

THE CBSC **newsletter**

SPRING 2020



Welcome

Welcome to our sixth 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.

COVID-19

A big thank-you to all our Health Care Workers, First Responders, and essential service workers during this unprecedented time. Please follow the health guide lines to protect yourselves and your families.

Stay home to help flatten the curve of this virus, hopefully this is short term, and this will pass sooner than later.

CORONAVIRUS DISEASE (COVID-19)

YOU MAY HAVE COME IN CONTACT WITH THE VIRUS THAT CAUSES COVID-19

The Government of Canada has put in place emergency measures to slow the introduction and spread of COVID-19 in Canada. All persons entering Canada **MUST self-isolate for 14 days and monitor themselves for symptoms** subject to the *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Mandatory Isolation)*.

Compliance with this Order is subject to monitoring, verification and enforcement. Those in violation may face detention in a quarantine facility as well as fines and/or imprisonment.

PERSONS EXEMPT FROM MANDATORY QUARANTINE (SELF-ISOLATION)

The mandatory isolation order does not apply to certain people who may be returning to or entering Canada for work, and who are not experiencing signs or symptoms consistent with COVID-19 at the time of entry.

You are identified as an individual who is exempted from this Order because you meet the definition of an essential service worker.

As such, you are required to respect the intent of the order to minimize spread of COVID-19 in Canada.

You must continually monitor your health for symptoms of COVID-19 including for 14 days each time you re-enter Canada. You are also reminded to be aware of and respect the public health guidance and instructions of the area where you are located.

This exemption does not apply to anyone who has symptoms of COVID-19.

If you have the symptoms below before or upon entry into Canada, you must disclose this information to the border services officer or quarantine officer who will provide additional instructions.

MONITOR YOUR HEALTH

FEVER



COUGH



DIFFICULTY BREATHING



For 14 days after each time you enter Canada, if you have symptoms of COVID-19 (cough, shortness of breath, or fever equal to or greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating):

- ▶ immediately isolate yourself from others in your living space;
- ▶ contact the public health authority in the province or territory where you are located as soon as possible and follow their instructions (see back of sheet); and
- ▶ contact your employer for further instructions related to your work.



Public Health
Agency of Canada

Agence de la santé
publique du Canada

Canada

Public Health Authorities Provinces & Territories Phone Number/Website

Province/Territory	Phone Number	Website
British Columbia	811	www.bccdc.ca/covid19
Alberta	811	www.myhealth.alberta.ca
Saskatchewan	811	www.saskhealthauthority.ca
Manitoba	1-888-315-9257	www.manitoba.ca/covid19
Ontario	1-866-797-0000	www.ontario.ca/coronavirus
Quebec	1-877-644-4545	www.quebec.ca/en/coronavirus
New Brunswick	811	www.gnb.ca/publichealth
Nova Scotia	811	www.nshealth.ca/public-health
Prince Edward Island	811	www.princeedwardisland.ca/covid19
Newfoundland and Labrador	811 or 1-888-709-2929	www.gov.nl.ca/covid-19
Nunavut	1-867-975-5772	www.gov.nu.ca/health
Northwest Territories	911	www.hss.gov.nt.ca
Yukon	811	www.yukon.ca/covid-19



Burns vs Obesity

*Written by Muskaan Sachdeva, Medical Student,
University of Toronto*

Considered a modern-day epidemic, the World Health Organization estimates that about 650 million of the world's population was considered obese in 2016.¹ The incidence of obesity around the world, especially in developed countries, continues to skyrocket as the decades go by. It is widely known that obesity is associated with many comorbidities that further burden healthcare systems. However, recent studies explore the role of obesity potentially playing a protective factor in the context of skin burns. Thermal burns are skin injuries caused by excessive heat, typically resulting from contact with hot surfaces, hot liquid and steam.² Recent studies explore the role of obesity potentially playing a protective factor in the context of skin burns.

