MULTIDISCIPLINARY MANAGEMENT OF THE BURN SURVIVOR WITH %92 TOTAL BURN SURFACE AREA: CASE REPORT

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Introduction:

Burns that are usually more than 20% of the body surface are considered serious burns.

A burn that covers 50% of the body can be a direct cause of death. As survival rates from severe burn are improving, early physiotherapy programs may highly important to obtain functional recovery.

Kartal Dr. Lütfi Kırdar Training and Research Hospital-Wound and Burn Center is the only center in Istanbul for both children and adults with burn injuries. The center has both in-patient and out-patient services and intensive care unit for burn patients. A multidisciplinary team which involves plastic surgeons, anesthetists, intensivists, physiotherapists and nurses, specialized in burn care, follows the care of the patient's treatment from intensive care to outpatient care.

Case report:

A 29-year old man was admitted to Istanbul Wound and Burn Center on the 01/03/2016 due to burn injuries. It was a scalding burn due to a work accident. The patient with no medical history had 92% TBSA (2nd and 3rd degrees). Debridement and skin graft were performed several times under general anesthesia and the patient is being treated in intensive care unit (ICU).

The multidisciplinary team planned and performed interventions:

- Plastic surgeons prescribed wound treatment.
- Anesthetists and intensivists operated ventilation and medical regimes in ICU.
- Physiotherapist promoted respiratory physiotherapy, splinting, positioning, structured mobilization program at supine, sitting and standing positions gradually in ICU.
- Nurses cared the patient according to the treatment plan.

The patient transferred to the in-patient service on 04/08/2016 and discharged on 30/09/2016. Patient follow-up and individualised physiotherapy program continued in both in-patient and out-patient clinics.

Conclusions:

- A patient with 92% TBSA has a chance to survive under multistage physiotherapy protocol.
- The treatment plan for burn patients should be co-ordinated and implemented by the multidisciplinary team.
- Patient's age and medical status affected the recovery period in burn clinic.
- Physiotherapy applications should be done in ICU, in-patient and out-patient services progressively. It is major determinant of tissue healing and functional recovery in serious burns.