

# Promulgating the signals of Burn Prevention and Correct First Aid Treatment of Burn Injury

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## Introduction:

Burn incidents happen are always unexpected. There are increasing trends of burn injuries in the community. Burn Injury is preventable. Public needs to recognize that a safe home environment contributes to the prevention of burn and scald accidents. However, it is an important message to disseminate to families with babies or toddlers particularly. Also, home safety environment is important element for the elderly living alone.

In the past five years (2009-2013), the average burn admission was 68% of total admission in Burns Centre. Most of victims were injured due to careless or knowledge deficit. And numbers of burn or scald admissions had no or improper first aid treatment. However, the application of first aid treatment is critical in affecting the consequence of the depth of burn wound and recovery process. Therefore, community promotion and education on Burn prevention and First aid intervention are mandatory.

## Objectives:

1. To increase public awareness in prevention of burn injury.
2. To disseminate the concept of correct First Aid treatment after burn injury.
3. To reduce the risk of secondary burn and scald injury.

## Methodology:

In 2014 onwards, correct First Aid education on burn injury was conducted to patients and carers in Burns Centre. Our primary nurses provided educational talks about first aid intervention to them and evaluate regarding the intervention provided upon these incidents. Also, Information pamphlets for First Aid treatment were given to them for reminder.

Three Health Carnivals were conducted in 2012 - 2014 in HK. Booths on Burn Prevention and Correct First Aid treatment were displaced to disseminate the important message. Games were designed to attract the public to participate the event. Knowledge on Burn prevention, Home safety and Correct first aid treatment were delivered to them (including elderly and parents). Finally, a lot of citizens enjoyed the events.





## Information pamphlet to Burn patients

### Correct First aid treatment of burn injury

#### Features of different depths of burns:

1. Superficial burn  
Damage to epidermis, only redness and wound pain.
2. Superficial partial thickness burn  
Damage to epidermis and superficial part of dermis.  
Wound pain, redness, blisters and swelling
3. Deep partial thickness burn  
Damage to epidermis and large portion of dermis.  
Severe wound pain, whitish, blisters and severe swelling.
4. Full thickness burn  
Damage to full thickness of skin and other deeper tissue.  
No wound pain, white, leathery and dry.

Correct first aid treatment can reduce severity of burn injury and enhance wound healing. Please pay attention to the following correct first aid procedures of burns injury:

1.  Remove the heat source immediately—  
Take off any clothes or jewelers near the burn area
2.  Cool the burn area to reduce the damage—  
Irrigate with cold running water for at least 15 minutes.
3.  Keep the burn area clean to avoid infection—  
Cover with the cling film or clean towel soaked with cold water. Avoid wrapping around the limb to prevent inhibiting circulation.
4.  Seek medical advice for further treatment—  
Attend Emergency Department or consult your doctor for treatment.



Educational Board



Health Carnival



Device for game booth



Question cards



Lucky draw for gifts

## Conclusions:

"Prevention is better than cure" is the main theme of proactive health promotion in the community. Therefore, effort in promoting burn prevention and correct first aid treatment are mandatory in hospital and community.

