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NTBRMS NEWS

North Texas Burn Rehabilitation Model System

W I N T E R 2 0 1 4

"Wherever there is a human being, there is an opportunity for kindness."

*-Seneca,
Roman
Philosopher*

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Overcoming Obstacles and Giving Back... A Personal Story

By: Jennifer Wright, MPH

Barry's Winkenweder burn story is not just about overcoming an obstacle but one of giving back to other burn survivors in the form of support and injury prevention for fellow coworkers.

On Oct 29, 2001 Barry Winkenweder was completing a 12-hour shift as a troubleman. A troubleman is a first responder for emergency electrical outages and helps figure out the source of the problem. Right before his shift was over a call from the dispatcher came through regarding electrical outage.

Although the dispatcher did not assign him to the location, Barry volunteered to go to the site to become more familiar with the location and its power grid. Barry was assigned to work in an underground vault with an oil switch. While executing the plan to remove the locking pin on the switch handle, the handle dropped unexpectedly and



shorted out causing an explosion.

"The next thing I knew I was laying face down in the bottom of the hole (vault) under water." Barry was able to remain conscious during the explosion allowing him to know when it would be safe to get out of the vault.

"After the 3rd trip, I knew the feeder was locked out and it was safe to come up for air, but there was none, everything around me was engulfed in flames, all I could breathe was extreme heat." As he came out of the vault he was greeted by people telling

him to "drop and roll"; which he did. Being the selfless person he is, Barry began searching for other co-workers working in the vault with him. While assessing the injuries of a co-worker he soon realized he didn't realize the extent of his own.

"I remember looking at (a co-worker) and telling him he didn't look very good. (The co-worker's) face had become completely black with his eyes as big as white saucers...That's when he told me I didn't look good either. That's when I began to look at my own injuries and realized the skin was falling off my arms."

Barry received 2nd and 3rd degree burns to 23 percent of his body. He also suffered from other injuries. He does not remember much of his recovery due to the "good



The staff at the NTBRMS and the Parkland Burn Unit would like to thank Barry and his wife Pam, for their continued contribution and invaluable time and feedback regarding model system patient care activities, including the SOAR program.



medicine" the hospital provided but mentions that his wife remembers every part of it. According to Barry, the worst part of the experience was what his family and the people closest to him had to endure.

Being the sole provider for his family motivated him to get better as soon as possible to return to work. While participating in SOAR, Survivors Offering Assis-

tance in Recovery, Barry and his wife have been able to give back to other burn survivors by offering them advice that has gotten them through the last 12 years of his recovery.

Barry mentioned that he likes to share with some of the new patients what a therapist told him during his recovery, "Healing depends on the patient's attitude. Positive attitudes heal quicker." In providing injury prevention for his co-

workers, Barry explains that if he had worn all the personal protective equipment provided by his company that day he would not have sustained the extensive injuries that he did. Barry consistently works to help other burn survivors and share awareness about burn prevention. We can learn a great deal through his continued positivity and perseverance. ☀

NTBRMS Research Update

By Radha Holavanahalli, Ph.D.

In a collaborative effort with the Burn Injury Model Systems program the NTBRMS will be presenting at the American Burn Association this coming spring. The study examined physical and mental health outcomes of a group of older adults, 55 years of age and older, at five and ten years following a major burn injury along with changes in functional health and well-being over time.

The study sample consisted of a subset of a national sample of burn survivors enrolled in a multi-center longitudinal study. The participants were stratified into three different age groups, 55-64, 65-74, and 75 years and older. The majority of the sample was : Male (65%), Caucasian (77%), with a mean age of 64 years. Outcomes data was assessed using health related quality of life measures.

The results showed:

- There was no difference noted across age groups post injury between five and ten years in regards to health related quality of life.
- The physical and mental health of older adults significantly improved by six months post injury and remained unchanged thereafter. Neither physical nor mental health reached pre-burn level of functioning.

The data further demonstrates the need for appropriate age-specific interventions to help improve long term functional health and well-being among aging older adults.

7th Annual Potluck Thanksgiving Event Nov. 16, 2013



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Support Group



Third Saturday of each month
Noon to 1 p.m.

Parkland Memorial Hospital
7th Floor, South
Seldin Learning Center
5201 Harry Hines Blvd
Dallas, TX

Please call 214-648-9534

Our monthly Burn Survivor Support Group is a comfortable place for burn survivors, their families and friends to share stories and support one another in the road to recovery. ☀

<http://www.utsouthwestern.edu/education/medical-school/departments/physical-medicine/ntbrms/index.html>

SATELLITE CLINIC - East Texas Medical Center (ETMC) Tyler

MARK YOUR CALENDAR FOR
OUR NEXT SATELLITE CLINIC:

Feb. 24th, 2014
9 a.m. - Noon

Please call Ruth Davies at
214-648-3654 to schedule
an appointment.

Parkland's Physical Medicine &
Rehabilitation Physician and
Burn Surgeon attend this clinic,
along with NTBRMS staff.

Parkland Health & Hospital System Dallas

Burn Clinic

EVERY THURSDAY
beginning at
1 p.m.

6th Floor
5201 Harry Hines Boulevard
Dallas, TX 75235

Call to schedule an
appointment
214-590-0168

When you call, please tell the
receptionist that you would like
to make an appointment for
the "BURN CLINIC." Several
clinics are scheduled in this
area and this will be helpful for

SAVE THE DATE

Burn Camp June 1-6, 2014
Pre-School Day Camp
April 12-13, 2014



For more information call:
214-590-2920
or 800-850-1477