



Prevention • Education • Recovery • Treatment

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## Wildwood 2012!

The Burn Foundation was again privileged to receive lots of support at the annual New Jersey Firefighters' Convention in Wildwood, New Jersey. Along with our much-appreciated volunteers, we welcomed convention attendees and collected donations at the entry gates. We also showcased our dear friend, Joe Getsinger's commemorative painting, "30 Years of Fire Art," and chatted with members of the firefighter community. It was a great day for the Foundation! Our thanks to our volunteers and those that supported us at the event.



Artist Joe Getsinger (right) poses with his painting "30 Years of Fire Art," alongside Burn Foundation President Patsy Porter and David Russell, President of Fire & Safety Services (left), who won the raffle drawing for the painting.

# THE BURN FOUNDATION NEWS

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## *The importance of burn care*

By Wellington Davis, III, MD, FACS



*Dr. Wellington Davis, III, is an attending plastic surgeon at St. Christopher's Hospital for Children. He specializes in pediatric burn injuries. When the Burn Foundation learned of his participation in a volunteer trip to help underprivileged burn survivors in Zambia, we were compelled to share his experience with our friends and supporters. Dr. Davis was kind enough to contribute the following article to this edition of our newsletter.*

This past spring, I participated in a medical volunteer trip to Zambia, a land-locked country in Southern Africa, with the primary goal of providing reconstructive surgery to children that had suffered burn injuries and were unable to access medical care.

The devastation caused by untreated burn injuries in places like Zambia firmly illustrates the importance of burn care. In Zambia and many other parts of the world, people often lack access to clean water and soap, let alone basic medical care and supplies. In such conditions, untreated burn injuries attempt to heal on their own and leave severe scars - scars that often limit movement of the hands and feet and seriously disfigure the face and body.

My trip was organized by the Pain Free Foundation and headed by Lisa Gramlich, a pediatric anesthesiologist at Loyola University Medical Center in Chicago. Our ground team was composed of 15 volunteers: 4 surgeons, 4 anesthesia personnel, 4 nurses, a physical therapist and 2 non-medical volunteers who assisted with logistics and organized child-life activities.

Over five days, we performed 35 surgeries, the majority of which were repairs of poorly healed burns. Most of the burns had been caused by cooking accidents. Zambians frequently use open flames for cooking and heating, but the burns we saw were most often scalds and grease burns, which is very similar to the pattern of burn injuries seen in the United States.

In addition to the burn surgeries, we provided consultations for various other pediatric surgery conditions and performed congenital surgeries, such as cleft-lip repairs and webbed hand releases. We were also able to provide much-needed physical therapy to many patients. Throughout our visit, the patients and their families engaged in child-life activities such as play-doh sculpting, necklace making, and various games.

The children and their families were exceedingly grateful and welcoming. In several cases, our work will significantly affect the patients' ability to play, interact socially, integrate into their communities, work, and go to school - a life-long impact. Most likely, without the Pain Free Foundation's services, these children would not have received any treatment for their injuries. (cont. on page 2)



*Three-year old Michelle (pictured) suffered debilitating scarring of her left arm and shoulder after she was scalded by hot water in her Zambian village. Dr. Davis and his colleagues were able to provide her with much-needed reconstructive surgery.*

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# Letter from the President

Dear Friends of the Burn Foundation:



As we enter the time of year when most fires and burn injuries occur, I want to remind everyone to stay safe. With the advent of colder weather, less daylight, and more time spent indoors, we are surrounded by fire hazards such as space heaters, alternate energy sources, candles, and fireplaces. The most important thing we can all do is **pay attention**; at the Burn Foundation, we find that serious burn injuries often happen when someone is preoccupied or in a hurry and, as a result, forgets to turn off an appliance, loses track of their children, or puts a space heater too close to drapes or flammable furniture. Many accidents can be avoided by simply staying present and focused. One last caution: Please be careful as you add holiday lights and decorations - do not overload outlets or extension cords, which pose serious fire hazards!

In addition to seasonal burn safety, the Foundation has also been focused on scald injuries this year, with particular emphasis on the dangers posed by hot liquids around young children. It seems that every stroller has a place for a beverage, and our beverages are often hot coffee or tea. PLEASE remember, "If there's a kid, use a lid - a tight lid!" Scald injuries can be just as damaging as flame injuries and cause a lot of pain. Also consider that about 65-70% of children in burn units across the county have been scalded. An ounce of caution truly can save your family from a lot of pain!

As we close out another year of work with the burn community, it is rewarding to look back at the highlights, one of which is always burn camp. The Foundation sent 18 children to burn camps this past summer. The camp experience is excellent for young burn survivors; they learn many life lessons while having a great time. All children that go to camp from any of our four local burn centers receive their tuition from the Burn Foundation - there is no cost to the children or their families. If you would like to contribute to the fund to provide camp scholarships, we could use your help.

