

Mersey Burn Centre

Ward 4D

Information for patients, their families and/or carers



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Introduction

The Mersey Burn Centre is the regional centre for all adult burn injuries covering Merseyside, parts of Cheshire, the North Wales and the Isle of Man. It serves a total of over 6 million people.

We aim to provide the best, most effective care for all patients who have sustained a burn injury. Studies have shown that our survival figures and length of stay in hospital are amongst the best in the world (*Mortality and treatment cost estimates for 1075 consecutive patients treated by a regional adult burn service over a five-year period: The Liverpool experience.* published in Burns, March 2014). This



leaflet aims to explain your stay under the care of the Mersey Burn Centre and introduce some of the health professionals you might meet. If you have any questions or need any more information, please ask one of the staff members at the Burn Centre.

Your admission

A burn wound is an injury to the skin. It can affect the different layers of the skin and can range in depth from near the surface (a superficial burn) to involving all layers of the skin (a full thickness burn).

Treatment of your burn injury may require surgery or may just be managed with dressings. Our aim is for the burn wound to heal as quickly as possible. As a team, we are confident that the treatment and aftercare we provide will give the best possible outcome for your injury.

The ward

The Mersey Burn Centre has four high dependency beds, four cubicles and a four bedded bay. You will be allocated to one of these beds.

The Multi-Disciplinary Team

The care at the Mersey Burn Centre is delivered by a multi-disciplinary team. This team meets every weekday at 08.00 am to discuss your care before the daily ward round starts.

You will meet a number of these healthcare professionals during your stay in hospital. On the daily ward round from 8.30 am, all these staff will be present to assess your progress and what further treatment you may need for your recovery.

This will be the opportunity to discuss recommendations for your care and you will be invited to take part in the decisions.

These healthcare professionals will include:

- Consultant Burn Surgeons
- Consultant Anaesthetic/Intensive Care Doctors
- Specialty Registrar Doctors
- Junior Doctors
- Ward Manager/Senior Nurse
- Physiotherapists
- Occupational Therapists
- Clinical Psychologists
- Dieticians
- Student doctors/nurses/therapists

These staff all have a specific role in your care and will be present when you are seen on the ward round. The names of some of these individuals will be on notice boards around the ward. As this is a regional specialist centre for teaching, the number of people you will see each morning will be more than you might expect on a routine ward.



Team roles

Doctors

The senior doctors will make decisions on your care, such as whether you need to have surgery. They also need to ensure that your body is in the best condition for it to heal. The doctors will organise tests, prescribe medications and undertake surgery if needed.

Nursing staff

The nursing team play an important role in the overall management of a burn patient. The Burn Centre is staffed by experienced burns nurses. Nursing staff will assist you, as required, with your activities of daily living. These may include things like washing, bathing, eating and dressing.

They will also help look after your burn wound; redressing the wounds with the most appropriate dressings as often as is needed. Your dressings will sometimes need to be removed early morning for the ward round assessment. This is to monitor the progress of your wound healing and help decide if your treatment needs to be adjusted.

The Lead Nurse is available to discuss your care and progress with you or with your family and friends.

Physiotherapists

Rehabilitation must be started as soon as possible after a burn injury. This gives you the best opportunity for healing and recovery. It also helps you function as you did before your injury.

You will be seen by a physiotherapist within 12 hours of your admission to the Burn Centre. Depending on how serious your injury is, you may need up to two hours of therapy treatment per day. The aim of physiotherapy is to make sure you don't lose movement or function, and to help you to return to your life as it was before your injury.

One of the most common things patients ask us is "why do I have to exercise now; can't it wait until my burns have healed and I am not in pain?" The answer to that question is NO. If we wait until the burns have healed before we start doing exercises with you, your skin, tendons and muscles will start to tighten up and you will lose movement and function. This loss of movement and function can be permanent.

Here at the Mersey Burn Centre, we take a very structured approach to your rehabilitation. The staff at the Centre have many years of experience in treating burn injuries. We have found that a strict routine in which patients sit out of bed and follow the normal daily patterns of structured mealtimes, exercise and sleep leads to a much quicker recovery. We do not treat you as a person who is ill; we treat you as a person with an injury from which you will make a full recovery.

This is a different approach from almost all other forms of rehabilitation, but it is one which we have found to work. It can sometimes be difficult for patients or their family and friends to understand how much work is necessary to recover fully from a burn injury. It is our job as physiotherapists to push you to make sure you make the best recovery you can.

