

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshalls Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

www.MerseyWestLancs.nhs.uk

Burns outreach service

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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About the burn outreach service

The Burns Outreach Service is based Regional Mersey Burns Unit, Whiston Hospital.

The aim of the service is to ensure that specialist burn care is made available to people who are unable to access services on-site.

The service is run by a burns specialist nurse, who will visit you either in hospital or at home.

The nurse will carry out an assessment, take photographs of the burn and liaise with the burns team at Whiston Hospital.

The burns team includes surgeons, anaesthetists, nurses, physiotherapists, occupational therapists, psychological therapists, pain specialists, dieticians and pharmacists.

They will discuss all aspects of your care and a treatment plan will be made. This may involve surgery to perform a skin graft or specialist dressings.

The plan may change over time, but at all stages you will be involved in any decisions that are made regarding treatment and the outreach nurse will ensure that you are fully informed of all treatment options.

Contact details for patients

Should you have any questions or concerns, please contact us:

Burns Outreach Service
Tel: 07717 543065
Monday-Thursday

Please leave a message on the answerphone, as the nurse may be driving or with a patient.

If your call has not been returned within two hours or you need to speak to someone outside the hours listed above, please ring the burns unit directly on 0151 430 1540 and the burns staff will assist you.

All new referrals must be discussed with the Burns Unit at burns.referralssthk@nhs.net or 0151 430 1540 prior to acceptance by the outreach service.

Effects on your general wellbeing - Burn injuries can be very traumatic to the person that they happen to and to their friends and family, especially if they have witnessed the accident or have discovered the person after the accident. Thinking frequently about the accident and/or resulting injury is a normal reaction to trauma. Flashbacks and nightmares may occur.

If you, your friends or family are experiencing any of these feelings, please talk to the outreach nurse. It is quite normal for this to persist for a few weeks.

If you have been admitted to your local hospital

It may be that, although you have sustained a burn injury, there are other medical or surgical problems that need to be diagnosed, treated or stabilised and it may be necessary for you to stay in your local hospital.

Once you have been referred to our burns service, the outreach nurse will visit you in hospital and provide advice to the medical and nursing teams looking after you about the most appropriate treatment and dressings for you.

The outreach nurse will give ongoing support to you and the hospital staff regarding burn care.

Your burn wound will be reviewed regularly by the outreach nurse and the hospital staff will contact the outreach service if they have any concerns.

If you require surgery to treat the burn wound, you will be transferred to the Burns Unit at Whiston Hospital once all other medical problems are resolved or stabilised.

If surgery is not needed or is not appropriate and you are discharged home, the outreach nurse will visit you at home and liaise with the community nursing team to ensure that specialist burn care continues.

If the outreach nurse visits you at home

Your community nurse, practice nurse or your GP may have referred you to the burns service.

The outreach nurse will visit you at home.

The outreach nurse will liaise with the nurses and your doctor and put in place a treatment plan.

All those involved in the care of your burn wound, will be advised to follow this plan by the outreach nurse.

Looking after your burn injury

Pain - You may have been prescribed painkillers for your burn. If your pain is not controlled please inform the community or hospital nurses and the painkillers can be increased or changed.

Pain is often worse on movement or when you are having a dressing changed. If this is the case, please tell the nurse or doctor. Some pain is to be expected but it must be at tolerable levels. If the pain is preventing you moving or sleeping, then your painkillers are not adequate. Pain can also be caused by the dressing, so please inform the nurses if the dressing feels uncomfortable.

Dressings - Keep dressings clean and dry. Showering and bathing can be organised but a new dressing will then have to be applied if it gets wet. Please discuss with the outreach and local nurses about showering. If the dressing slips please wash hands in soap and water before and after touching dressings and/or wound. Please feedback to the nurses regarding your dressings if they are uncomfortable or slip.

Burn wounds and infection - The wound may produce a high level of discharge which smells offensive and is a brownish, green or straw colour. This may be normal in some burn wounds. It is not necessarily a sign that there is infection present. Burn wounds can be treated with an antibacterial cream.

Signs of infection that need attention - If you feel unwell and feverish, or have a temperature, or are experiencing a persistent increase in pain or notice redness appearing around your dressing, please ring your local community nurses, practice nurse or GP so that they can assess the wound to see if you need to be prescribed antibiotics.

Activities and rest - It is important that you carry on with daily activities but also have periods of rest. If your burn affects your hands, feet or lower legs it is important to elevate these when you are at rest. This is because swelling may develop around the area and prevent a good blood supply reaching the wound. This will have a negative impact on healing. If you notice increasing swelling it may be that you need to increase the time that you rest and elevate the area.

If your burn affects a joint, you will be given exercises by the burns outreach nurse. It is important to move the joint to prevent stiffness and maintain the joint's full range of movement and function. As the burn heals, the area will feel tight. This is normal and you cannot harm the wound by stretching it during your exercises.

Diet - It is important to maintain a good balanced diet and drink plenty of fluids. This will support the body as it repairs itself.