

Information for patients and carers

Information following a burn injury-paediatric

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

Ward 8

Ward 8 is a 30 bedded ward which has a paediatric assessment unit.

The unit has a dressing clinic that currently runs Monday, Wednesday and Friday.

What to expect

1. The doctor on call will assess your child's injury and take notes of any medical history. The doctor will then inform you of the treatment plan. Your child may be admitted to the ward as an inpatient depending on their burn injury, or they may be reviewed as an outpatient within ward 8's dressing's clinics.
2. During the assessment your child will have wound swabs taken to determine any signs of wound infection and photographs will be taken by our medical illustration team which will be added into your child's notes for future reference.
3. A burn injury should be re-assessed within 48 hours to give the medical/nursing team an idea of the burn depth and future treatment plan, so it is important that you attend future clinic appointments for review.

Important points

1. Please follow the instructions from the medical/nursing team.
2. Please elevate the injured area to allow for any swelling to go down.
3. The medical/nursing team will apply the wound dressings, if your child experiences any sensitivity like increased pain, itching, redness or swelling it may be a reaction to the wound dressing so it will need to be changed.
4. Please try and prevent your child from touching the wound or wound dressing where possible to reduce the risk of infection.

5. It is important that with any burn injury that your child continues to mobilise to reduce the risk of developing any stiffness around the joints.

Important information following your child's burn injury

Nutrition

Adequate nutrition is important for wound healing. Foods rich in vitamins and proteins are essential. You are advised to give your child foods such as vegetables, fruit, fish, eggs, beans, milk and dairy products. To provide energy encourage your child to take food and drinks high in fat and sugar (high in carbohydrates) such as bread, rice, potatoes and grains. It is important to drink more milk and water than normal.

Analgesia

Following your child's burn injury, they may experience pain depending on their injury. It is important that you take advice from the medical and nursing team as they will inform you of what analgesia your child may require.

Physiotherapy

If your child has a burn to their arms, legs, or hands they will be reviewed by the physiotherapy team. They will give you a range of exercises for your child to complete to ensure that your child does not develop stiffness to any joints and so they maintain adequate movements.

Clinical psychology

Following any traumatic event your child may feel distressed or anxious. Your child may also become affected by the physical appearance of any scarring that may occur following their injury. If they show any signs at all, please contact the ward at any time and we will refer them for some clinical psychology which is currently arranged through Lancashire Care.

Scar management

Depending on the amount of skin and tissue damage relating to your child's burn injury they may be left with a permanent physical scar. Scars tend to improve over a period of 18 months following a burn injury. We advise that once your child's wound has healed you massage it 3 to 4 times daily in a circular motion using non-perfumed moisturising cream. We offer scar management therapy and a camouflage service which may be offered once your child's burn is fully healed.

Care in the sun

The skin may be sensitive after the burn. It is important to keep the area covered and out of direct sun light. It will burn much easier than skin that hasn't been damaged. Remember to regularly apply a high factor sun cream over the whole body. We would advise that you use sun block and cream of factor 50.

Returning to education

We do not want your child to miss out on their education, but it is not always possible to make hospital appointments out of school time as dressing clinic hours vary. It is necessary that you take advice from the medical/nursing team as to returning to school.

Safeguarding

Our safeguarding team within the Trust may sometimes be involved in your child's plan of care.

Discharge advice

******* IF YOUR CHILD BECOMES UNWELL *******

TOXIC SHOCK SYNDROME - Toxic shock syndrome is a rare but life-threatening bacterial infection caused by staphylococcus aureus and streptococcus pyogenes bacteria. If your child becomes unwell with any of the following:

- A HIGH TEMPERATURE/ FEVER 38 C or above
- FEELS SICK OR IS SICK
- HAS A WIDESPREAD FLAT RED SKIN RASH

- DIARRHOEA AND VOMITING
- FEELS FAINT OR DIZZY IF THEY ARE ABLE TO TELL YOU THIS
- YOUR CHILD IS OFF THEIR FOOD AND DRINK
- NOT PASSING URINE

PLEASE SEEK MEDICAL ADVICE AS SOON AS POSSIBLE AS YOUR CHILD MAY NEED TO COME BACK TO HOSPITAL

Signs of sepsis could include one or more of these symptoms

- Blue, pale, blotchy skin lips or tongue
- A rash that does not fade when you roll a glass over it
- Difficulty breathing
- A weak high pitched cry –not like their normal cry
- Your child may not be responding like they normally do, not interested in feeding or normal activities
- An older child may be acting confused or have slurred speech

Other problems to look out for

1. CELLULITIS – This causes redness and swelling around the area and will feel hot to touch. If this occurs please have your child reviewed.
2. INFECTION – The wound may have an offensive smell and have excess fluid or pus oozing from it.
3. INCREASED PAIN – If your child has increased pain and regular analgesia is not working please seek medical advice.

Follow on care

After your child's initial assessment, they will either be informed that they need to be admitted to the ward for further management or they will be asked to attend ward 8 dressing clinic to have their burn reviewed.

Within the dressing clinic appointment, they will have their burn wound reviewed and they will be referred to the appropriate health professionals for any further input as required i.e. physiotherapy, occupational therapy and clinical psychology. Your child may also be asked to return to a multi-disciplinary team appointment which would

include the burns consultant, burns clinical nurse specialist, physiotherapist, occupational therapist and clinical psychologist to ensure that all your care needs are being met.

We currently don't provide a burn club or support club within our Trust but we suggest that you can log onto the support sites below to access ones available within the northwest if you feel that your child would benefit from this.

Travel abroad

Please liaise with medical team and your travel insurance for advice regarding your child travelling with their burn injury.

Contact details

Should you require further advice or information please contact Should you require further advice or information please telephone:

Ward 8: **01772 523632**

Burn consultant – Please contact the burns clinical nurse specialist who will direct your inquiry.

Burns clinical nurse specialist: **01772 528188**

Physiotherapy department: **01772 522379**

Occupational therapy: **01772 522379**

Clinical psychology via Lancashire Care Children's services

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.nhs.uk/conditions/Toxic-shock-syndrome/pages/introduction.aspx

www.nhs.uk/conditions/sepsis

Support websites

www.britishburnassociation.org/links-with-other-organisations

www.katiepiperfoundation.org.uk/support-links-burns

www.dansfundforburns.org

www.supportingchildrenwithburns.co.uk

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All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**

**Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.**

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Division: Surgery

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