

The BurnNet

November 2017, Volume 36, No. 11



OUR GROUP MEETING

Thursday, **November 2**, 7:30-9:30pm
*SECOND Tuesday due to schedule conflicts

The Burn Recovery Support Group is a monthly meeting where survivors, families burn and significant others, discuss issues and raise questions related to their injury. For more info, call (916) 734-5596.
Tower DCR North 1204 – First floor, near West Entrance

THANKSGIVING COOKING SAFETY

As you plan your Thanksgiving menu don't forget about fire safety.

Did you know Thanksgiving is the peak day for home cooking fires? The number of home fires double on Thanksgiving. So, let's add a pinch of fire safety to the menu. Keep these safety tips in mind as you prepare your meal.



Turkey:

If you're roasting your turkey, make sure you set a timer. This way, you won't forget about the bird as you watch the parade or a football game.

If you're frying your turkey:

- Use a fryer with thermostat controls. This will ensure the oil does not become over heated.
- Thaw your turkey completely. Ice on the bird will cause the oil to splatter.
- Don't overfill the pot with oil. If you do, the oil will overflow when you add the turkey causing a fire hazard.
- Keep children and pets at least three feet away from the fryer.
- Also, always use the fryer outdoors.

Stuffing and Potatoes:

Stand by your stove when you're boiling your potatoes or frying onions for stuffing. It is best to stay in the kitchen when you're frying, boiling or broiling. If you're in the kitchen, it is easier to catch spills or hazardous conditions before they become a fire.

Vegetables:

- Keep the area around the stove clear of packaging, paper towels, and dish cloths; anything that can burn.
- Be sure to clean up any spills as they happen.
- Be prepared. Keep a large pan lid or baking sheet handy in case you need to smother a pan fire.
- Turn pot handles towards the back of the stove so you don't bump them.

By following these safety tips, you will have a delicious and fire safe Thanksgiving. Let the firefighters have dinner with their families, not yours.

Get more information at www.nfpa.org/Public-Education/By-topic/Seasonal-fires/Thanksgiving-safety



ARE YOU RECEIVING THE BURNNET VIA E-MAIL?

Would you like to be on the mailing list to receive The BurnNet every month?

Email Deb Jones RN at debjones@ucdavis.edu

You can also find The BurnNet Newsletter at our website:

www.ucdmc.ucdavis.edu/burncenter/newsletter/index.html

UPCOMING EVENTS



NOVEMBER 18 4th ALARM CHILI COOK-OFF

6:00PM-10:00PM California Auto Museum, 2200 Front Street, Sacramento

Chili tasting, beer tasting, raffle, silent auction, live music and much more! Interested in sponsoring or joining the competition? Contact the FFBI at staff@ffburn.org or 916-739-8525.



PRINCESS CRUISES
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SAVE THE DATE! MARCH 22-26, 2018 BURN COMMUNITY CRUISE!

4 Night Cruise to Santa Barbara and Ensenada. A limited number of scholarships are available to burn survivors, based on need. Interior \$344/Oceanview \$414 per person/double occupancy. Contact Rachel at FFBI or book your cruise with Joshua at Cordially Your Travel (916) 838-3960.

OTHER SUPPORT OPTIONS

Peer Support Chat on Facebook

If you need technical support or can't connect, you can reach a live Phoenix Society staff member on Wednesday night from 6:00PM - 7:30PM (PST). Click [here](#) for a list of numbers by country.

How do I join?

Click [here](#) for the Peer Support Chat Group. Between 9:00 PM - 10:30 PM (EST), you will be able to request to join the group. The group is "closed," which means all members must be approved by Chat Moderators.

For any questions please do not hesitate to contact nicole@phoenix-society.org



PHOENIX SOCIETY ONLINE LEARNING

Burn survivors and their families are able to participate in free online learning courses designed to empower, with the tools to handle questions, stress and social situations after a burn injury! Phoenix Society's Online Learning is a web-based program developed by burn survivors, family members, and burn care professionals. Enroll now at the following link:

www.phoenix-society.org/community/stayconnected/online-learning-community/

QUOTE

When everything feels like an uphill struggle, just think of the view from the top. ~Author Unknown



TRAUMATIC STRESS

Traumatic stress is a normal reaction to a traumatic event such as a natural disaster, motor vehicle accident, plane crash, shooting, or burn injury. Such events are extraordinarily stressful—not just for survivors, but also witnesses and family. Usually, the thoughts and feelings of traumatic stress fade as life starts to return to normal over time following the event. Normal emotional responses to traumatic events include:

- Disbelief – you may have a hard time accepting the reality of what happened
- Fear – that the same thing will happen again, or that you'll lose control or break down
- Sadness – particularly if people you know died
- Helplessness – the accident may leave you feeling vulnerable and helpless
- Guilt – that you survived when others died, or that you could have done more to help
- Anger – you may be angry at God or others you feel are responsible
- Shame – especially over feelings or fears you can't control
- Relief – you may feel relieved thinking the worst is over, and even hopeful that your life will return to normal

It is important to know what there are often physical symptoms of traumatic stress as well. They might include:

- Trembling or shaking
- Pounding heart
- Rapid breathing
- Lump in throat; feeling choked up
- Stomach tightening or churning
- Feeling dizzy or faint
- Cold sweats
- Racing thoughts

While these are all normal responses to a traumatic event, if the symptoms don't ease up after a month or so, you may be experiencing Post-Traumatic Stress Disorder (PTSD).

