

Aftercare News

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

Adult Reunion 2018



UNC
NORTH CAROLINA
JAYCEE BURN CENTER

Adult Reunion 2018

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When first hearing about the adult retreat to be honest I wasn't sure what the retreat would be like. However, I decided to participate to find out what the adult burn survivor retreat was all about. Spending the weekend with a group of strangers was intimidating at first, but that intimidation was quickly eased away as I first arrived to the retreat and was welcomed with open arms.

It's hard to describe how the retreat affected me both professionally and personally. The survivors of this year's retreat consisted of people a year out from their injury to 10+ years out from their injuries. For some individuals this was their first retreat and some were veteran participants. Having a blend of newcomers (including myself) and veteran participants is what made this retreat so powerful. As a health care professional working on the burn unit, you don't always get to see the progress or daily struggles that your patient might face a year or even years following their injuries. This retreat allowed me to see how life after burns evolves. To see individuals who have not yet accepted their injuries or scars and then see the "overcomers" who have embraced their scars and their unique story was eye opening to see and experience. The individuals who have overcome their injuries where there to provide support emotionally, physically, and mentally for individuals who are currently struggling. This for me was one of the most powerful things to be apart of. As health care professionals we constantly are telling our patient's that there is "life after burns." Sometimes it just takes someone not in a medical setting, who has been in their shoes to show and explain to them, things get better, and life continues.

In just three short days, I was able to watch people go from anger and sadness to acceptance and love. When the retreat started we were told that every individual that participates would leave a changed person. Initially, I thought it was a great theory, but there was no way all 40 individuals would leave having some type of profound impact. Come the last day of the retreat, it became evident that not only had the retreat impacted me, I could also see the positive impact it had on not just a few of a participants, but each and every participant. This retreat was a great way to see how life after burns goes on, and to see how individuals take challenges and turn them into inspiration and hope. Research has shown how beneficial survivor and support groups can be, and it was nice to see these effects of this retreat first hand.

By: Jessica Willoughby, OTR/2, OT Burn Fellow

Being A Peer Supporter “Changed My Life”

In January 2013 I was admitted into the North Carolina Jaycee Burn Center. Days went by before I realized I was even in the ICU, confused and scared, not knowing why I was there. My body was actually burning from the inside out. A severe allergic reaction from taking a medication, called Stevens-Johnson syndrome, had taken over my entire body. (Stevens-Johnson is a rare condition caused by an infection or serious reaction to a medication, usually beginning with a rash that progresses to blisters, causing the top layer of skin to die, shed and then heal.)

I was afraid to look in the mirror. I knew this was going to be a long journey. I did not want my children to see me like this. I will admit that I struggled for days after learning what it was. The pain at times was very difficult. I kept looking at a picture of my beautiful granddaughter, Ava, and knew I had to be strong and have faith that I was going to pull through. My family needed me. The days passed and my body began to change. I felt this overwhelming desire to help. When I could finally walk, I would see other patients in the unit and knew that they, too, had a story to tell. Many nights I had a peer support volunteer sit with me. I felt a sense of peace, love and support. The staff was amazing. I truly believe all the love and care I received was the reason I wanted to become a volunteer as well. In 2015 I became a peer support volunteer and it has totally changed my life! I still take one day at a time, struggle with all the imperfections/side effects that I have. My scars are part of me now. When I look in the mirror, I see a survivor. Becoming a peer support volunteer has helped me in my recovery. It has made me so much stronger and I love being able to share my story with theirs. As the years pass, I have been able to let go of the “why me?” and enjoy life – sitting by the fire with my husband of almost 33 years, traveling, camping and spending time with our children and granddaughter. I am so thankful to everyone who has given me the support that I needed, and even more thankful to be able to give back.



