

THE CBSC

newsletter

SUMMER 2019



Welcome

Welcome to our third 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.

Congratulations – Jim Fisher Calgary Firefighters Burn Treatment Society

The Calgary Firefighters Burn Treatment Society would like to congratulate their own president, Jim Fisher, on his recent appointment as the International Association of Firefighters Burn Coordinator for the 6th District.

Jim, a lieutenant with the Calgary Fire Department, has been involved with the Calgary Firefighters Burn Treatment Society for 16 years and has spent the last three years as the president of the society. Jim has been involved in many initiatives with the CFBTS and has been a huge supporter of the Alberta Fire Fighters Burn Camp over the years. He will remain on as president of the CFBTS while representing the Western Canadian burn community on behalf of the IAFF.

Congratulations Jim and all the best in your new expanded role.



Camp Bucko – Update



Greetings from Camp BUCKO!!!!

We are very proud to announce our first ever Camp BUCKO Family Day in the City during the March Break at the Toronto Fire and EMS Training Centre.

The day was a tremendous success with approximately 100 attendees. Families were able to participate in all sorts of fun activities such as button making, corn hole, mini basketball, giant Jenga and face painting, just to name a few.

We also launched a parent panel and information session that received great feedback from all of the parents who attended. Mix that in with lunch, a photobooth, an indoor campfire with skits, a sing-along as well as a live and interactive DJ who spun tunes and had dance lessons it all adds up to a pretty incredible day.

Thanks to everyone who showed up to make our first Camp BUCKO Family Day in the City such a success.... special thanks to our wonderful volunteers.

We hope to see everyone - including many more new families next year!!!!

Upcoming Events:

Camp BUCKO 2019: August 11th to August 17th, 2019.

Camp BUCKO Family Camp 2019: September 20th to September 22nd, 2019.

Please visit our website at, www.campbucko.ca for more information.

Go for the Burn Run Winnipeg, Manitoba – April 27, 2019

The Mamingwey Burn Survivor Society held their 5th annual Go for the Burn Run in Winnipeg, Manitoba on April 28th. This event is a charity Run and features timed 10K and 5K runs as well as a 3K youth run and 3K walk.

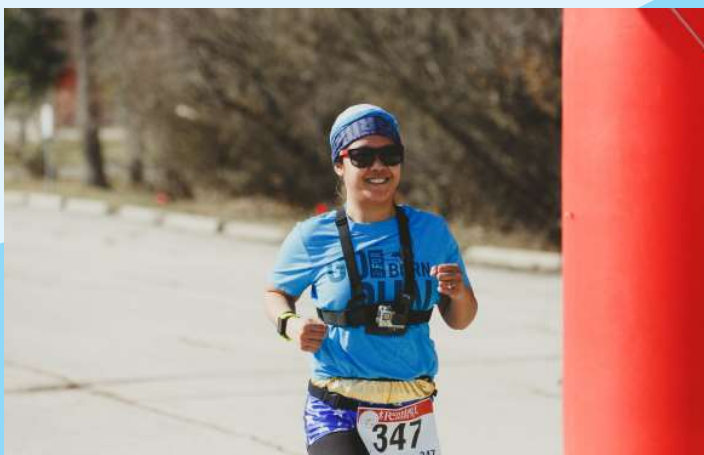


This year's event had the perfect running weather, just a little chilly. We had 275 participants and 70 volunteers who made the day a great success. Each 10K and 5K participant received custom-made medals for crossing the finish line that were given to them by a Winnipeg Fire Fighter. Our own committee member John Hart wheeled the 5k in his chair and we had survivors participate in all distances.

Everyone enjoyed a hot breakfast and there were placement awards after the race. The event received some media attention from a talk radio show CJOB and as well as survivors were interviewed for a TV segment on Global Winnipeg. This event is family orientated. The greatest part of the morning was seeing how everyone in the community can come together to share a day; competitive runners look to a survivor with great respect and admiration for completing in something that presents a unique set of challenges for them. I feel as burn survivors we have tenacity and it shows in a sport like this!