If we wait until the burns have healed before we start doing exercises with you, your skin, tendons and muscles will start to tighten up and you will lose movement and function.

Occupational Therapists

The main aims of the Occupational Therapists are to help you to continue to live as independently as possible after your discharge from hospital.

Occupational Therapists follow the same rehabilitation goals as Physiotherapists. We focus on tasks that you do every day to help you to look after yourself and manage at home. We assess how much a person can or cannot do and suggest changes, and order aids or home adaptations if they are needed.

Some of the things that we work on include:

Personal activities:

- Washing and dressing
- Walking/getting around
- Transferring from chair, bed, toilet, bath, etc.

Activities in the home:

- Kitchen tasks
- Shopping
- Household tasks

Splinting

Sometimes patients with a burn injury need made-to-measure splints. These will keep your joints in the best position for healing.

Occupational Therapy After Discharge

Occupational Therapists work closely with Social Services and the other members of the team involved in your care. They provide support to you after discharge if on-going care or support in the community is needed.

Prosthetic Department

The Prosthetic Department provides a skin camouflage clinic and can advise you as to how to apply specially formulated creams designed to conceal differences in your skin colour caused by scarring. Clinics are generally held on a Wednesday and will take place in the Prosthetic Department on Level 3 (green zone). You may also be treated by a member of the prosthetic team for splinting, particularly if the burn is to your face or neck.

Clinical Psychologists

More often than not a burn injury has a physical impact on the body. We recognise that a burn injury can also have a psychological and emotional impact on an individual and their family. The psychological impact of a burn injury will be different for each person and is often not directly related to the severity of the injury. How an individual copes after a burn injury can be influenced by many things, including what is happening in their life at the time of injury and any previous health problems they may have.

The psychological impact of a burn injury will be different for each person and is often not directly related to the severity of the injury.

The Clinical Psychologist supports the medical team, patients and their families with planning and managing the psychological and emotional recovery from a burn injury.

There is a separate information sheet called "Clinical Psychology on the Burn Centre" if you would like more information.

Dieticians

Many patients in hospital lose weight during their recovery from illness or injury. If it is felt that you may need some nutritional support, we will arrange for a dietician to see you. They might advise some extra supplements or changes to your diet.

Medical Intervention

Often a burn injury happens due to another medical problem. This problem may be something that was not known about before and we may ask other specialist teams from within the hospital to see you. These doctors might ask for other tests to be done.

Photography

We ask our Medical Illustration Department to take photographs of your wounds. These photographs help us to assess and compare how the wounds are healing and to see how you are progressing. With your permission, these may also be used for teaching or publication purposes.



Operating Theatre

It may be decided that surgery is needed to help your burn wound to heal. This normally takes place on Tuesday or Thursday, but can be at any time if it is more urgent.

Preparation for Theatre



We will ensure that you are as medically fit as possible for surgery. This may require certain tests to be done beforehand or for you to have a specific type of dressing before you got to theatre. In some circumstances a blood transfusion may also be needed.

You will be seen by a specialist Consultant Anaesthetist before

surgery, where you will be able to talk about the anaesthetic and ask any questions about going to theatre.

Intensive Care Unit

We work closely with our colleagues in the Intensive Care Unit (ICU). Sometimes people with a burn injury that has affected their lungs, a specific part of their body or large parts of their body need to be looked after on ICU. This is next door to the Burn Centre.

Duration of stay

The time that you will be in hospital will be determined by your medical condition and how serious your burn injury is. It is not uncommon to stay in hospital for several weeks until your wounds are mostly healed.

We will work together with you around a plan for discharge and any additional support that you may need when you go home.

Discharge

Before you leave the hospital, the nursing staff will give you all the necessary advice about your burns aftercare and when you need to attend for outpatient appointments.

We will arrange to see you in our specialist burns dressing clinic until your wounds are completely healed. Burns clinics are located inside the Burn Centre and run from Monday - Friday. Once your wounds are healed, you may then be seen in our therapy-led scar clinics where there will be access to a Consultant Burn Surgeon if needed.

Outreach Service

The Burn Outreach Nurse Specialist provides specialised burns care, delivers expert clinical advice and can facilitate earlier hospital discharge. If you are suitable for this service, a visit will be arranged to review you in your community setting. Your suitability for this service is assessed by strict criteria and, if considered appropriate, you will be informed of the visit on your discharge.

We hold multi-disciplinary team outpatient clinics weekly in face-to-face and telephone settings, where you will continue to be supervised and have access to all members of the burns team through your recovery.

