

THE CBSC

newsletter

FALL 2019



Welcome

Welcome to our fourth newsletter. The Canadian Burns Survivors Community (CBSC) is a community of burn survivors, firefighters, burn unit staff member and advisors who have come together to offer support and education to any person or people that have been affected by the trauma of burns. We have been working since 2007 to offer support to burn survivors and family members of

survivors in a variety of ways. Our main work is to ensure that biennial conferences for burn survivors take place across the country; we select the host groups and help with the planning and execution of the conferences. We also maintain a website that is often used by Canadians who have experienced burns to help them get connected in their own communities to local organizations or survivors.

CBSC Awards Program – Open for Nominations

Peer Support Award

- To recognize a person(s) and or group who have gone above and beyond with supporting of other burn survivors and their family members.
- Target - Burn Survivors and family members of burn survivors.

Burn Care Award

- To recognize person(s) in the health care sector staff who have gone above and beyond with support of burn survivors and their family members.
- Target - Doctors, Nurses, Occupational Therapists and Physio Therapists.

Fire Fighters and Builders Award

- To recognize person(s) in the Firefighters and Builders sector staff who have gone above and beyond with support of burn survivors and their family members.
- Target - Firefighters, Builders from public and private sector.

Nomination Process for All Awards

- CBSC members – will nominate an individual or group – closing date December 31 prior to each conference the following year. (i.e. December 31, 2019 for 2020 conference).
- Board executive will review and determine the winners during a conference call in the spring. to be announced at the next Burn Conference.
- Winners will be advised by the CBSC Board in writing and asked to keep it confidential until announced at the conference.
- Winner to be given an engraved plaque.
- Winner of each award to have their registration fees covered for the next conference.

Nomination Forms are available on the Canadian Burn Survivors Website. Please forward your nominations and why you feel they are deserving of recognition by our CBSC Board to Michael Cook prior to December 31, 2019 via email to: michaeldcook@shaw.ca

Manitoba Burn Camp

Camp Phoenix started July 9th with a welcoming BBQ at Number 1 Fire Station in Winnipeg for the kids and their parents when they arrived for registration. The kids enjoyed the music, going up in the ladder tower basket, handling a hose line, face painting, going through one of our Fire Safety Trailers, and generally mixing with others.

They and their parents enjoyed an endless BBQ of hot dogs and hamburgers, chips, and drinks. Some were repeat campers, and, as usual, some were with us for the first time.

At noon, everyone got onto the bus for the trip to Camp. An hour and a half later they were at the Variety Club Campsite at Lake Brereton in the Whiteshell Provincial Park.

The kids were assigned to cabins according to age and received a camp orientation. Camp activities consisted of swimming, crafts, basketball, archery, overnight campout for the older children, campfire marshmallows, movie night, and the like.

On July 12th, it was time to head for home, and this time, the ride was quiet as they were understandably tucked out from camp.

As a footnote, many of our children come from remote communities, and they are accompanied to Winnipeg by their parents who stay behind while the children are at Camp. We make arrangements with a local hotel and put the parents while the children are at Camp.

Camp Video link below is on Facebook: <https://www.facebook.com/MomentaExperience/videos/432380404022379/>
Submitted by Martin Johnson, Chairman of the Firefighters' Burn Fund of Manitoba



A Background on Thermal Burns

By: Khalad Maliyar, Medical Student at the University of Toronto.

The skin is our chief interface with the external environment. Humans have made greater strides in technological advances by creating clothing, shelter, and cooling devices to allow them to be exposed to different environmental extremes. However, despite our humanmade achievements, we are still at risk for heat-related skin diseases such as thermal burns.

Burns affect 2 million people each year in the United States, culminating in 60,000 hospitalizations and 6000 deaths, half of which occur in children. Men are twice as likely to be burned compared to women. In children, the major contributions to burns are due to scalds whereas in adults, the primary source of burns is due to flames. There are other sources including chemical, radiation (ultraviolet, medical/therapeutic), and electrical. Recent medical advances have improved the survival rate of burns in children. In the 1940s, children with burns affecting 50% body surface area (BSA) had a mortality rate of 50%, whereas today, children with the same BSA have a mortality rate of 10%.

To understand the clinical features of each type of burn, and the mechanism of how burns occur, it is first important to appreciate the function of each layer of the skin. The most outer layer, the epidermis, provides a waterproof barrier to the skin, and it contains cells that produce the pigment of our skin. It does not contain any blood vessels. The layer beneath the epidermis, called the dermis, contains tough, resistant connective tissue that provides structure to the skin, hair follicles, and sweat glands. It also contains many capillaries that will supply the nutrients to the cells of this layer and the more superficial epidermis. The deepest layer, known as the hypodermis, is primarily composed of fat cells, larger blood vessels, nerves, and connective tissue. Beneath the hypodermis is when you will have both muscle and bone.

