



## Northwest Regional Burn Model System

April 2018

### Virtual-environment Home Rehabilitation

This study is now OPEN for participant enrollment!

The purpose of this randomized controlled trial is to determine whether a virtual-environment home rehabilitation program improves functional outcomes for adults discharged to home after a burn injury. There are two study groups: a control group of participants who receive usual home rehabilitation care and an experimental group of participants who receive usual care plus a home rehabilitation virtual program. All participants are asked to wear an actigraphy wrist-worn device to monitor steps and sleep for the first 3 months of the study.

To be considered for study participation, you must meet all of the following criteria:

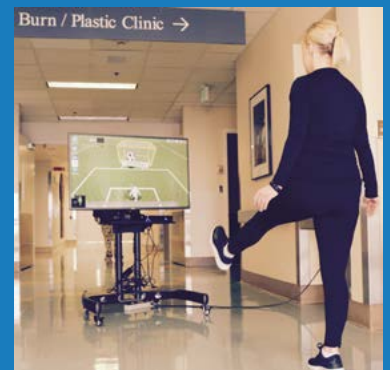
- Adult burn survivor (18 years or older) treated at HMC
- Able to read and understand English and provide written consent
- Discharged from the hospital to a home environment with the following criteria:

Television screen (larger than 20 in. diameter with HDMI input)

Home Internet and email address

Personal Smartphone

*For more study information, please contact us at [nwrbs@uw.edu](mailto:nwrbs@uw.edu)*



Exercise after hospital discharge is important!

If you agree, we'd like to talk to you! We are recruiting adult burn patients who meet the following criteria outlined on the left.

Participants will wear an actigraphy device on their wrist during home rehabilitation and share weekly activity for 3 months after hospital discharge.

If you are interested in learning more, please contact

Gretchen Carrouger at 744-2866 or email [carroug@uw.edu](mailto:carroug@uw.edu)

## AMERICAN BURN ASSOCIATION 50th ANNUAL MEETING

UW Burn Center staff, faculty and clinical researchers presenting in Chicago for the ABA meeting:

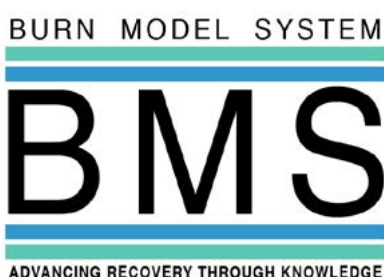
- Eleanor Curtis MD, MPVM
- Haig A. Yenikomshian MD
- Naima Alver BS
- Michael Allen
- Gretchen J. Carrouger MN, RN
- Shelley A. Wiechman PhD
- Maria Paulsen RN
- Jennifer Hiner BSN, RN, CCRN
- Kimberley S. Koetsier MD
- Megan Nordlund MS, RD
- Beth Costa OTR
- Nicole S. Gibran MD, FACS
- Andrea Dai BS
- Sydney Drever BA



The National Fire Protection Association (NFPA) reports that cooking is the number one cause of home fires and home injuries. The NFPA suggests that if you have a small (grease) cooking fire and decide to fight the fire, you should smother the flames by sliding a lid over the pan and turn off the burner. Classically, when individuals attempt to remove a burning pan from the stove top, they sustain burns to the hand, or they spill the grease on their anterior body, or they spill it onto the floor and slip on it sustaining burns to their posterior body. The important safety message to avoid these injuries is simple -- extinguish the fire by sliding a lid over the pot.

## Injury Prevention Tip

The kitchen can be a busy place during meal preparation. Establish a kid-free zone around the stove. Block access to ensure safety and to prevent accidental burn injuries.



## Visit us online and social media

The NWRMBS maintains an active social media presence on both Facebook and Twitter. To follow/join us on Facebook, search "Northwest Regional Burn Model System". From Twitter, search "@NWRBMS" or go to <https://twitter.com/nwrmbms>.

Please visit our website for more information:  
[burnrehab.washington.edu](http://burnrehab.washington.edu)