Survivors Offering Support in Recovery (SOAR) is a program offered to burn survivors to equip them with the skills to help those with more recent injuries. Led by Shirley Massey and Anita Fields, 20 people were in the training. For the first time, adolescents and young adults were specifically invited to attend. An advisory board is in under development, and we look forward to providing you with more updates on programs and support for burn survivors. If you are interested in becoming a peer supporter, please contact Shirley or Anita to learn more!

By: Lorna Perry, Peer Supporter

New Staff!



The Burn center would like to welcome our newest staff! Pictured here during an intensive training known as Burn Core.

Scholarship Deadline Coming Soon!



2017 Scholarship Award Winners: Clayton Ross, Nathan Honeycutt, Elise Lutz, Marissa Bane. Clayton and Elise have been participants of both Camp Celebrate and Teen Camp, and now return annually to volunteer their time giving back to younger burn survivors. Congratulations Clayton and Elise!

The Charlotte Chapter of the Firefighters Burned Childrens Fund (FFBCF) will award up to 3 scholarship funds for undergraduate education, continuing education or personal educational enrichment (university, college or trade courses). Applicants must meet the following criteria to be eligible: 1. A burn survivor 25 years old and under. 2. Currently accepted or enrolled in a college, university, or trade school. 3. Model exemplary behavior as a recipient of a FFBCF Scholarship. 4. Current or former resident of North Carolina. – The Charlotte Chapter will give preference to Mecklenburg residents and/or those who attend North Carolina Schools. All burn survivors are encouraged to **apply by June 1st, 2018.**

Apply Today at : http://www.ffbcf.org/docs/BurnSurv_Scholarship2016.pdf

National Burn Camp



Hello, my name is Chris Wade and I'm a Firefighter with Carrboro Fire-Rescue Department and a volunteer with the Jaycee Burn Center Camp Celebrate. Back in September Lucas Moore and I were selected to attend the International Association of Firefighters (IAFF) International Burn Camp in the Washington D.C. area.

The camp is comprised of children and counselors for around the United States and Canada. The camp is a week-long and I referred to it as the Washington D.C. area due to the fact of the amount of traveling that the camp did. We traveled from Camp Wabanna in Edgewater Maryland where our cabins were, to Baltimore City Maryland, Arlington Virginia, Washington D.C. and everywhere in between. For the duration of camp the activities were almost limitless. We did activities like touring all of the monuments in Washington DC, attending a Baltimore Orioles baseball game, visiting multiple fire stations, and visiting Arlington National Cemetery.

We participated in a wreath laying ceremony where Lucas and other campers got the honor of laying a wreath at the Tomb of The Unknown Soldier. We also visited Mount Vernon, National Air and Space Museum, and various locations in the downtown Washington DC area including the White House lawn. Behind visiting the Arlington Cemetery and participating in the honorable wreath laying ceremony, Lucas and I both really enjoyed visiting the United States Naval Academy. Lucas had made comments about joining the United States Navy SEALs after graduating from high school, so visiting the United States Naval Academy was a big plus for him. Over all, the whole experience was great. We were treated with the best hospitality that anyone could ask for. The IAFF Burn Camp staff were a great group of people and were really enjoyable to be around. Lucas and I both had a great time and met a lot of new friends.

By: Chris Wade, President Orange County FFBCF

A Different Perspective



I am not a burn survivor, but I have been impacted by others who have recovered from burn injuries. In the spring of 2004, I was ten years old. My mother and I had just returned from a school chorus performance when we got a call from our close family friends. They had had a cooking accident involving their youngest daughter, who was eight months old. She was airlifted to UNC and admitted to the Burn Center. The medical team informed her parents that she had a very slim chance of survival; her burns were deep and covered much of her body.

Despite the odds, she survived. After months in the ICU, extensive rehabilitation, and countless follow-up appointments and reconstructive surgeries, the little girl has blossomed into a happy, healthy, and confident adolescent. This personal connection with survival and recovery from a severe burn injury has shaped my life. In middle school and high school, I focused several community projects on burn aftercare. One involved collecting dance costumes for campers to use at Camp Celebrate one year for a circus themed camp. I have since volunteered with the Burn Center both in the unit and at Camp Celebrate.