Research

Finding new and improved ways to treat burn injuries and their sequelae is important to improve future care of burn patients. If you would like to find out whether there is a study suitable for you or would like more information about studies and research within our Burn Centre, please speak to a member of staff. You can also get more information on other research taking place within the field of burns from the website listed below. Your participation is always voluntary and highly appreciated.

The British Burn Association www.britishburnassociation.org

Spiritual Needs

Spiritual support is available within the Trust and is provided by the Trust's Chaplaincy Department. If you would like spiritual support during your admission, please speak to the nursing staff and they will arrange this for you.

Visitor Information

The Mersey Burn Centre, Ward 4D is based at:

Whiston Hospital,
Warrington Road,
Prescot,
Merseyside
L35 5DR

Main Hospital Number: **0151 426 1600**

The Mersey Burn Centre: **0151 430 1540**

The Mersey Burn Centre is located on Ward 4D, Level 4.

Visiting Times

The visiting times for the ward are:

1.30pm to 4:30pm

6pm to 7pm

We try to keep disruptions to a minimum during visiting times. Sometimes we need to provide care and treatment to our patients during these periods. This may mean that we need to ask visitors to leave for this to happen.

Infection Control

People with burn injuries are at higher risk of infections and this can have a significant impact on recovery. Due to this, we ask everyone coming on the ward to follow certain instructions.

Please use the alcohol gel provided at the ward entrance when coming on to the ward and when going in and out of the cubicles. You might also be asked to wear aprons and gloves in certain cases.

If you feel unwell, it is better to stay at home and visit hospital 48 hours after your symptoms have settled.

We ask that there are only two visitors at the bedside at any time.

Children under the age of 16 are not allowed on the ward.

Please do not bring flowers or plants on to the ward as studies have shown these to increase the risk of infections.

Please do not sit on the hospital beds if you are visiting as this also increases the chances of infection.

Amenities

There is a shop and coffee shop in the main entrance of the hospital.

There is a restaurant on Level 5. The opening times are:

8am to 8pm

There are also vending machines on Level 5.

Visitor Frequently Asked Questions

We hope the information contained in this booklet answers any questions you may have. If there is anything else you would like to know, please ask a member of staff.

Below is a selection of questions asked regularly by visitors and relatives. There are also information boards on the ward with other useful details.

How can I be updated about my relative's condition/progress?

Please ask to speak to the lead nurse on shift that day. They will be able to give you updates.

What are the different machines in the room?

Sometimes we have to use different machines to monitor your relative or give them certain treatments or medications. These machines can look and sound strange and can be connected to lots of wires and tubes.

If you want to know more about the different machines, please speak to the nurse looking after your relative who can explain in more detail.

Why are the rooms so hot?

Because patients with a burn injury sometimes have trouble controlling their own temperature, we need to keep the cubicle warm so that your relative does not get too cold. Please do not adjust any of the temperature controls.

Is there anything I can do to help my relative when visiting?

Patients are often given exercises and tasks to do from the therapists. You may be able to help your relative by encouraging these exercises.

Speak to a member of staff on the ward if you have any queries about this.

Compliments, Complaints and Suggestions

We are always delighted to hear from patients, family members and visitors who have been satisfied with our service. This can be in the form of a card, letter or via the Trust website: www.sthk.nhs.uk and click on the Contact Us page.

If you have concerns about any aspect of your treatment or care, no matter how small, we want to know about it. It is always best to raise any concerns as soon as possible, so please speak to a member of staff in the first instance. If you would prefer to speak to someone else or would like to take your complaint further, you can contact the Trust's Patient Advice and Liaison Service (PALS):

Telephone: 0151 430 1376

Email: pals@sthk.nhs.uk



Further Support/Information

There are several online resources that you may wish to look at for further information and support. Below is a selection of these:

The Katie Piper Foundation www.katiepiperfoundation.org.uk

Changing Faces www.changingfaces.org.uk

DAN'S FUND for Burns www.dansfundforburns.org

Dan's fund for Burns is a registered charity offering practical help to burns survivors in the UK.

Mersey Burn Centre
Ward 4D
Whiston Hospital
Warrington Road,
Prescot, Merseyside L35 5DR
Telephone: 0151 426 1600

 /mwlnhs  @mwlnhs

www.merseywestlancs.nhs.uk

This leaflet can be made available in alternative languages/formats on request.

如有需要，本传单可提供其他语言/版式
此的其他言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

NHS

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