Our goal is to raise \$10,000 and all proceeds go to support the work of the Mamingwey Burn Survivor Society, including their annual conference for burn survivors each autumn. Our sponsors for the Run included Red River

Mutual, South Beach Casino, Ness Physiotherapy and Sports Injury Clinic, Culligan Water, Running Room, Manitoba Running Association, Athletics Manitoba and Athletics Canada.



If any other Burn support organizations in Canada are interested in getting involved in starting a charity event like this, please contact Ashley Wilson, committee member of the Mamingwey Burn Survivor Society.

The 2019 37th Annual Bowlarama For Burn Care - Update



The 2019 Annual Bowlarama For Burn Care Was
Another Success!

For the last 37 years firefighters from across Nova Scotia along with burn survivors, emergency care workers, and members of the corporate community have been coming together once a year to participate in this annual event raising funds for the NSFFBTS in support of survivors of burn injuries. The 2019 event was another big success raising well over \$38,000! Over the years many of the participating Fire Departments have brought large donations to the event and this year was no exception with

the Enfield Fire group once again making a huge contribution. We have also received many donations from Fire Departments not participating in the event. We want to take this opportunity to send a huge "Thank You" to everyone who contributed to make this another successful event. It is because of you that we are able to continue supporting burn survivors and burn units in this province.



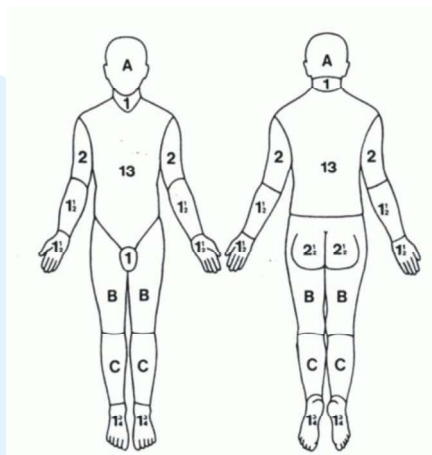
A Background on Burn Severity, Evaluation, and Treatment

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

The severity of burn injuries is dictated on the depth of burn and the body surface area (BSA) involved. In adults with first degree, patchy burns, BSA is estimated by the surface area covered by the patient's palm (fingers closed); representing approximately 1% BSA. In adults with second- or third-degree burns, BSA is estimated using the 'rule of nines' in the table below. This rule cannot be applied to infants and children as they have a relatively higher head:trunk surface area ratio. In infants and children, a more accurate assessment of BSA involvement is done by using a Lund-Browder diagram shown below.

Rule of Nines:

Body Part	Percentage
Anterior trunk (front of the body)	18
Posterior trunk (back of the body)	18
Leg (including the feet)	18
Arm (including the hand)	9
Head and neck	9
Genitalia	1



Lund-Browder Diagram

Area	Age 0	Age 1	Age 5	Age 10	Age 15	Adult
A = $\frac{1}{2}$ hand area	9 $\frac{1}{2}$	8 $\frac{1}{2}$	6 $\frac{1}{2}$	5 $\frac{1}{2}$	4 $\frac{1}{2}$	3 $\frac{1}{2}$
B = $\frac{1}{2}$ thigh area	2 $\frac{3}{4}$	3 $\frac{1}{4}$	4 $\frac{1}{4}$	4 $\frac{1}{4}$	4 $\frac{1}{2}$	4 $\frac{3}{4}$
C = $\frac{1}{2}$ leg area	2 $\frac{1}{2}$	2 $\frac{1}{2}$	3	3	3 $\frac{1}{4}$	3 $\frac{1}{2}$

When examining the patient with thermal burns, the initial evaluation should include an assessment of the airway and circulatory status, as inhalation injuries are very common in patients with burns. Moreover, a cardiovascular assessment should be performed to look for signs of hypovolemic shock. Urine output should also be examined, as profound loss of fluids and muscle breakdown (also known as rhabdomyolysis) can cause renal damage and impair renal function. Physicians should also assess any other potential injuries such as bone fractures.