As I explored my interests in college, burn care remained a primary focus. Initially, I thought I might want to pursue a medical career in a burn care setting. However, after taking a sociology class, I realized how much I was interested in the human experience and the dynamics of human relationships. I connected this interest back to my volunteer experiences at Camp Celebrate, which focuses on psychosocial healing for burn survivors. I ended up graduating from UNC-Chapel Hill with a degree in Sociology and went straight back for graduate school at the UNC School of Social Work. For my second and final year in my Master's program, I requested an intern placement at the Burn Center. I have had the wonderful opportunity to work under the supervision of Monika Atanesian, the Burn Center Case Manager.

The role of the social worker is complex and difficult to define. While we are equipped with skills in mental health counseling, advocacy for underserved groups, and resource connection, our job description is really created by the people whom we serve. As a social work student in the burn center, I have learned to identify patients' unique characteristics, barriers, and strengths. My job is to help patients cope with difficulties they may face in dealing with their injury, but also to validate their concerns and wishes as they heal and transition back to their daily lives. Patients may need resources such as home health nursing or transportation for getting home and back for follow-up appointments. They may also need less tangible resources, such as emotional support or assistance with facilitating communication among family members. By listening and responding without judgment, patients can feel secure in expressing their needs so that they may have an optimal healing experience both in the hospital and beyond.

By: Allie Carter, Social Work Intern

The Burn Center appreciates the time and effort Allie put into her work in the Burn Center as a social work intern. Allie continues to volunteer for Camp Celebrate. Good Luck Allie! And Congratulations on your graduation from the University of North Carolina!

Tips For Outdoor Summer Fun!

Summer is right around the corner and for most of us it means spending more time outdoors. Burn survivors need to be particularly careful when spending time out in the Sun. People with burn injuries are at higher risk for encountering problems in the summer heat, including dehydration, increased chance of getting a sunburn, worsening of scar formation and getting overheated. Here are some things you can do to enjoy summer with your family and friends.

1. Wear sunscreen with a SPF 50 or greater. Sunscreen will help you to protect your skin and help prevent burn scars from getting darker.
2. Bring a watch or smart phone. This will help you keep track of how much time you're in the sun. You can also set an alarm on your smart phone to help remind you to come in from outdoors. Remember the sun is at its most intense between 10:00am and 2:00pm.
3. Wear a hat with a wide brim. This is essential to protect your face and scalp.
4. Sunglasses to protect your eyes. Wearing sunglasses can help prevent cataract formation.
5. Drink plenty of water, this helps prevent dehydration. Burn survivors are at a higher risk of getting dehydrated, because damaged skin is not as effective at regulating your body temperature.
6. Seek shelter from the Sun. Bring an umbrella, blanket or protective clothing. Try to find a place to cool down out of the heat.
7. Have moisturizing lotion on hand. When burn survivors are out in the Sun, their skin tends to dry out more rapidly. Be sure to rub moisturizing cream or lotion on your skin when you come back inside.
8. Wear shoes or sandals to protect your feet. Walking on hot cement or sand can burn your feet.

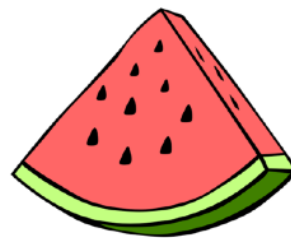
Remember to stay safe this summer and always use sunscreen. Have fun!

By Alise Erental-Fernandes RN, CMSRN

Watermelon Lemonade Recipe

Ingredients:

- 6 Cups Watermelon Cubes
- 2 tbsp Fresh Lemon Juice
- 2 Basil Leaves
- 3 Cups Crushed Ice
- 4 Cups Water
- 1/4 Cup Sugar



Directions:

1. In a blender add Watermelon cubes and blend it until it becomes smooth. Strain if necessary.
2. In a large container, add watermelon puree, lemon juice, sugar, crushed ice, basil leaves and water. Give it a gentle mix until sugar dissolves completely.
3. Transfer it to tall serving glasses. Garnish with watermelon or lemon slices if desired.

