

THERMAL BURNS

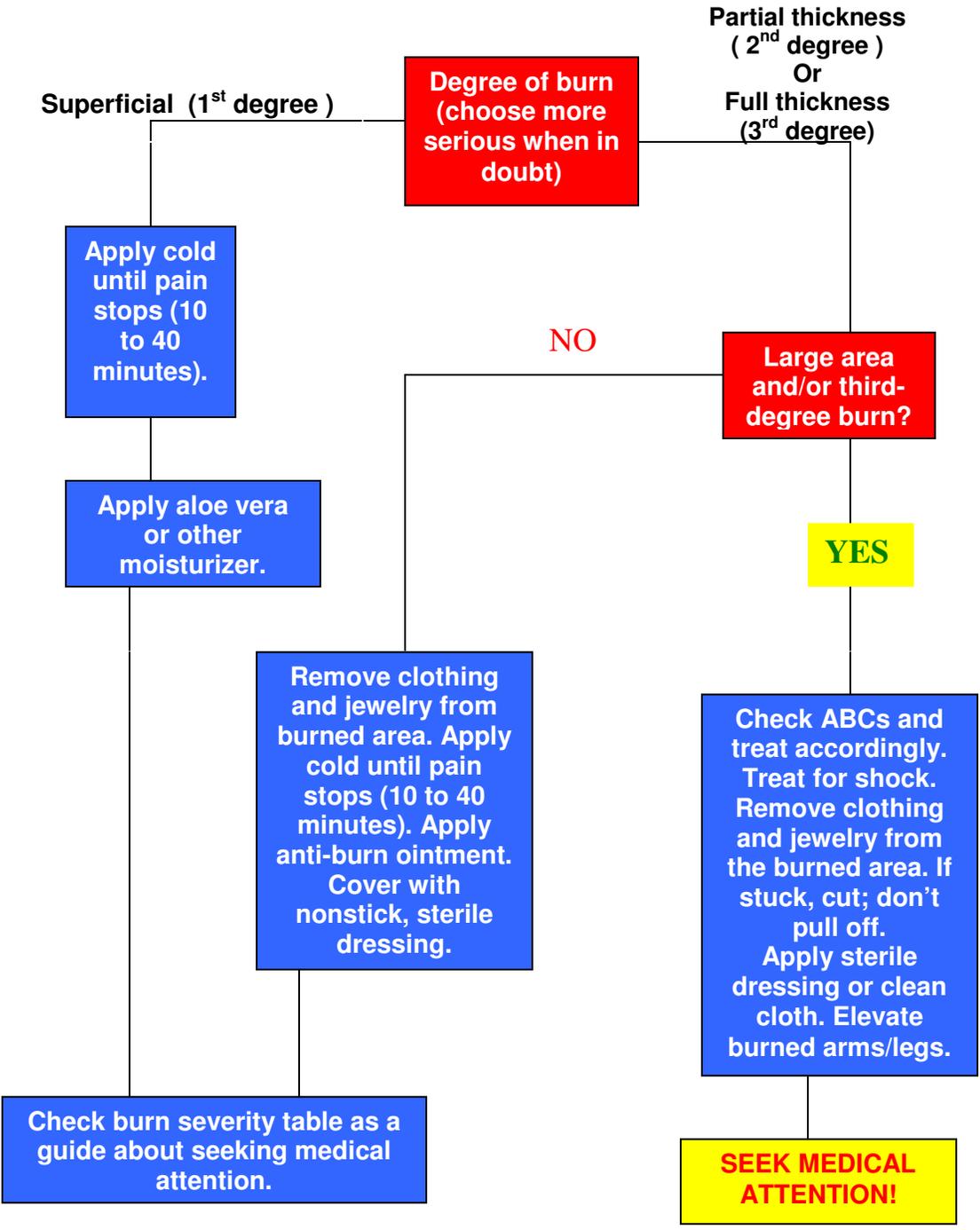


Table 1: Burn Severity

Minor Burns

First-degree burn covering less than 50% BSA in adults (face, hands, feet, or genitals not burned)

Second-degree burn covering less than 15% BSA in adults

Second-degree burn covering less than 15% BSA in adults

Second-degree burn covering less than 10% BSA in children/elderly persons

Third-degree burn covering less than 2% BSA in adults (face, hands, feet, or genitals not burned)

Moderate Burns

First-degree burn covering more than 50% BSA in adults

Second-degree burn covering 15% to 30% BSA in adults

Second-degree burn covering 10% to 20% BSA in children/elderly persons

Third-degree burn covering 2% to 10% BSA in adults (face, hands, or feet not burned)

