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Nurse Life Care Planning - Through the Ages
Section 5 - Burn Case Study

Name: Mr. Burned

DOB: 10/19/79, Age 31

DOI: 12/19/06

Brief description of injury/accident:

Flash/flame burns

41% TBSA

Complications requiring extended 3 month hospital stay

Diagnoses:

Deep partial to majority full thickness burns to 41% total body surface area (TBSA) including face, mouth, neck, hands, upper extremities, abdomen, back, and lower extremities

S/P compartment syndrome of upper extremities

S/P emergency escharotomies & fasciotomies, S/P skin debridement/grafting

late effects of thermal burns

hypertrophic scarring

abdominal contour deformity

inclusional cysts

chronic pruritis

S/P coccygeal and buttocks pressure ulcers (stage II – III)

S/P acute respiratory failure

S/P pneumonia

S/P hypermetabolism

S/P malnutrition

S/P pinning & arthrodesis of right little proximal interphalangeal (PIP) joint

MRSA
diffuse/chronic pain
neuropathy
adjustment disorder
post traumatic stress disorder (PTSD)
major depression

Acute Care:

escharotomies and fasciotomies
skin debridement
skin grafting (temporary & permanent)
ventilator support for ARDS
Cardiac pulmonary monitoring
OT/PT
Psychological support
3 months in hospital

Complications:

Life threatening compartment syndrome/escharotomies and fasciotomies
Adult Respiratory Distress Syndrome (ARDS)
Systemic infections
Pneumonia
Difficulty weaning from ventilator
Decubitus ulcers
Hypertension
Hypertrophic granulation tissue
Insomnia
Intense pain



Current Care:

Dr. Turner (Burn Specialist) deferred future reconstructive surgery recommendations to Dr. Fogert (Reconstructive Surgeon). Dr. Turner's last dictation - MMI (12 months) after last reconstructive surgery - timeframe unknown, long term disability related to the burn accident.

Dr. Fogert's last dictation indicated – recovering from recent reconstructive surgery to right upper extremity, post-op dressing changes, wound care, medications, OT, customized Jobst compression garments, and physician follow up.

Dr. Whetherford – chronic pain evals every two months, long term medications for pain management

Mr. Cary – psychological care every two weeks, suggested marriage counseling due to strain of injury

Urologist – evaluation recommended due to erectile dysfunction related to PTSD

Dr. Primary Care - see prn for overall health related to burn accident

OT - continues OT sessions twice weekly during recovery of right upper extremity reconstructive surgery, goal – transition to independent home program

Scar management – wife provides care at home

Nurse case management services - coordinate medical care

Health for home based therapies & home health aide as needed after surgeries

Medical supplies/DME - see below

Medications:

Oxycontin 30mg every 8 hours

Oxycodone 2-3 pills every 4-5 hours

Ibuprofen 800mg 1-2 times daily

Neurontin 600mg twice day

Valium 5mg twice day

Zoloft 50mg twice day

OTC Zyrtec as needed (1-2 times per week)



OTC Benadryl as needed (average daily)
Vitamin D supplement (#30)
Centrum multivitamin (#120)

Medical Supplies/DME/Aids for Independent Function:

Customized right upper extremity splint, neoprene sleeve - daily
Medical supplies for dressing changes (Xeroform, Aquacel, Silvagel, gauze, tape, etc.) - daily
Gel mattress pad (queen size)
Allergen control products (non-allergenic soaps, laundry detergent, lotion)
Humidifier
Air purifier
Shower head with anti-scald valve
Medical alert bracelet

Symptoms/Limitations:

Skin

Hypertrophic scarring on burn sites/graft sites
Pigmentation changes on burn sites/graft sites/donor sites
Significant muscle loss/atrophy on abdomen/flank/back
Scar contractures on right arm, abdomen, and back
Extreme skin tightness/scar bands/scar contractures causing limited range of motion
Takes a while to stretch and get going in the mornings due to scar tightness/scar bands/scar contractures
Skin tearing/shearing with range of motion due to scar bands/scar contractures
Extremely fragile skin, frequent breakdown/shearing/open areas of skin with slightest friction
Chronic skin breakdown/ulcerations/open wounds on arms and back
Several areas of ulceration/discoloration/bruising
Delayed wound healing
Chronic itching, increased with warm/hot environment
Clothes rub/irritate/blister skin, especially flank/waist line
Bleeding on clothes and bed sheets, frequent replacement
Excessive dryness/flaking/peeling skin, requires frequent moisturizer
Impaired temperature regulation
Inability to regulate body temperature
Temperature hypersensitivity