Grilling Safety – It's up to you!

Now that the summer season is upon us, that means lots of Americans will be doing more out-of-door activities. One of the most popular activities is firing up the charcoal or gas grill. The use of the grill to cook foods has never been more popular. You can't turn on the TV without seeing some advertisement related to grilling, or cooking shows that has a specific emphasis on grilling. One thing such advertisements or cooking shows fail to take into consideration or to pass along to their viewers is the safety aspect associated with grilling. A grill placed too close to anything that could burn poses a fire hazard. Grills can also become hot enough to cause burn injuries. Here are some safety tips, recommended by the National Fire Protection Association and the American Burn Association that aims to make grilling a safe and enjoyable activity.

Safety Tips

Propane and charcoal BBQ grills should be used outdoors.

The grill should be placed well away from home, deck railings and out from under eaves and overhanging branches

and pets at least three feet away from the grill area.

Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.

Never leave your grill unattended

Always make sure your gas grill lid is open lighting it.

Charcoal Grills

There are several ways to get the charcoal only be ready to use.

Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.

If you use a starter fluid, use only charcoal starter fluid. **Never** add charcoal fluid or any other flammable liquids.

Keep charcoal fluid out of reach of children and away from heat sources

There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.

When you are finished grilling, let the coals completely cool before disposing in a metal container.

Propane Grills

Check the gas tank hose for leaks BEFORE using it for the first time each year!

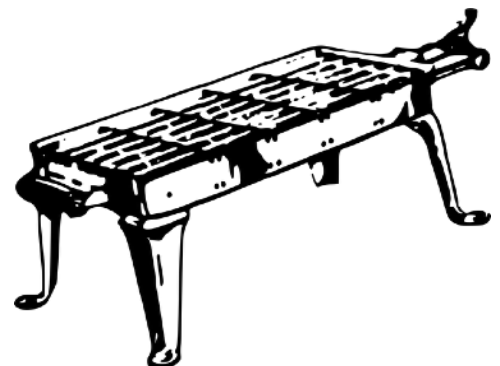
Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame turn off both the gas tank and the grill!

If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. If you smell gas while cooking, immediately get away from the grill and call the fire department! Do not move the grill. If the flame goes out, turn the grill and gas off and wait at least 5 minutes before re-lighting it.

Here are some interesting facts about grilling....

- July is the peak month for grill fires!
- Roughly half of the injuries involving grills are thermal burns!

By Ernest Grant, RN, MSN, FAAN



Sign up now for Teen Adventure Weekend!

The next Aftercare event is specifically for teenagers! Burn survivors age 13-18, who have not yet graduated high school are invited to join us for Teen Adventure Weekend! This year the adventure heads to a new location: Camp Caraway in Sophia, NC. Space is limited, so please contact Michele right away if you are interested in attending!



***If you would like to be added to the digital newsletter listserv,
please email Michele Barr. Her contact is found below!***

Anita Fields - Program Manager

Phone : 984-974-1625.

Email: afields@med.unc.edu

Shirley Massey - Adult Aftercare Coordinator

Phone: 984-974-0218 Email:

shirley.massey@unchealth.unc.edu

Michele Barr - Pediatric Aftercare Coordinator

Phone: 919-962-8427

Email: michele.barr@unchealth.unc.edu

Maria Albani - Aftercare Executive Assistant

Phone: 984-974-1623

Email: maria_albani@med.unc.edu

UPCOMING EVENTS

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

Adult Reunion- Nov.10, 2018

The Friday Center, Chapel Hill, NC

Call (919) 962-8427 for more information!