There are many skin specific findings associated with burns. These features are summarized in the table below. These features can vary depending on the depth of the burn to the skin. Healthcare providers

Clinical Features of Thermal Burns			
Nomenclature	Type	Depth	Clinical Features
Superficial	First Degree	Epidermis only	Painful, sensation is maintained, tenderness, redness, no blistering, heals without scars
Superficial-Partial Thickness	Second Degree – Superficial	Epidermis and superficial dermis	Severe pain, sensation is maintained, tenderness, blisters with clear fluid, blanchable, redness, hair follicles present, heals in 10-21 days with mild but varying degrees of scarring
Deep-Partial Thickness	Second Degree – Deep	Epidermis, superficial dermis and most of the deep dermis	Intense pain but loss of sensation, deep red to pale in colour, does not blanch, some hair follicles are still present, softer than a full thickness burn, blisters with clear fluid, and thickened/wide scar (hypertrophic)
Full Thickness	Third/Fourth Degree	Epidermis, both dermal layers, and underlying tissue including fat, bone, and muscle.	Loss of sensation, dry, hard leathery tissue that is black, grey, white, or cherry red in colour, does not blanch, hairs are not present, and significant scarring

Mamingwey Burn Survivor Conference

have a classification of burns as first degree (most superficial; limited to the epidermis), second degree (partial thickness burn – with both superficial and deep variants), and third/fourth degree (full thickness burn).

So, what happens when the skin is burned? Thermal burns occur when skin is unsheltered amongst infrared radiation (from 800 to 170,00 nanometres) of an external heat source with a temperature greater than 44°C. The tissue of the most outer layer of the skin (epidermis) will die through a process called necrosis in 45 minutes when exposed to heat at 47°C but will die in 1 second when exposed to heat at 70°C.

Understanding the mechanisms of how the necrosis can take place, will help healthcare providers in managing burns. Burn injuries cause a local response to the skin. There are three zones of the burn site, that are important to understand and recognize. Described here are the three zones of the burn site in ascending order of severity and depth.

- **Zone of coagulation:** this is the innermost area of the burn and is the point of maximal damage. There is no blood flow to this tissue, causing irreversible cell damage, and cellular death (necrosis).
- **Zone of stasis:** this is the surrounding zone that is described as having decreased blood flow to the skin. The tissue is potentially salvageable if treated properly within 24-48 hours. The goal of avoiding cell necrosis, is by increasing blood flow to this area, making the area moist, and removing the chance of infection.
- **Zone of hyperaemia:** this is the outermost zone. The blood vessels in this area are intact and vasodilate or widen to increase the blood flow to the area. The cells in this area are viable and will recover within 7 days.



“Awakening the Warrior Within”

October 19 - 20, 2019

Canad Inns Polo Park Hotel

1405 St. Matthews Ave, Winnipeg, MB

*All those affected by
a burn injury are welcome*

**TO REGISTER OR FOR
MORE INFORMATION GO TO:
www.mamingwey.ca**

EMAIL: ashleyjdwilson@hotmail.com

PHONE: (204) 298-1379

Next CBSC Conference – Vancouver, BC 2020

Registration is now open for the **Blue Skies 2020 Canadian Burn Survivor Conference!**

As you may know in May of 2020, burn survivors, first responders, and medical professionals will come together for the Blue Skies 2020 Canadian Burn Survivors Conference, hosted by the BC Professional Fire Fighters' Burn Fund. We are reaching out as we need your help to get the word out.

This is the first time that the Canadian Burn Survivors Conference will be hosted in Vancouver and we look forward to welcoming guests from across Canada and the US. These guests include the full spectrum of the burn survivor community, from those who have survived burn trauma to the first responders and medical community whose dedication and specialization helped them survive and thrive.

Mental health is the focus of the conference, with the goal of improving the wellbeing journeys of both burn survivors and those who contribute to their critical care.

We invite you to register today at an early bird rate of \$325 per person.

Hope to see you in Vancouver next May!



LOCATION:

Pinnacle Harbourfront—To book your room at a discounted rate online, please use the link:
bit.ly/burnsurvivors2020

(Group rate also in effect up to three days before and after the conference.)

PINNACLE HOTEL
HARBOURFRONT

REGISTRATION:

Before February 20, 2020: \$325 per person

After February 21, 2020: \$375 per person

On-Site Registration: \$375 per person

Optional Day Rate: \$145 per person

Calendar of Future Events – September to December 2019

September 20-22, 2019 – Camp BUCKO Family Camp – McArthur Mills, ON

October 2-5, 2019 – World Burn Congress – Anaheim, CA, USA.

October 19-20, 2019 – Mamingwey Burn Survivor Conference – Winnipeg, MB



Newsletter Submissions

Please submit any submissions for our quarterly newsletter to Michael and Sandy Cook: michaeldcook@shaw.ca