



Helping You Heal:
Your Guide to Burn Management

Partial Thickness Burns



Ontario
Health atHome

The Program

This booklet will help you:

- Manage your burn at home,
- Improve and maintain your health and quality of life,

You can use this booklet and the accompanying passport to:

- Keep track of information about your care,
- Guide your day-to-day wound care,
- Know when you need to call your care team,
- Ensure that your burn is being managed in the best way possible.

Your team looks forward to working with YOU to Heal/Take Control of Your Burn.



Wound Self Management Program

YOUR PASSPORT TO HEALTH

Your Health Passport is for you and your family and/or caregiver. It contains information that is important to you, your condition and treatments as you begin managing your wound. Inside you will find forms and tables that will become a daily log as you move through caring for your wound. Make sure you bring this passport with you to all your medical appointments/ procedures.



You have developed some personal goals, and your passport is your tool to keeping track of them, and of your care, as you begin managing your burn at home.

To heal your burn you will need to take care of yourself and pay attention to your body, but it does not mean you need to stop doing the things you love to do, and this booklet is here to help!

Keep this booklet and your passport nearby, in a convenient spot, so you can refer to them and make notes about your healing journey. It helps to know a bit more about your particular burn.

Partial Thickness Burn Therapy

Your burn is going to require some help to improve its healing process.

Managing a burn includes dressing changes, cleansing, debridement (cleaning out tissue) and topical product application.

Burn dressings:

- Protect the burn
- Absorb drainage (called exudate)
- Assist with pain control

If you experience pain:

- Try raising the burn limb above your heart. This can help improve pain by preventing or reducing swelling
- Take your medications as prescribed by your primary care provider
- You may choose to take over-the-counter pain medications such as acetaminophen (Tylenol) or ibuprofen (Advil)

To ensure proper healing and avoid infection/complications:

- Do not scratch the burn
- If a blister develops, do not break the blister
- Ensure your tetanus immunization is up-to-date



Managing Your Burn

These tips will help you care for your burn. In order to be YOUR healthiest, you should:



1. **Wash your hands.** The most important thing you can do to prevent infection is to wash your hands. You can use soap and water for 20 seconds, or an alcohol based hand rub. Wash before and after touching any dressings.



2. **Check your burn daily for signs of infection/increased drainage.** It is important for you to monitor your burn and know when to call for help. Review these signs with your healthcare provider (see end of booklet).



3. **Stay hydrated.** Water helps replace the fluid loss. Make sure you drink about 6 to 8 cups of liquid each day, unless your healthcare provider tells you otherwise.



4. **Protect your burn from trauma or injury** by not letting anything touch or bump against the dressing. When showering, ensure the jets are not directly facing the dressing.



5. **Eat a balanced diet**, high in protein, which keeps your skin strong and helps burns heal.



6. **If you smoke, QUIT!** It's bad for blood flow, your skin, and your body. Your team will talk to you about options that will help you kick the habit! It's truly one of the best things you can do for your body at any age.



Signs of Trouble

Your burn will change throughout the healing process. Changing your dressing gives you a chance to take a closer look at your burn.

Call your nurse if you see the following changes:

- The fluid in your dressing changes from clear to cloudy or bright red
- You see the dressing fill quickly with blood
- Develop a fever of 38 degrees Celsius
- The burn looks more red than usual or has a foul smell
- The skin around your burn looks reddened or irritated
- The dressing feels or appears loose
- You experience pain

During Nursing Visits

Your nurse will:

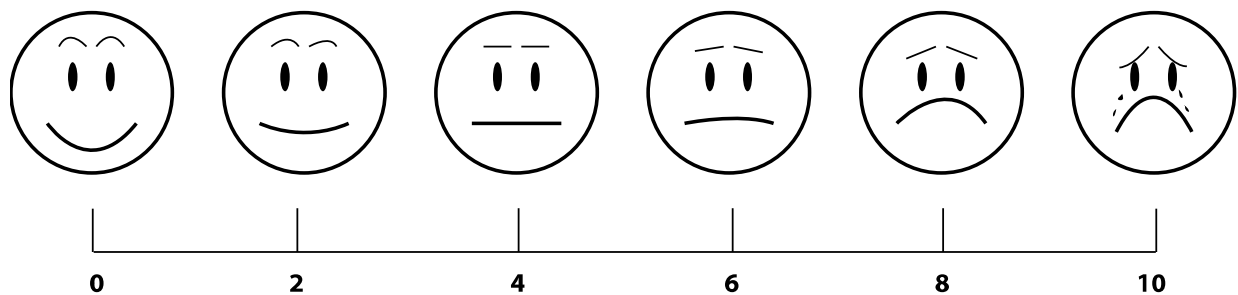
- Take a health history and assess your skin
- Perform a burn assessment at least once a week
- Perform a pain assessment

- Ask questions about your nutrition and exercise status
- Remove your dressing and cleanse the burn with water
- Apply new dressings and discuss with you how to care for your burn & dressing until the next visit

Daily Activities

Please note the following daily activities:

- Check your dressing daily. Ensure your dressing is dry and stable. Check to see if a dressing change is required.
- Inspect your skin and body.
- Assess your burn for any changes daily or with each dressing change.
- Eat a well-balanced diet based on Canada's Food Guide.
- Assess how you generally feel today.
- Assess your pain level. The scale below may help you to assess your pain level. You may review this with your nurse at appointments.
- Follow your exercise plan.



Red Flags

If you experience any of these, call 911 or go to the emergency room immediately!

- Your temperature is above 100 °F (37.8 °C) for more than 4 hours
- You have difficulty breathing
- You feel confused
- You have fever, chills, or light-headedness
- If you have bleeding that **does NOT stop**

Contact Information

Use this worksheet to record important numbers and information while you manage your burn at home.

My Nurse's Name: _____

Cell Phone No.: _____

Office Number: _____

My Care Coordinator: _____

Cell Phone No.: _____

Office Number: _____

My Physician: _____

Cell Phone No.: _____

Office Number: _____



Contact Us

If you have any questions regarding this service, please contact:
310-2222 • ontariohealthathome.ca

Ontario Health atHome has many community offices in the North East to serve you, including:

Kirkland Lake

53 Government Road West
Kirkland Lake ON P2N 2E5
Telephone: 705-567-2222
Toll free: 1-888-602-2222

North Bay

1164 Devonshire Ave.
North Bay ON P1B 6X7
Telephone: 705-476-2222
Toll free: 1-888-533-2222

Parry Sound

6 Albert St.
Parry Sound ON P2A 3A4
Toll free: 1-800-440-6762

Sault Ste. Marie

390 Bay Street, Suite 103
Sault Ste. Marie ON P6A 1X2
Telephone: 705-949-1650
Toll free: 1-800-668-7705

Sudbury

40 Elm St, Suite 41-C
Sudbury ON P3C 1S8
Telephone: 705-522-3461
Toll free: 1-800-461-2919
TTY: 711
(ask operator for 1-888-533-2222)

Timmins

330 Second Avenue, Suite 101
Timmins ON P4N 8A4
Telephone: 705-267-7766
Toll free: 1-888-668-2222

Exceptional care – wherever you call home.

Ontario Health atHome coordinates in-home and community-based care for thousands of patients across the province every day.

For information and referrals related to home and community care or to learn more about long-term care home placement services, please call 310-2222. No area code is required.

www.ontariohealthathome.ca



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