An understanding of the skin and its function can help guide the management plan of patients with thermal burns. One of the primary functions of the skin is to control the body's internal temperature through a process called thermoregulation. The consequence of burn is that the skin's ability to control the amount of heat that is dissipated is affected. Managing the burn should begin with a cool compress to reduce heat loss. At this point, patients should be provided with comfort to control the pain. They can be provided with either topical creams (used for pain control, and to keep the skin moist) and/or oral NSAIDs (non-steroidal anti-inflammatory drugs; for pain control). The skin also functions to control the amount of fluid loss through different mechanisms such as sweating. The consequence of burn is that a great deal of fluid and proteins is expelled from the skin and other body tissues. Patients will require adequate intravenous fluid resuscitation to prevent shock. The skin should then be cleaned gently to remove any foreign material. Moreover, one of the other functions of the skin is to act as a mechanical barrier to invasions of different microbes and pathogens. A burn injury leaves the skin exposed to different bacteria and make the individual at high risk of infections. To prevent infection, a proper wound healing environment should be made using different topical antimicrobial dressings (e.g., silver nitrate, Nanocrystalline silver-coated dressing, Silver sulfadiazine, etc.) A tetanus prophylaxis shot should also be provided if the patient has never received one before, to prevent infection.

In deep secondary degree burns and third degree/full thickness burns, it is important to remove dead tissue to prevent further infection. This is done through surgical debridement of the necrotic tissue. Patients may also require skin grafts depending on how deep the wound becomes and if other dressings fail to close the wound site. Finally, it is important to minimize the chances of developing a wound contracture. This is a process that can occur during the wound healing process, that leads to a deformity of skin constriction and functional limitations. To prevent these deformities, patients should wear splints on the joint to keep it in a stretched position and should engage in range of motion exercises to keep the muscles and joints of the burned limb flexible.





Face Equality International:

Face Equality International is the global umbrella organization and is an alliance of non-governmental organizations, charities, and support groups who work at national, regional or international levels to promote the campaign for 'face equality'. They have declared May 17 to 25 to be International Face Equality Week! On Thursday, May 23, three Canadian organizations will participate in a global initiative to support people with a facial difference. AboutFace in Toronto, the BC Professional Firefighters' Burn Fund in Vancouver, and the Mamingwey Burn Survivor Society will each host an event that day from 5:30 to 7:30pm with the intent to:

- Raise awareness of the issue of facial discrimination
- highlight the experiences and stories of people with facial differences
- identify changes that can lead to societal inclusivity

Please look for more information on social media using the hashtag **#FaceEquality2019**

If you would like to attend one of these events or for more information, please email;

Barbara-Anne Hodge - **b_a_hodge@icloud.com**

Danielle Griffen - **danielle@aboutface.ca**

Heather Beveridge - **heather@burnfund.org**

or visit one of the websites as listed.

AboutFace - **www.aboutface.ca**

BC Professional Firefighters' Burn Fund - **www.burnfund.org**

Mamingwey Burn Survivor Society - **<http://www.burnfundmb.ca/mamingwey/>**

Next CBSC Conference – Vancouver, BC 2020

Mark your calendars May 20 to 23, 2020 for our next conference at the Pinnacle Hotel Harbourfront in Vancouver, BC as hosted by the BC Professional Firefighters Burn Fund. More details to follow as they are available.



