

Medi Quest BRS Hospital

A monthly News letter from BRS Hospital

PREVENTION OF BURN INJURIES

Dr. B. MADHUSUDHAN, MS. M.Ch., DNB, MNAMS

**Department of Plastic surgery.
BRS Hospital, Chennai - 600 034.**

Price Rs. 5/- Only

October - 2023

Medi - 18

Quest - 2

Yearly Subscription

Rs 50/- only

.....

Editors

Dr.B.Madhusudhan,
MS.MCh.,DNB(Plastic)

Dr.S.Ramesh,MD,DCh

28,Cathedral garden Rd,
Nungambakkam,
Chennai - 600 034.

Phone:

044 - 61434250

044 - 61434230

Email:

brsmadhu@yahoo.co.in

Web:

www.brshospital.com

The National Programme of Prevention of Burn Injuries has envisaged in standardising and building the infrastructure & manpower at all levels of healthcare delivery system. It should be noted that 90% of burn injuries are preventable. The high incidence of burn injuries is attributed to poverty, illiteracy and less safety consciousness in the population.

The National Programme has three components namely, Preventive, Burn injury management and Burn injury rehabilitation programme.

National Academy of Burns- India aims to reduce the incidence of burns by generating safety awareness amongst masses and to improve the burn care through research and training of surgeons, nurses and paramedical staff.

Preventive Measures to avoid Burn Injuries:

A.Electrical:

1.Periodically, check electrical plugs and cords for dirt or fraying.

2.Keep appliances unplugged when not in use.

B.Kitchen:

1. When working with a hot liquid, keep your child safely away from the source.

2. When cooking with hot oil or a deep fryer, keep your child a safe distance from the source.

3. When cooking, keep pot handles turned inward on the stovetop and away from the edge of the stove.

4. If you are cooking on the stove or in the microwave, don't hold your child as you remove items from these appliances.

C.Others:

1. If you have a toddler or small child at home, don't use a tablecloth. The child may pull on the corner of the tablecloth, causing potentially hot objects to fall on them.

2. Before placing a child or infant in a bathtub, check the water temperature with your hand.

3. Under Supervision allow children to play with fireworks.




4. Encourage children to wear shoes in the summer and avoid walking on hot tar road (or) hot sand and avoid bare foot walking in hot summer.

5. When traveling, choose a hotels or motels that are protected by both smokealarms and a fire sprinkler system. Know where hotel and motel exits are in case of a fire, by going through the MAP.



6. Store harmful chemicals and cleaners in an area where children will not be able to access them. Chemicals to be kept safety
7. Always discard smoking materials in a deep or wet receptacle.
8. Don't overload electrical outlets.
9. During a power outage, use flashlights instead of candles.
10. Keep a fire extinguisher in the kitchen and garage. Make sure family members know its location. Check it periodically to make sure it stays in good working order. Replace it if necessary.
11. Teach your child to stay away from lighters and matches, keep these item out of a child's reach.

First Aid for BURNS

- 1 Cool**
with running water
Cool burned area with cool running water for up to 20 minutes, or until pain is less severe. Take off any jewelry and clothing that could be in the way. Do not attempt to peel any clothing that is stuck to the wound as this could cause the skin to tear. If running water is not available, use a damp cloth, wet towel, sponge or immerse in water. May drink analgesics for pain.
Minor burns with only redness and no blisters, can be treated with topical burn ointment or spray.

 - Do not use ice or ice water, which can cause tissue damage
 - Do not apply butter, oil, toothpaste, lotion, ointment on any burn, because infection may occur and complicate the injury.
- 2 Cover**
the burn
Cover the burn with sterile material to protect from infection. Use a clean dry dressing or plastic cling film, wrap to cover the burn.

 - Do not use adhesive or fully dressings.
 - Do not break blisters or remove peeled skin
- 3 Call**
Emergency assistant
For deep or extensive burns of any size, send the patient immediately to hospital for further medical treatment.




83rd Birthday Celebration of Renowned Prof. CMK REDDY, FRCS General and Vascular Surgeon, Mentor and Patron to BRS HOSPITAL



GENERAL MEDICINE , GENERAL SURGERY,
PEDIATRICS AND NEONATOLOGY
PLASTIC AND COSMETIC SURGERY ENT SURGERY,
OB AND GYN
UROLOGY , VASCULAR AND NEUROLOGY



BRS Hospital Doctors Get Together



BRS Hospital

Congratulates

Dr. PUJITA SUDIP

**on receiving the
GOLD MEDAL**

**for the Best Paper in Head &
Neck Surgery Session -
@ South zone AOI Conclave 2023**



95th Birth Anniversary of Prof. B.R.SANTHANAKRISHNAN, Founder of BRS Hospital

Owned and Published by Dr. Madhusudhan 28, Cathedral Garden Road, Chennai - 34.
Printed by S. Baktha at Dhevi Suganth Printers 52, Jani Batcha Lane, Royapettah, Chennai -14.
Publication on : Final Week of Every Month Posted on 30.10.2023