ages - from swimming, basketball, mini-golf and volleyball to archery, tower climbing, kayaking, paddle-boating, water-slides, fishing, a campfire, and a dance party in the evening. Seeing the joy it brought to the kids, how happy they were to be in a fun, supportive and exciting environment was priceless. We often get worried about little things in our own lives - being at Camp Celebrate one gets to see how the survivors and their families having been through unimaginable pain and suffering, are able to move past the traumatic experience to be able to live their life to the fullest. I was amazed by the experience for the kids at Camp Celebrate - pure, unadulterated joy that is rarely seen in the real world. That kind of puts things in perspective, at least for me. We often talk about the care we provide to positively impact the lives of survivors; however, what is at times forgotten, is how the survivors impact us, for they are the real heroes. Michele, the camp director, asked me to return to Family Camp in September to assist in capturing the moments through photography. My response was yes, "Everytime!"

- By Apoorve Nayyar, MD

Contact Us

We recruit volunteers to assist us in all our programming needs and are always happy to talk with anyone interested in volunteering. If you would like more information about any of our Aftercare programs, or if there are ways that Aftercare can assist you, please contact us!

If you are a burn survivor, adult or child, or are a Burn Center staff member, past or present, and have not received invitations to our aftercare events, please contact us at 919-962-8427. You may also email any of the aftercare staff. (See contact information below) YOU ARE INVITED!!!!!! We want to make sure we have your correct information so that the invitations get to you! More importantly, if you have never considered coming to one of the events, we encourage you to take that leap and know that we look forward to seeing you there!

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UPCOMING EVENTS

Celebration of Life Adult Reunion - November 11, 2017

Friday Center - Chapel Hill, NC

Adult Retreat 2018 - April 13-15, 2018

Camp Caraway-Sophia, NC

Camp Celebrate 2018 - May 18-20, 2018

Camp Kanata-Wake Forest, NC

Teen Camp - August 3-5, 2018

Camp Caraway- Sophia, NC

Family Camp - September 7-9, 2018

Camp Kanata-Wake Forest, NC

World Burn Congress - September 12-15, 2018

Grand Rapids, Michigan

Call (919) 962-8427 for more information!