For more prevention tips and updates from the Burn Foundation, I encourage you to check our website. From all of us at the Burn Foundation: *Happy Holidays!*

*-Patricia Porter, President & CEO*

(cont. from page 1)

My biggest take-home from this trip and others in which I have participated is a greater appreciation for the medical care we often take for granted in the United States. The routine wound care and physical therapy available to us here could prevent or significantly minimize many of the burn-related deformities seen in places like Zambia. The unfortunate reality is that burn injuries often go completely untreated in such parts of the world. As a result, the burn-related deformities I see on volunteer trips far exceed anything I see with any regularity at my local practice.

Although medical care in the United States is generally excellent, it is unfortunately far from perfect. This stresses the importance of organizations like the Burn Foundation that support the physical and psychological recovery of burn victims. Even in the United States, there can be gaps in the medical care given to burn patients. Some patients struggle for insurance coverage of medical supplies such as pressure garments or secondary procedures. Many have poor access to psychological services and specialty burn care. We are fortunate that organizations like the Burn Foundation help bridge these gaps and provide critical assistance to burn survivors. My sincere thanks to the Burn Foundation for all the assistance it provides to our local burn survivors.

## *Sincere Thanks to our Volunteers*

Each year, special people help the Burn Foundation in various ways - perhaps, by working with us at the NJ Firefighters' Convention, helping plan the annual gala, or volunteering to see our children off to burn camp. We appreciate the time and talent all of these individuals provide. Here is our official thank you to each one of those volunteers:

Melissa Ashworth	Lisa & Todd Kupper	George Tutwiler
Rick Bennett	Jerry Kots	Marlene Waldron
Meredith & Kevin Berry	Michael J. Lange, Jr.	Patty Walker
Bea Cappella	Missy Lusk	Barb Wolford
Sue Cannon	Everett Marshall	Maureen Worley
Carol Cahill	Megan Minner	
Dorothea Chambers	Greg Neill	
Glenn Cooper	Barbara O'Flynn	
Kelly Decker	Mary Lou Patton	
Bernadette Dugan	Jim Porter	
Joe Getsinger	Julie Porter	
Patty Greenhalgh	Joe Rizzo	
Mark Hackney	Mary Jane & Bill	
Annette Hartstein	Roache	
Alice Hendricks	Lisa Schwartz	
Marianne Keating	Kathy Seasholtz	
Rick Kelly	Bob Shewbrooks	
Bob & Kathy Kempfer	Kim Snyder	
Karyn Koerwer	Lou Tramontana & the Vineland Fire Dept.	



# BURN FOUNDATION GALA 2012

On October 19, 2012, the Burn Foundation's friends and supporters gathered at the Union League for our 39th Annual Gala & Auction. This year's event was a great success. We welcomed back NBC-10's **Terry Ruggles** as our terrific emcee of the evening. Our distinguished guest speaker, burn survivor **Paul A. Jargowsky, Ph.D.**, inspired us with the story of his incredible recovery from burns over 70% of his body. To honor the remarkable work of the doctors who help people like Paul every day, the **Unsung Hero Award** was given to the remarkable **doctors of our regional burn centers** at Crozer - Chester, Temple University, St. Christopher's, and Lehigh Valley Hospitals. We were also proud to honor **Rick Bennett and Leon LaRosa** with the **Roland Kandle Award** for their outstanding volunteerism with the Foundation. We sincerely thank our sponsors, the planning committee, our guests, and those who could not attend but made donations; your support is crucial to our work and so appreciated!



Doctors Hensell, Blome-Eberwine, Glat, Burkey, Patton, and Haith (left to right) were honored with the Unsung Hero Award for their work with burn patients.



Rick Bennett (pictured) and Leon LaRosa received the Roland Kandle Award for their outstanding volunteerism.



At age 15, Paul A. Jargowsky, Ph.D. (pictured) had a horrible accident while filling his lawnmower with gasoline. He suffered severe burns over 70% of his body. At this year's gala, he spoke about his journey to recovery and the outstanding care he received as one of Crozer-Chester's first burn patients.



# Prevention Spotlight:

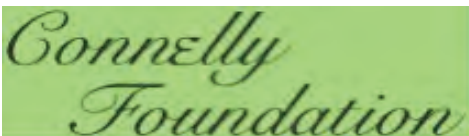
## Our Partnership with the Head Start & Bright Futures Pre-K Programs

The Burn Foundation is excited about its growing partnership with the Philadelphia School District's Head Start and Bright Futures programs! Our work with these programs, which provide quality preschool services to children of lower income families, allows us to reach thousands of at-risk community members with important safety information.

