

## Burns Team Contact Details

**For more information about any of the services please contact a member of the Burns Team.**

Burns Unit  
Tel: 0151 252 5400  
Open 24 hours seven days a week

Occupational Therapy Dept  
Tel: 0151 252 5453  
Open Monday-Friday  
9.00 am-5.00 pm

Physiotherapy Dept  
Tel: 0151 252 5236  
Open Monday-Friday  
9.00 am-5.00 pm

Psychology Dept  
Tel: 0151 252 5586  
Open Monday-Friday  
9.00 am-5.00 pm

*This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.*

*This information can be made available in other languages and formats if requested.*



**Alder Hey Children's**  
NHS Foundation Trust

East Prescot Road  
Liverpool  
L14 5AB  
Tel: 0151 228 4811  
[www.alderhey.nhs.uk](http://www.alderhey.nhs.uk)

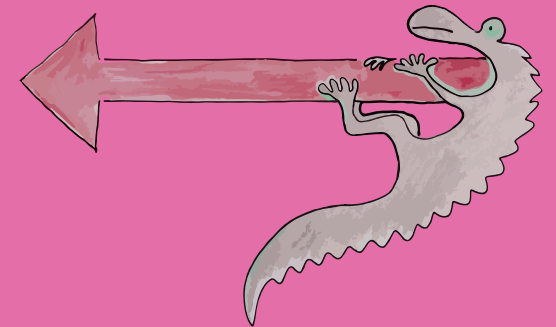


**Alder Hey Children's**  
NHS Foundation Trust

# Burns Unit

## Your stay on the Burns Unit

Information for parents and carers



# Introduction

Your child has been admitted to this specialist unit because they have had a burn or scald. We know that this is a very stressful time for you and your family and hope that the information contained in this leaflet will help you understand some of the things that will be happening over the next few days.

We do need to ask lots of questions about what happened, the time it happened and if any first aid was given. This helps us in making decision regarding their treatment. We also need to let your family doctor, health visitor or school nurse and social worker (if you have one) know that your child has been admitted.

## Fluids

It is important for us to make sure that your child has plenty of fluids. This may be either by drinking or by an intravenous drip depending on their injuries. We will need to record how much fluid they are taking regularly throughout the day.

## Temperature

We will need to take their temperature, pulse, respirations and blood pressure regularly, maybe even every hour so we can detect early any changes in their condition.

## Urine

One way of being sure your child is getting enough fluid is by measuring how much urine they are passing. This may be by either getting them to wee in a bottle or bedpan, weighing their nappy or they may need a catheter (a tube which goes into the bladder to measure the amount of urine they are producing)

## Pain

Burns and scalds are often painful so we do need to give regular painkillers. This may be in the form of medicine or tablets or even through an intravenous drip. We will discuss with you the type of pain relief we are using.

## Dressings

When you first come to the ward the wounds will have been cleaned very thoroughly and a sterile dressing applied. If your child finds this too distressing or we feel we had not been able to clean the wound as thoroughly as we wanted we may suggest they go to the operating theatre to have this done.

After 48 hours we will need to change their dressings again, this usually happens in the ward treatment room or sometimes it may take place in the operating theatre. If this takes place on the ward you will be able to stay with your child during this procedure if you wish. We will discuss with you about pain relief before the procedure

and could arrange to have a hospital play specialist available to help provide some distraction for your child during the procedure. If the dressing change is in theatre you will be able to accompany them into the anaesthetic room until they are asleep. Following this dressing we will be able to give you a clearer idea of how deep the burns are, what the rest of their treatment will involve and how long you may be in hospital.

If there is anything you are unsure or unclear about regarding dressing changes please discuss this with the nurse looking after you.

## Infection

Following a burn or scald your child is more at risk of developing and infection and therefore we have very strict infection prevention procedures in place and ask that you work with us to minimise the possibility of an infection occurring.

- We take swabs from all patients on admission to check whether they have any infections at the time they are admitted
- We do restrict visitors to 2 at a time in the cubicle (including parents) so please ask other family members to check before coming to the hospital
- Please wash your hands before entering and leaving the cubicle and use the alcohol gel provided
- We may ask you to wear an apron or a gown especially when we are doing dressing changes

## Family Support

We understand that looking after your child after they have had a burn is very stressful for the whole family and we want to help you as much as we can. Your child understandably will be upset and frightened. You may have feelings of guilt particularly if the accident happened at home, anxiety if you have other children who need you at home or even financial concerns as travelling to the hospital and buying meals for yourself can be very expensive, so please talk to us regarding any concerns you have.

We do have something called a 'psychosocial assessment' which is a simple questionnaire helping us identify some of the stresses you are facing. We usually discuss it with you 24 hours after your admission and we can then devise a plan with you to alleviate some of your anxieties. This may include a referral to our clinical psychologist if you agree. We may also be able to signpost you to other services that may be able to help.

## Discharge

We aim to give you as much notice as possible regarding the expected date of your discharge from hospital so you can arrange transport and make sure everything is ready at home.

You will probably receive medication to take home with you which may include painkillers and sometimes an anti-itch. You will also be given an appointment to come back to a burns clinic and contact details so you can call us if you have any concerns.