



UNIVERSITY OF WASHINGTON

# Burn Model System Newsletter

Spring 2010



## What's New in Research?

Many burn survivors and their families tell us they feel alone and unprepared after leaving the hospital and returning home. The information provided at discharge can be overwhelming and easily forgotten. Isolation is one of

the most persistent problems identified. There exists limited research on how best to help during this challenging time when issues related to scarring, pain, depression, post-traumatic stress disorder, and re-integration into

the community and workplace are faced. As one of our NIDRR-funded research projects, we are studying the impact of an expanded delivery model for burn rehabilitation and outpatient management (See Research Update below).

## Burn Injury Information Group

The burn injury informational support group meets on the 3rd Wednesday of the month from 1-2:00pm in room 8EH-50 at Harborview Medical Center. This

group is open to all burn survivors and their families.

Upcoming meetings are April 21st, May 19th, June 16th, and July 21st, 2010. It is sponsored by the

Northwest Burn Foundation and is at no charge. You can also participate by phone; contact Dr. Shelley Wiechman at 206-744-4439 and she will provide all necessary information.

## Expanded Care Coordinator Profile - Alex Robinweiler

Alex Robinweiler, BS is the Expanded Care Coordinator for the Expanded Delivery Model for Burn Rehabilitation study that is currently ongoing within the Harborview Burn Center.

Alex has worked in this position for almost two years. Before working with burn survivors, he studied anthropology and public health at the University of Washington and continues to work part-time as an Emergency Medical Technician (EMT) in the Seattle area.

Under the direction of Dr. Shelley Wiechman, PhD (primary investigator for this study), Alex contacts patients soon after they have been discharged from the hospital. During these calls, he provides support and direction with

the goal of enabling patients to be more proactive in their ongoing recovery and outpatient care. "Alex has been instrumental in assisting burn survivors in identifying needed community resources - this is especially important for our diverse patient population," notes Dr. Wiechman.

Alex is often in the Burn Center identifying study patients and then helping them set personal goals. He says helping patients set goals is one of the most rewarding parts of his job since it allows him a chance to really get to know the people he will be calling.

For more information on the Expanded Delivery Model for Burn Rehabilitation study, contact Gretchen Carrougher at 744-2688.

## Research Update

The Expanded Delivery Model study uses the skills of an Expanded Care Coordinator (ECC) to help burn survivors problem solve and manage complex issues that arise after discharge.

The use of phone contact and motivational interviewing are part of the intervention being evaluated. In his role as ECC, Alex contacts burn survivors who have consented to be in the study - with the goal of helping them feel more supported and assisting them with identified challenges and concerns.

New subject enrollment will end soon and the study will conclude by August 2011. Whether or not this intervention proves beneficial will depend on several specific outcome measures related to health and well-being and community/work re-integration.

Look to our website for this and other study findings and the implications for post discharge care in the future.

## Did You Know?

Devise a family fire escape plan and practice it every 6 months. In the plan, describe at least 2 different ways to escape every room, and designate a safe place in front of the home to meet after escaping a fire.

## Visit our website at

<https://depts.washington.edu/uwnidrr/> for more information.

To reach the UW/HMC Burn Center Clinic, call 206-744-5735.