

The Effective use of Cinemagraphic Remedial Make Up by Occupational Therapy to Conceal Disfiguring Scars

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Background

- Burn scars are disfiguring
- Social media plays a large role in current society
- Advances in the field of cinemagraphic makeup provide remedial techniques to disguise and hide skin conditions including scarring and pigmentation



Literature

An altered appearance bears a significant burden on patients' psychosocial health. Cosmetic camouflage can improve quality of life among patients with skin disfigurement.



Challenge

Over a 10 year period ** 515 patients presented to the Professor Pegg Adult Burns Centre at RBWH with facial burns. 149 of these patients also had severe burn injuries to their hands resulting in visible scarring. Males were over represented compared to females with age ranging from 17 to 64 years. (**Data 2008-2018)

Aim(s) of the study

- To create an educational video for patients
- To improve patient's experiences
- To help emotional recovery by normalising patient's experience
- To provide autonomy to enable patients to practice and tailor the makeup application techniques

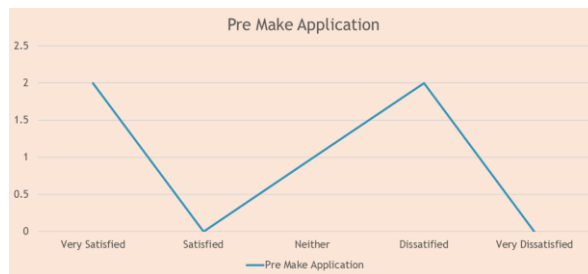
Study Design

- Single cohort design
- Partnering with professionals from the Australian Academy of Cinemagraphic Make Up (AACM)

Ethics: HREC/18/QRBW/248 **Ethics body:** EC00172

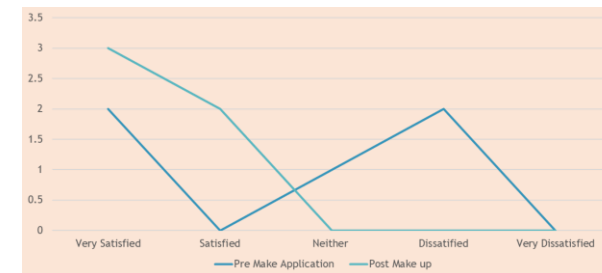
Recruitment

Recruitment of patients with severe burns to their face or hands to volunteer in this project occurred via the RBWH Burns Occupational Therapy outpatient clinic, the RBWH Burns Specialised Outpatient Clinic and the RBWH Burns Data Base
Patients who met the criteria were invited to participate in this research project.
n = 5 (3 male:2 female)



Quality of the video

Peer review process including review by the Director of Occupational Therapy Services RBWH, the Principal Communications Advisor RBWH and patient feedback



Discussion

This study enabled us to use the expertise of AACM in makeup techniques to enhance image and minimise disfiguring aspects. This video could be accessed by patients during and after their admission, allowing them to practice and tailor the makeup application techniques to their own preferences. The results found that this education video enhanced patient self-esteem and reduce body image dysphoria and increase their participation in the community. The resource created from this concept can be easily shared with any patients in who sustains scarring as a result of trauma or surgery or has a skin disfigurement. However, a limitation of this study was the small sample size

Conclusion

Three educational videos were produced for patient use. A partnership was formed between the AACM and the Department of Occupational Therapy Services at RBWH. Feedback from the patients was overwhelming positive and all were keen to use the video to practice the skills learnt

Funding



Innovation Challenge 2017-2018 AU\$10,000

If you would like further information regarding this project please contact: Andrea.McKittrick@health.qld.gov.au