Critical Burns

First-degree burn covering more than 70% BSA

Second-degree burn covering more than 30% BSA in adults

Second-degree burn covering more than 20% in children/elderly persons or any part of the face, hands, feet or genitals

Third-degree burn covering more than 10% BSA in adults

Third-degree burn covering more than 2% BSA in children/elderly persons or any part of the face, hands, feet or genitals

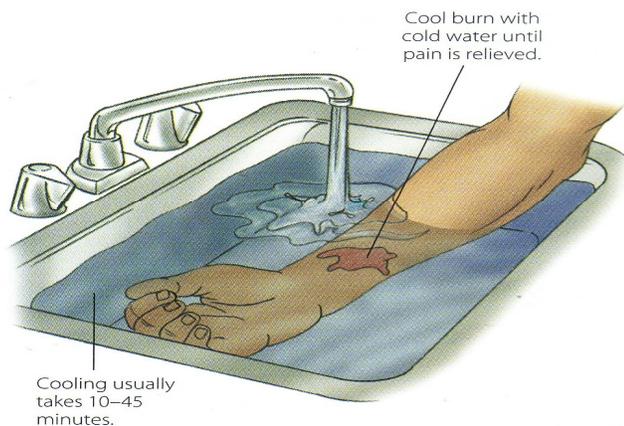
Burn Care

Burn care aims to reduce pain, protect against infection, and prevent evaporation.

Care of First-Degree Burns

1. **Immerse the burned area in cold water or apply a wet, cold cloth to reduce pain. (figure 5) Apply cold until the part is pain-free both in and out of the water (usually in 10 minutes, but it may take up to 45 minutes). Cold also stops the burn from progressing into deeper tissue. If cold water is unavailable, use any cold drinkable liquid to reduce the temperature of the burned skin.**
2. **Give ibuprofen to relieve pain and inflammation. Give children acetaminophen.**
3. **After the burn cools, apply an aloe vera gel or an inexpensive skin moisturizer lotion to keep the skin moistened and to reduce itching and peeling. Aloe vera has antimicrobial properties and is an effective analgesic.**
4. **Keep a burned arm or leg elevated.**

(Figure 5) immerse the burn in cold water.



Caution:

DO NOT apply cold to more than 20% of an adult's body surface (10% for children); widespread cooling can cause hyperthermia. Burn victims lose large amounts of heat and water.

DO NOT apply salve, ointment, grease, butter, cream, spray, home remedy, or any other coating on a burn until after it cools. Such coatings are unsterile and can lead to infection they also can seal in heat, causing further damage.

Care of Small Second-Degree Burns (<20% BSA)

1. **Follow steps 1 and 2 of First-Degree Burn care.**
2. **After the burn cools, apply a thin layer of bacitracin ointment. Topical antibiotic therapy like bacitracin does not sterilize a wound, but it does decrease the number of bacteria to a level that can be controlled by the body's defense mechanisms and prevents the entrance of bacteria.**
3. **Cover the burn with a dry, nonsticking, sterile dressing or a clean cloth. Covering the burn reduces the amount of pain by keeping air from the exposed nerve endings. The main purpose of a dressing over a burn is to keep the burn clean, prevent moisture loss through evaporation, and reduce pain. If toes or fingers have been burned, place dry dressings between them.**
4. **Have the victim drink as much water as possible without becoming nauseous.**

Caution:

DO NOT cool more than 20% of an adult's body surface area (10% for a child) except to extinguish flames.

DO NOT break any blisters. Intact blisters serve as excellent burn dressings. Cover a ruptured blister with bacitracin ointment and a dry, sterile dressing.

.... Thermal Burns Test

Directions: Circle yes if you agree with the statement, and circle No if you disagree.

Yes No 1. Relieve pain and tissue damage from a burn by holding the part in a sink filled with running cold water.

Yes No 2. Pain and inflammation can be relieved with aspirin or ibuprofen in those who can tolerate these over-the-counter medicines.

Yes No 3. Later, a layer of antibiotic ointment or aloe vera gel can be applied on first- and second- degree burns.

Yes No 4. Butter can be effective on first-and-second degree burns.

Scenario: Tracy is boiling water to make hot chocolate in the office kitchen. She reaches across the stove for a cup. The sleeve of her blouse touches the flame of the gas burner and ignites, sending fire racing up her arm. Her screams bring you and others racing into the kitchen. She has second-degree burns on about 7% of her body. What should you do?

Answers:

1. Yes
2. Yes
3. Yes
4. No- CAUTION DO NOT- Unsterile and can lead to infection