

Children and families' experiences of adhering to scar treatments

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Background

- A range of scar treatments (such as pressure garments, silicone, moisturisers, massage, splinting) are routinely recommended by burns clinicians.
- Scar treatment regimens are often complex and time consuming, placing a heavy burden on families.
- 41 - 77% of adults with burns adhere to pressure garment regimens¹⁻³.
- Little is known about adherence to scar treatments for children with burns and their caregivers.

Methods

- A constructivist grounded theory approach was taken⁴.
- Interviews conducted with children with burns (8 years and older) and caregivers (of children all ages).
- Outcomes measured included caregiver health literacy (Health Literacy Questionnaire⁵), caregiver comorbidity (Disease Burden Morbidity Assessment⁶) and child scar symptoms (physical, sensory and emotional domains of the Brisbane Burn Scar Impact Profile⁷).



Preliminary Results

13 interviews conducted with children and caregivers.

Caregivers (n = 11)
91% female; median age 35 years (IQR: 30 - 40 years)

Children (n = 2)
Male 12 years
Female 8 years

Tentative categories:

- Supporting routines for scar treatments.
- Using distraction to facilitate scar treatments in young children.



Implications

- May inform patient assessment and choice of scar treatments.
- May contribute to clinical guidelines.
- Development of an intervention to optimise adherence for children with burns and their caregivers.

Research aims:

1. To understand children with burns and their caregivers' perceptions of adherence to scar treatments.
2. To develop a grounded theory and theoretical framework for the experience of adhering to scar treatments in children with burns.

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