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 – May to September 2019

May 23, 2019 - Face Equality International Receptions - see page 7 for details

July 21-26, 2019 - BC Professional Firefighters Burn Fund - Young Survivor Burn Camp

August 11-17, 2019 - Camp BUCKO - Ontario Youth Burn Camp

August 11-16, 2019 - Nova Scotia Burn Treatment Society - Camp Connect

August 18-25, 2019 - Cape Breton Firefighters Burn Care Society - Atlantic Burn Camp

September 20-22, 2019 - Camp BUCKO Family Camp

Featured Burn Organizations

Who Are We and What We Do

Each year Nova Scotia Firefighters receive thousands of emergency calls. Fire fighters respond to the problem as quickly as possible. But the commitment and dedication to the injured does not end when the emergency is under control and trucks are back in the station.

The Nova Scotia Fire Fighter's Burn Treatment Society was started in 1982 by three Halifax firefighters who wanted to contribute personally to the fight against burns. Rallying fellow firefighters, by 1983 they were able to incorporate the Society to further burn prevention education and to raise funds to assist in the provision of modern burn treatment.



Every year the Society, with the help and participation of firefighters throughout Nova Scotia, holds special fund-raising events. For over 35 years the annual Bowl-A-Thon for Burn Care, where firefighters, burn care nurses, burn support groups and their families travel to Halifax for a fun day of bowling, is just one of the larger events hosted by the Society. The proceeds from these events are primarily used to fulfill special requests from the QE2 Hospital and the Izaak Walton Killam Hospital For Children - the two burn treatment centres in Nova Scotia and, to operate a week long summer camp (Camp Connect) for burn survivors of all ages.

As well, the Society is involved with the Nova Scotia Burn Support Group. This volunteer organization is comprised of burn survivors who come together to share experiences and to discuss how to cope with the physical and emotional needs resulting from burn injuries.

The Road to Recovery

Approximately 60 adults and 40 children are treated annually at the province's two burn treatment centres. In these cases, burns cover anywhere from 5 to 100 percent of the body. Teams of doctors, nurses, physiotherapists, occupational therapists, and support staff work around the clock to help the patients recover. Specialized, highly technological equipment is also needed. The equipment is expensive and funding is limited.

Since its founding, the Nova Scotia Fire Fighters' Burn Treatment Society has purchased much needed equipment for the hospitals' burn treatment centres.

In 1988, the only skin bank facility in Atlantic Canada was installed at the Victoria General Hospital (QE2) with the Society's assistance. The unit has progressed to become the Multi-Organ Transplant Center, the only one east of Montreal in Canada. The initial cost of this unit was \$55,000. The skin bank enables the hospital to store donors' skin, which is then used to cover burn victims' exposed areas. The grafted skin assists the body's healing process by covering the burned areas to protect them from infection.

Other equipment purchased by the Nova Scotia Firefighters' Burn Treatment Society includes Clinitron beds, which aid in the healing of skin graft surgery and makes the patient as comfortable as possible, heart monitors, and a computer to assist occupational therapists design special pressure sensitive bandages to cover burned limbs. Where financial aid is an issue, the Society has also assisted many families with post hospital specialized bandage costs.

Reaching Out

The Nova Scotia Firefighters' Burn Treatment Society's motto is "Taking Pride In Helping Others". However, the Society also needs help - your help.

The Society cannot continue to fulfil its goals without the financial support of the community. As well as sponsoring fund-raising events, you can make donations by contacting your local fire department or the Nova Scotia Firefighters' Burn Treatment Society.

Organ donation is another important way you can help. Facilities such as the skin bank are able to operate only with donations. Like other body organs, skin can be donated. Think about it. Discuss it with your family

If you wish to make a donation, remember to fill out the organ donor card and specify your request for skin donation on your driver's license.

Camp Connect

The Nova Scotia Fire Fighters Burn Treatment Society, influenced by the QEII and the IWK burn units, established a summer camp where adult and child survivors of burns could come together. The first such camp in Atlantic Canada and the only one of its kind in North America where adult and child survivors attend together. Started in 1998, the camp has grown and become a great success.