We are proud to announce that, this school year, ALL Philadelphia Head Start and Bright Futures classrooms are using the Burn Foundation's Teachable Moments program to educate their students about fire and burn safety. Our program provides teachers with four interactive lesson plans; a read-aloud adventure storybook; a colorful poster for the classroom; and a "Burnie Bear" stuffed animal that children can use to practice the safety techniques they have learned. Each child will also receive our resource guide to share with their family. The Burn Foundation staff will continue to work directly with the programs through classroom visits and workshops for teachers, families, and service workers.

The Foundation is thrilled to have this great avenue for providing prevention education in our community. Many times, a simple safety strategy can save a life! Remember, most burns are preventable!

The Burn Foundation's preschool partnership is made possible by the financial support of our community. A special thanks to the organizations that provided us with grants this year:



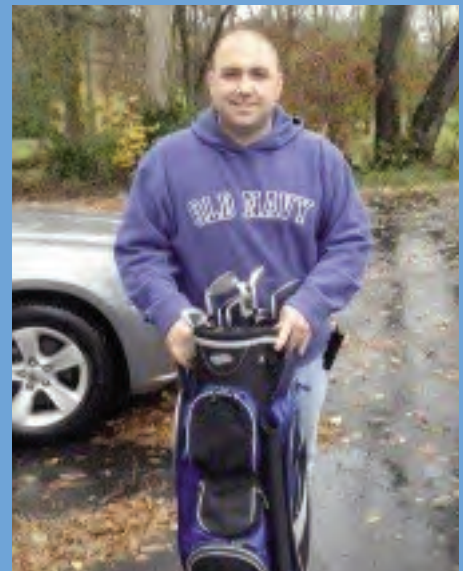
During the warmer months, the Burn Foundation receives valued support from a series of golf outings held throughout the region. This year, we had gorgeous weather and fantastic turnouts for all eight events. We sincerely thank all those involved, especially our outing chairmen:

- Joe Rizzo
- Michael J. Lange, Jr.
- Lou Tramontana
- Everett Marshall
- Bob Shewbrooks
- Greg Neill
- Glenn Cooper
- Jerry Kots



*This year, every Philadelphia Head Start and Bright Futures classroom will receive our Teachable Moments program package (pictured).*

### LUCKY WINNER!



At each stop on our golf tour, golfers have a chance to win a set of donated golf clubs by hitting a hole-in-one or winning our raffle drawing at the season's end. This year, the clubs went to raffle winner **John Butschly**, who golfed in the Vineland Fire Department's outing in June.

# What Everyone Should Know About Scalds

A scald is any injury to the skin caused by hot liquid or steam. Many people do not realize it, but hot liquids can burn just like fire. In fact, scald burns account for as much as 30% of all burn center admissions and a staggering 65-70% of burn injuries among children. Scald burns are not to be trifled with, as they can be very serious, particularly among children and the elderly, who have thinner skin.

The Burn Foundation recently joined forces with partner organizations around the country to create the National Scald Prevention Campaign, a program designed to prevent scald injuries. The initiative is well underway in pilot markets. As a partner in the campaign, the Burn Foundation has a number of suggestions for preventing scald injuries to you and your loved ones. We recommend implementing the “three A’s”:

## Awareness, Attention & Action

**Awareness** is the crucial first step towards scald prevention. The Burn Foundation and the National Scald Campaign strongly believe that the incidence of scald injuries will be sharply reduced once more people have basic understandings of scald risks. It is important for people to know that many of the liquids we handle on a regular basis can cause painful or even life-threatening injuries. The most common causes of scald injuries are spilled foods and beverages and hot baths and showers. Even a general appreciation of these risks can go a long way.



The second “A” is for “**Attention**.” Armed with general knowledge of scald risks, we must pay ongoing attention to the particular risks that arise in our busy lives. It may sound simple to take care when drinking a hot beverage or running a child’s bath, but it can be difficult to break bad habits or fully implement better ones. We have to consciously remember to take the proper precautions every time we encounter a scald risk.

Paying attention goes hand-in-hand with taking **Action**. Here are some specific actions you can take to avoid scald injuries in your home:



### Kitchen Safety:

- Place pots on back burners and turn the handles to keep them out of kids’ reach
- Keep kids and pets at least three feet from hot appliances; you can even mark a “kid-free zone” with tape on the floor
- Wear oven mitts when cooking
- Take special care with the microwave; stir and test food before serving; open containers away from your face, and never microwave baby formula

### Bathroom Safety:

- Set your hot water heater at <math><120^\circ</math> and use a thermometer to test the water coming out of your tap
- Check bath water thoroughly, looking for hot spots, before a child or older person enters



### Hot Beverages:

- IF THERE’S A KID, USE A LID! And make it a tight lid!
- Keep coffee and tea cups away from table/counter edges and tablecloths or placements, which children can grab and pull
- Do not hold or carry a child with a hot drink in your hand

***Scald prevention is really quite simple when you practice the three As: Awareness, Attention and Action! Make them part of your everyday routine to help prevent painful burns.***