Although obesity is considered a risk factor for mortality among patients, there is growing evidence following the 'obesity paradox.'³ The severity of obesity is seen to be correlated with better post-burn outcomes, where mild obesity had the best outcomes and severe obesity had

the worst outcomes. In fact, mild obesity can play a protective factor against burns, as it is associated with the best survival outcomes among obese burn victims.⁴ This is perhaps due to the fact that mildly obese individuals have less severe coexisting health disorders in comparison to those who are severely obese.^{4,5} As a result, post-burn treatment among mildly obese patients is easier and results in a better chance of survival because there is reduced risk of developing further complications after treatment.⁵

Nonetheless, there are still significant risks associated with obesity and burns. Obese individuals present with a longer length of stay and an increased number of surgical treatments following burn injuries. Due to mobility issues and comorbid risks, obese patients are more likely to have a worsened development of injury or suffer from other potentially life-threatening conditions (ie. inhalation injury).^{5,6} In addition, there is a higher risk in performing certain surgical procedures during delivery of anaesthetics which can potentially cause intraoperative ventricular failure. Surgical skin grafts also present a higher risk of infection among obese burn victims, due

to poor perfusion of adipose tissue, and impaired cell-mediated immunity.⁶ Furthermore, certain vitamin deficiencies among obese individuals also prolong an inflammatory response.⁴ Many of these risk factors are intertwined and play a role in the development of further complications, method of treatment and chances of survival among obese patients.

Overall, burn injuries affecting obese populations are present with certain protective

factors and risks. Although the severity of obesity of a burn victim is associated with better outcomes, there are still significant risks during and after burn treatment due to altered metabolic states and motility issues among patients.

References

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2. Schaefer TJ, Tannan SC. Thermal Burns. StatPearls, Treasure Island (FL): StatPearls Publishing; 2020.
3. Hruby A, Hu FB. The Epidemiology of Obesity: A Big Picture. Pharmacoeconomics. 2015;33:673–689. Available from: <https://doi.org/10.1007/s40273-014-0243-x>.
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5. Pauzenberger R, Radtke C, Ederer IA, Hacker S, Waldmann A, Sternat N, et al. Does obesity impact the outcome of severely burned patients? International Wound Journal. 2020;17(2):380–6.
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Getting to Know You Interview: Barbara-Anne Hodge

Briefly describe your professional role with burn survivors

I am an Occupational Therapist, and one of my first clinical experiences when I was a student back in the 1980's was treating in-patient and out-patient burn survivors. I was immediately fascinated by witnessing the various aspects of healing, it just seemed so remarkable that the body could heal from these injuries, with the help of surgeries, exercises, splints and pressure garments of course. I went on to work for 29 years and most of that time was at the Burns and Plastics Unit at the Health Sciences Centre in Winnipeg.

Why you expanded your support

In 1997, some of the nursing and allied health staff at



my hospital planned an afternoon "reunion" for our burn survivors. This was outside of anyone's job; it was done after hours and the idea was to have the burn survivors who were done their treatments and were discharged from the hospital come together to meet each other and share their journeys of recovery. I was pregnant with my fourth child at



the time, I had my hands full, so did not participate in the planning. But I did attend the event which took place in May of 1998; I saw that this was an important gathering, that people could come together and know that others there would relate to their suffering, their scars, and the hard work they put in to recover and regain their muscular strength, their joint mobility, their functioning and lead a normal life again. I then joined this planning group to plan another gathering the next year, and after that, we invited survivors to join us in the planning of future events. In 2003, this group became the Mamingwey Burn Survivor Society and I have been the Chair since its inception. The Society is still going strong and to this day, we continue to host annual 2-day conferences for the burn survivors who have been treated at the HSC Burn Unit in Winnipeg.

Reason for your involvement with CBSC

In 2007, I attended the World Burn Congress that was held in Vancouver, BC. By then, Mamingwey had hosted the first ever Canadian conference in Winnipeg in 2005, and that was quickly followed by the Nova Scotia Burn Treatment Society hosting the second Canadian conference in Halifax in 2006. In Vancouver, many Canadian survivors, health care professionals and firefighters came together to form the CBSC. I was very happy to be involved and I still am! I want to support as many burn survivors as possible, so that no one out there feels alone in their recovery. It's a pretty big country, and we want

to try to reach all survivors to let them know they can have a place to belong.

Positive changes to you due to helping others

Working as an occupational therapist with burn survivors was very rewarding work for me. But helping people move beyond the physical recovery is what I enjoyed the most. I found it very rewarding to help folks deal with the changes in their appearance and then move forward with their lives. When you are the therapist, you do have to inflict pain on people, whether by stretching their affected joints or making them splints that are necessary for recovery but are not comfortable to wear. I guess volunteering with Mamingwey and with the CBSC is also healing me; I feel that I can help people and now I no longer have to hurt them.