There are various things a survivor can do to help relieve traumatic stress, and whichever method you choose, keep the following in mind:

- People react in different ways to traumatic events. There is no "right" or "wrong" way to respond. Don't tell yourself (or anyone else) what you should be thinking, feeling, or doing.
- Avoid obsessively reliving the traumatic event. Repetitious thinking or viewing horrific images over and over can overwhelm you, making it harder to think clearly.
- Ignoring your feelings will slow recovery. It may seem better in the moment to avoid experiencing your emotions, but they exist whether you are paying attention to them or not.
- Whether you or family were injured, you were still impacted by the traumatic event. It's normal to feel anxious, scared, and uncertain about what the future may hold. These reactions can come and go in waves. There may be times when you feel jumpy and anxious, and other times when you feel disconnected and numb.

Resources and references

- Understanding Post-Traumatic Stress Disorder , Jeannie Singleton, MSW, LSW
<https://www.phoenix-society.org/resources/entry/understanding-post-traumatic-stress-disorder>
- PTSD: National Center for PTSD
<https://www.ptsd.va.gov/public/treatment/therapy-med/treatment-ptsd.asp>
- Dealing with the Effects of Trauma—A Self-Help Guide
<https://store.samhsa.gov/shin/content/SMA-3717/SMA-3717.pdf>
- Allen, J. (2005). *Coping With Trauma: Hope Through Understanding*, 2nd ed. Washington, DC: American Psychiatric Press.
- Cori, Jasmin Lee, MS, LPC (2008). *Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life*. De Capo Press (A Division of Perseus Books)
- Ehlers, A. (2013). *Trauma-focused cognitive behavior therapy for posttraumatic stress disorder and acute stress disorder*. In Simos, G., & Hofmann, S. G. (eds). *CBT for anxiety disorders: A practitioner book*. New York: Wiley.
- van der Kolk, B.A., McFarlane, A.C., and Weisarth, L.(Eds.) (1996). *Traumatic Stress: The Effects of Overwhelming Experiences on Mind, Body, and Society*. New York: Guilford Press.
- Vermilyea, E.G. (2000). *Growing Beyond Survival: A Self-Help Toolkit for Managing Traumatic Stress*. Baltimore, MD: Sidran Institute Press.

GET SMART ABOUT ANTIBIOTICS WEEK -- 2017 U.S. Antibiotic Awareness Week is November 13-19.



Antibiotic resistance is a growing problem, both in the United States and around the world.

According to the U.S. Centers for Disease Control and Prevention, an estimated 700,000 people around the world die each year from drug-resistant strains of common bacterial infections. That figure includes 200,000 newborns who die from infections that don't respond to antibiotic treatment.

Knowing how to use antibiotics safely and appropriately empowers everyone to be a part of the solution to preserve the life-saving power of antibiotics, said Larissa May, associate professor of emergency medicine at UC Davis Medical Center and a national expert on antibiotic stewardship.

"Every time a person takes antibiotics, sensitive bacteria are killed, but resistant ones may be left to grow and multiply," she said. "One out of five visits to emergency departments nationwide for adverse drug events are caused by complications from antibiotic use, especially among children under 18 years of age. Antibiotic resistance in children is of particular concern because they have the highest rates of antibiotic use and often have fewer antibiotic choices since some antibiotics cannot be safely given to children."

DO:

- Ask your physician how you can feel better and get relief from symptoms without using antibiotics. Sometimes the best treatment may be relieving symptoms, not an antibiotic.
- Follow your physician's instructions on how to take the antibiotic.
- Safely discard any leftover medication. The U.S. Food and Drug Administration offers tips on safe medication disposal, and the Drug Enforcement Administration identifies medication collection sites by zip code.
- Ask your physician about vaccines recommended for you and your family. Vaccines are an effective way to prevent infections that may require an antibiotic. Vaccines are also an important way to keep diseases from spreading.

DON'T:

- Take an antibiotic for a viral infection like a cold or the flu. Antibiotics do NOT cure viral infections.
- Pressure your physician to prescribe an antibiotic.
- Skip doses or stop taking an antibiotic early, even if you no longer feel sick, unless your physician tells you to do so.
- Save antibiotics for the next time you become sick and do not take antibiotics prescribed for someone else. Taking the wrong medicine may delay correct treatment, allow bacteria to multiply, and cause unwanted or severe side effects.

More information can be found at www.cdc.gov/getsmart/week/index.html



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