The primary purpose of the camp is to provide an opportunity for burn survivors of all ages to come together in a relaxed atmosphere and enjoy all the fun that a summer camp can provide. It's also an opportunity for the campers, if they wish, to join in discussions about being a burn survivor. In the effort to make survivors feel relaxed and comfortable at camp, if they feel the need to, we also allow them to bring a guest.

Our camp is unique in that it offers programs for all ages, as well as an opportunity for children and adults to interact and share experiences. But mostly, camp is about having fun!





In 2002 a contest was held among campers to name the camp. Our campers did not want the name to be a constant reminder and reflection of their burn injuries both to themselves, and the public who may see the name. A very daring and unique stance for such a group. Instead they chose a name that reflects what they felt was the purpose of the camp. Today it is known as Camp Connect and is held annually in August at the Scotian Glen Camp site near New Glasgow, Nova Scotia.

Our camp is staffed entirely by volunteers including NSFFBTS Directors, fire fighters and paramedics from all over Nova Scotia, hospital staff from our local hospitals, and, of course, the Scotian Glen Camp staff. Incidentally, several of our Camp Counsellors were, at one time, Camp Connect campers themselves! They recognized the value of the camp as campers and have chosen to continue their journey as Counsellors to assist and guide newcomers.

Camp Connect is a member of both the International Association of Burn Camps and the Camping Association of Nova Scotia and Prince Edward Island.

Peer Support Group

The Nova Scotia Burn Support Group (NSBSG) was formed in 1986 with the first meeting being held October 25th of the same year. The main goals of the Group are to provide support to burn victims as well as their family and friends during their stay in the hospital as well as after discharge, with the aim of reintegrating the survivor into society as soon as possible. This goal is accomplished by various efforts of the group.

The Nova Scotia Burn Support Group ensures that all patients and their families at the QEII Health Sciences Centre and the children's hospitals have the opportunity to receive a visit by a member of the group. If the patient or family does not wish to see anyone during their stay at the hospital, they are given a business card containing a contact name and phone number, so they may contact a group member at their convenience.

These meetings consist of open discussions, guest speakers and workshops. The meetings give everyone an opportunity to learn more about burns, to ask questions, and to exchange their own personal stories and feelings. In the past, members have participated in the following:

1. CBC Inquiry: "Beneath the Scars"
2. Dartmouth Cable: "Women are Special"

3. CBC Radio: various interviews
4. Local Newspapers: various articles

Members of the group have travelled to various parts of the province, attending seminars, giving presentations, and creating a great awareness of the Nova Scotia Burn Support Group. The group is also an

The group is currently placing district representatives in areas across Nova Scotia to help support the burn survivor and family after discharge from the hospital.

The Nova Scotia Burn Support Group is funded by the Fire Fighters Burn Treatment Society. Their support and generosity has been overwhelming. The group has been very active since its inception. The group firmly believes in and practices their motto: "By Helping Others We Also Help Ourselves".

AREA REPRESENTATIVES:

Deborah Ward (President): (Home) 902-252-2884 or (Cell) 902-830-1822

Daryll Ley (Cape Breton): (Home) 902-631-2019

The Phoenix Society hold a World Burn Congress every year in a different State of the USA. The first was in 1988 in Philadelphia and this year, 2019 will be held in Anaheim, California.

The Canadian Burn Survivors Community Conference is held every second (2nd) year in a different Province within Canada. The first was held in Winnipeg, Manitoba, in 2005. Halifax has hosted this conference twice; in 2006 and 2018. More information on the Canadian Burn Survivors Community can be found on their website by clicking [here](#).

For more information about the Nova Scotia Burn Support Group, please contact

NSFFBTS

P.O. Box 481, Dartmouth Main

Dartmouth, NS

B2Y 3Y8

Tel: (902) 461-9026

Email: info@nsffbts.ca

Newsletter Submissions

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