

BURNS

Teen Parent Peer Counselor Training
Enhanced Well Child Care

Why Burns Hurt Children

Two of the PURPOSES of the SKIN are: 1. To KEEP OUT BACTERIA and infection

- 2. To PREVENT FLUID LOSS from the body
- Serious burns kill by:
 - Permitting bacteria to enter the body (causing infection)
 - Permitting fluid and electrolytes to escape from the body (Notice how any wound with the skin injured weeps much fluid).
- Serious burns are either:
 - Very large, or
 - Very deep (third degree), or
 - Both large and deep.

Emergency Treatment

- Cool the burn immediately with clean, cold water if available (but only if it has been less than 1/2 hour since the burn happened).
- Send very large, severe burns directly to the hospital without doing anything further. Severely burned patients lose much fluid and plasma protein into the burn area from the rest of the body. They need IV fluids
- Clean small dirty burns (present for over 1/2 hour) very gently with aqueous chlorhexidine 0.05% or soap and boiled water.

First Degree Burns

- **First Degree Burns**
- If the skin is only reddened and painful but not blistered, and the patient can easily feel you touch it lightly, it is a first degree burn (only the surface is burned). It will get well without difficulty.
- **Treatment**
- Give acetaminophen 500 mg QID (adult) for pain. First degree burns are often caused by touching something hot very quickly or by wasting **hot** water on the skin. They do not require treatment to heal.

Second Degree Burns: Blisters

- If the skin is blistered, the burn is second degree (skin burned part-way through).
- Second degree burns are often caused by **wasting boiling** or **very hot water** on the skin

Treatment for Second Degree Burn

- Remove broken blisters immediately, but **leave unbroken blisters untouched** until they break by themselves.
- The skin heals better under unbroken blisters than it does under bandages.
- If more than one fourth of a body part is burned or on the face, must go to hospital or clinic.
- Only treat small second degree burns at home.

Bandage and ointment for second degree burns

- For raw areas where blisters have been removed, apply clean bandages loosely
- Change every day
- Apply burn ointment to the burn with every dressing change (sulfadiazine silver 1% is best, or use bacitracin-neomycin ointment nitrofurazone ointment). Gentian violet also works.
- Unbroken blisters do not need ointment
- If fever or red skin develops around burn, go to hospital

Third Degree Burns

- Deep, appear white and may not be painful because the skin nerves have been destroyed.
- Hospital treatment is needed
- Will leave bad scars
- Need skin grafts

Prevent Burns

- Make kitchen and cooking area safe from crawling or walking/running children
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- Don't cook holding infant in front...always put infant on the back when cooking or serving hot food.

Prevent Burns

- Don't drink hot fluids while holding infant
- Store hot water in a large thermos with lid or place in covered pot on a shelf where children can't touch it.
- Keep children away from hot exhaust pipes in cars and trucks that have just had motor turned off or motor is still running.
- Don't let children near fires or matches