



FACTS AND FIGURES FOR 2015/16

From the International Burn Injury Database (iBID)

Some alarming facts and figures of the burns and scalds that are happening every day:

- **Hot drinks** are the most common cause of scald injury in children – followed by contact with electric cookers, hair straighteners, irons and central heating radiators.
- **288 children a month** require admission to an NHS Burns Service following injury with hot liquids (this figure only relates to the more serious scalds - it does not include the thousands seen by A&E departments)
- **Sunburn** is a notable cause of injury in the 5 – 14 year age group.
- In the over 65s the pattern of injury is similar to that for children – but with **a greater number of central heating radiator contact injuries** and too hot bathing immersions.
- The average cost to the NHS for a major burn is **£168,155** – but what is the cost to the individual and their family?
- **5,195 children under the age of 5** were so badly burnt that they had to be admitted to a NHS specialist burns service in 2015 – more than 14 toddlers every single day.
- **Hair straighteners reach over 220°C and take up to 40 minutes to cool down** – more than 250 children a year are treated for **severe** burns from them.
- A significant number of adult injuries resulted from **hot fat, barbecues, garden fires and bonfires**.
- The majority of injuries, especially to children and the elderly, occur between **3 and 6pm**.
- The most common **place of injury is the home** for children (77%) and the elderly (81%). For adults it's the workplace.
- There is a clearly defined relationship between **high rates of burn injuries and areas of social deprivation**.

The iBID is a collaboration between the Burn Services of England and Wales and NHS England. In 2015/16 twenty two hospitals providing burn care contributed to the figures above. They do not include burn injuries seen in emergency departments or admitted to hospitals that are not specialised burn services.

Estimates of burn injuries seen in Emergency Departments (EDs)

By collecting detailed information from a small number of Emergency Departments extrapolations of the number of burn injuries can be made. The results of this work suggest **that over 110 children per day are seen in EDs in the UK with burn injuries** – one third of all injuries seen each day.

The vast majority of all these injuries are preventable.

FIRST AID

Good first aid following a burn or scald can make an enormous difference in recovery times and the severity of scarring. Two important things to remember are:

COOL, CALL AND COVER

FIRST AID ADVICE FROM THE BRITISH BURN ASSOCIATION

1. **Cool** the burn with **running cold tap water** for **20 minutes** and remove all clothing and jewellery (unless it is melted or firmly stuck to the wound)
3. **Call** for help – 999, 111 or local GP for advice
4. **Cover** with cling film or a sterile, non-fluffy dressing or cloth. Make sure the patient is kept warm



STOP, DROP, ROLL

“Stop, drop and roll” is used when clothing catches fire. Children can get confused about when to stop, drop and roll. It is important to know when to do this. Children who do not have a good understanding of stop, drop and roll will sometimes do this if they burn a finger or need to get outside if the smoke alarm sounds. Only use stop, drop and roll when clothing catches fire.





USEFUL LINKS

British Burn Association – <http://www.britishburnassociation.org/>

A non-profit charity concerned with all aspects of burn care

Bathroom Manufacturers Association – Hot Water Burns Like Fire <http://www.hotwaterburns.org> @HWBLF1

The campaign to stop scalding by hot water from your taps and shower

Chief Fire Officers Association - <http://www.cfoa.org.uk/> @CFOAfire

The professional voice of the UK Fire & Rescue Service

Changing Faces <https://www.changingfaces.org.uk/> @FaceEquality

Aiming to create an enlightened society, which fully accepts and values people who have a disfigurement.

Child Accident Prevention Trust <http://www.capt.org.uk/> @CAPTcharity

Committed to reducing the number of children and young people killed, disabled or seriously injured in accidents.

Children's Burns Trust <http://www.cbtrust.org.uk/> @CBTofficial

Providing rehabilitation support for burned and scald injured children and their families, as well as prevention and awareness campaigns.

Dan's Fund for Burns <http://www.dansfundforburns.org/> @DansFund4Burns

Practical help for adult burns survivors.

Electrical Safety First <http://www.electricalsafetyfirst.org.uk/> @ElecSafetyFirst

Ensuring that everyone in the UK understands the importance of electrical safety.

Link to the Beauty Burns campaign -

<http://www.electricalsafetyfirst.org.uk/news-and-campaigns/videos-and-images/beauty-burns/>

Fire Kills <https://www.gov.uk/firekills> @Fire_Kills

The Government's campaign to help prevent accidental domestic fires and consequent injury or loss of life through raising awareness of fire safety.

Katie Piper Foundation <https://katiepiperfoundation.org.uk/> @KPFoundation

Making it easier to live with burns and scars.

RoSPA - The Royal Society for the Prevention of Accidents <http://www.rospa.com/> @RoSPA

Actively involved in the promotion of safety and the prevention of accidents in all areas of life.