Where you see yourself in 5 years

Hmmm, well, perhaps someday I will move along to other challenges and opportunities, but I might not be ready in 5 years! I hope someone will give me a nudge out the door when it is time for me to step away from the CBSC.

BC Professional Firefighters Burn Fund – Little Lionhearts Family Camp

First Little Lionhearts Family Camp a Success

The first ever Little Lionhearts Family Camp welcomed child burn survivors aged five and under, along with their siblings and parents for a weekend program at the Cheakamus Centre in Squamish, BC. Hosted by the BC Professional Fire Fighters' Burn Fund, the program supported family healing, with children enjoying play and music therapy, while parents participated in education and counselling sessions. One family shared just what Little Lionhearts meant to them.

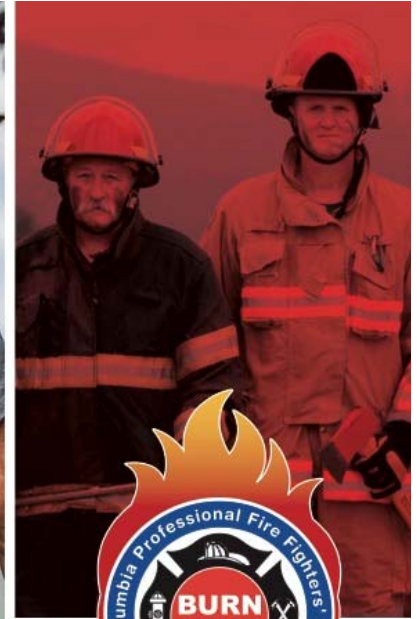
“Our middle child, Levi, sustained a burn injury when he was just eight and a half months old. I am so happy that the Burn Fund has decided to have this program for families with preschool aged children. I really wish that we had this kind of support when we were first going through our burn journey. So we're really happy to be here now. It's amazing getting to meet other families and feeling the love and support for our family and getting to do the same with theirs. Now getting to see



where the Burn Camp takes place, and how amazing the staff is, I'm really looking forward for Levi to have such a wonderful community to be a part of. I really hope he can make lifelong friends from it, and fun experiences he just never would have gotten without the Burn Fund's support.” - Choo Family, Little Lionheart Family Camp.

*Submitted by Nicole Clark,
Director Communications - BCPFFBF*

Next CBSC Conference – Vancouver, BC – Postponed



MAY 20 – MAY 23, 2020
PINNACLE HOTEL
HARBOURFRONT
VANCOUVER

Calendar of Future Events – March 2020 to June 2020

Go for the Burn Run – Winnipeg, MB – April 25, 2020 – Cancelled due COVID-19

38th Annual Bowl-A-Thon for Burn Care- Halifax, NS – April 25, 2020

CBSC – Vancouver, BC – Postponed due to COVID-19

Dear Blue Skies 2020 Participants,

Thank you for your interest in furthering the mental health conversation by attending the Blue Skies 2020 Canadian Burn Survivors Conference.

During this time of uncertainty, we have made the decision to postpone the Blue Skies Conference that was to be held at the Pinnacle Hotel Harbourfront from May 20 - 23, 2020.

The health and safety of the entire Burn Fund Community is a top priority of the BC Professional Fire Fighters' Burn Fund. We are actively monitoring updates regarding the novel coronavirus (COVID-19) and are following the guidance and recommendations from the Ministry of Health and the Office of the Provincial Health Officer. This includes the cancelation of events larger than 50 people.

Our goal is to support first responders and the medical community during this time by working together to help flatten the curve of this virus and by not overwhelming the health care system. We respect that this is a difficult time for many, and while we hope to reschedule this conference within one year, we will not be setting a new date at this time.

We will be reaching out to all registrants, sponsors, and vendors to refund or place a hold on tickets so that participants may attend the event once rescheduled with the same ticket. We appreciate your patience while we work to find solutions for ticketing processes.

We hope that you all stay safe and will be in touch soon regarding ticketing and updates.

Sincerely,

Sheila Kern

Executive Director

BC Professional Fire Fighters' Burn Fund



Newsletter Submissions

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