FIRST AID: NHS Choices <http://www.nhs.uk/Conditions/Burns-and-scalds/Pages/Treatment.aspx>

www.cbtrust.org.uk

www.hotwaterburns.org.uk

COOL the burn with running tap water, CALL for help, COVER with cling film

PATIENT CASE HISTORIES

Miss L

Miss L, aged 3, was burnt in April 2013 when she went into the kitchen to say goodnight to one of her



parents who was cooking. A series of uncharacteristic events led to a freshly poured mug of black coffee being left on the kitchen table. No one in the house drinks black coffee and we never usually leave them on the dining table. The second she went into the kitchen she must have gone to pick up the mug, which would have been both too hot and too heavy for her to hold. One parent was just a step away from her cooking and the other in the lounge and shouted to let the other parent know that Miss L was on her way in. The first we knew was when she screamed a scream that we had never heard before. Being first aid trained her dad immediately run upstairs to the shower with her and got in with her. She was wearing a poppers vest and trousers and when we took the vest off we saw the extent of the burns. We brought her out of the shower to phone the ambulance and I held her with a wet tea towel, then as instructed by the 999 team we wrapped her loosely in cling film until the

paramedic arrived. She was initially taken to the local hospital who immediately on arrival gave her morphine which calmed her down. We were then sent on to Morryston Hospital, the Welsh Centre for Burns and Plastic Surgery where we received excellent treatment and after-care following a 4 day in-patient stay. After 2 years of applying creams and high factor sun cream she has healed fantastically.

“I want to be able to help other parents to see that not only do these things happen, but that recovery happens too.” Miss L’s **mother**



John's Story

At the age of eight I suffered 55% burns. After years of rehabilitation I am currently a Junior Doctor following my dream to become a Burns Surgeon. Here is my story.

My Accident

It was a ritual in our house to have an evening bath. We always ran the hot water first before turning on the cold. On one November night, it was my job to turn off the hot water. I slipped on a puddle of water on the floor and fell into the bath. It was boiling. I screamed for help and after what seemed like forever my Mum ran up the stairs and got me out.

I was in hospital for 2 months. I had several operations and required two weeks in intensive care. Those 2 months were the hardest I have ever had in life. I was always in pain and missed my family. But it wasn't just tough for me; it put a lot of strain on my parents. I have 4 other siblings and the responsibilities of work, childcare and visiting me in hospital 30 miles away was tough.

Life with Burns

Recovering from major burns was tough both physically and mentally. I had over ten years of follow up, which included further operations on scars. Going back to life was very tough. I was bullied a lot and was very conscious when leaving the house.

I was well looked after by the hospital and my family. As time passed I learnt how to deal with my burns and people's reactions. Once I had fully accepted what had happened I became a lot less self-conscious and a lot happier.

Becoming a doctor

I spent a lot of my childhood going in and out of hospital. The team at the hospital become my family and I really looked up to them. They gave me my life back and the best way to pay them back is to do the same for others. As I missed a lot of school, I had a lot to catch up on but I worked hard and put the hours in.

I am currently a junior doctor and I absolutely love my job. My accident was a stupid mistake that could have very easily been prevented. However my scars have made me the person I am today, they are a constant reminder of how precious life is and that with a bit of hard work anything is possible.



Lizzie

Being a 13 year old with burns is hard as people can be pretty mean and I am struggling with my confidence, I may look and sound like a normal happy teenager but I am not. I can't be the same, and I never will.

Some people can just take in the fact they're burnt and they will never go away but my mind won't let me accept them, I hate them. But they make me ME and who I am today, so here goes, this is my story.

I was about 18 months old and was bathing with my older sister, she was only young too. My oldest sister was washing her – as she took her eye off me for a second to wash my other sister I turned the tap on myself. By the time she could get me out of the bath I was already burnt on my arm, my legs and feet. It was an accident, one that could have happened to anyone but it happened to me.

How I deal with my burns

To be honest I am not very good, I am scared of people – I am so scared of what they might say or think, I don't want to be different so I hide them. Only my close friends have seen them. I never wear shorts without tights, or a dress/skirt. I always hide them away on holiday. I hate to wear bikinis, I think people are looking.

Also I am scared to get changed in the same room, in PE I go in the toilets. I can't go on school camps because people will see them. Some people are different and others don't understand them. So I don't go, because I am scared.

But I get help from my nurses and Burns Camp.

Burns Camp is the best thing that's helped with my burns. When I go to camp I fit in, even if it is only for the weekend, but I don't feel the outcast or different because we all have them, so we show them off like a medal. They're something that's been given to us so we show them off. There are some people at camp with really bad burns, or some that are hardly noticeable, but we're all the same and camp has helped so much with my confidence. I was a lot worse, and I love going – I look forward to it all year and just going and seeing all my friends, and how much they have changed in the last year.

So that's my story about my burns.

www.cbtrust.org.uk

www.hotwaterburns.org.uk

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