Easily overheated, prefers to stay inside, only outside when going to/from car
Only able to tolerate being outside for few minutes in shade/indirect sunlight (i.e., father building covered back porch)
Takes a while to 'cool down' once overheated, causes fatigue/exhaustion
Altered sensation over burn scars/graft sites
Unable to feel light touch on burn scars/graft sites
Extreme sensitivity with loss of fascia/muscle and thin skin on bone
Unable to feel shower water on skin, unable to determine temperature of shower/bath water
Altered hair growth pattern
Altered perspiration
Excessive perspiration on unburned areas
Self conscious of burn scars and disfigurement

Upper extremity

Right little finger nonfunctional
Unable to flex/extend right little finger, fusion of PIP joint
Limited range of motion in right upper extremity, including shoulder
Scar band/contracture radiating from right flank into right shoulder/elbow/hand
Limited strength in right upper extremity
Limited grip strength in right hand
Limited gross motor coordination in right hand
Extremely limited fine motor coordination in right hand (i.e., unable to pick up small objects)
Vibration bothersome, both hands
Limited writing or typing with right hand
Unable to perform repetitive motion in right hand/wrist
Left hand/wrist pain with repetitive motion due to scar tightness
Right hand numbness/tingling
Right hand/wrist pain/throbbing
Drops objects when lifting/carrying with right hand
Limited abduction in right wrist
Increased symptoms with activity (less than 5 minutes) of right hand (i.e., washing dishes)
Numbness/tingling with prolonged position (longer than 20 minutes)
Tends to hold arms above head to lessen symptoms
Cold weather exacerbates symptoms
"Pain to the bone" during cold weather
Constantly wears insulated leather gloves during cold weather



Joints click/pop

Limited with caution and short timeframe for reaching/lifting/ pushing/pulling due to skin graft tightness and pressure on scars, causes increased symptoms

Lower extremity

Lower extremity numbness/tingling with prolonged position (20 minutes)

Knee stiffness

Joints click/pop

Slow, guarded walking

Able to walk short distances

Prolonged walking/standing causes increased symptoms and fatigue (i.e., grocery shopping)

Aches/pains with prolonged walking/standing

Unable to run

Sitting causes increased symptoms (i.e., prefers to sit in recliner chair or lie on couch at home)

Unable to sit on hard surfaces due to loss of buttocks muscle, back pain, tightness with scarring, and skin sensitivity

Limited with caution and short timeframe for crawling/kneeling/squatting/bending/stooping due to skin graft

tightness and pressure on scars, causes increased symptoms and numbness/tingling

Legs go to sleep with kneeling

Difficulty with rising from sitting position or getting up from floor

Unable to climb ladders/heights

Other

Sharp, aching, burning, throbbing pains on 24/7 basis

Back pain

Difficulty with bending at waist

Low back pain due to weakness and skin tightness

Pain/symptoms increase with activity/prolonged position (longer than 10-20 minutes)

Pain/symptoms increase with warm/hot temperature

Pain/symptoms decrease with medications and rest/lying down

Vision worse

Sensitivity to outside light, wears sunglasses

Prefers lights off while inside

Noise sensitivity & distraction (i.e., prefers radio off while riding in car)

Throat soreness following each surgery due to intubation



Difficulty starting/stopping urine stream (Foley catheter for two months while hospitalized)
Easily fatigued/tired (i.e., became drowsy/sleepy after 3 hours into Life Care Plan assessment)
Fatigue/tiredness, needs frequent rests/breaks
Decreased stamina/endurance
Frequent breaks/rest with shopping/running errands
Overall weakness
Overall limited range of motion
Overall limited strength
Piddles around on good days
Stays on couch/recliner chair on bad days

Psychological & cognitive

No loss of consciousness during burn accident
Detailed memories of accident
Remembers fire, jumping off ladder, and being on fire
Remembers seeing clothes burning and burned/melted skin on arms
In/out of consciousness during emergency room
Hallucinations/nightmares/reliving accident while in sedated coma and on medications
Sadness/depression
Anxiety/nervousness toward accident
Increased anxiety/nervousness “over things I cannot control, such as wife driving or electrical”
Easily agitated
Easily frustrated
Easily angered
Anger toward accident, limitations, and lifestyle changes
Becomes emotionally upset with limitations and pain/symptoms
Becomes upset following EMDR sessions which surface feelings/emotions
Short tempered
Responses to situations are over exaggerated
Unable to concentrate with environmental stimuli
Short term memory deficit (i.e., forgets little things)
Requires reminders of appointment dates/times (i.e., forgot time of Life Care Plan assessment)
Forgetful (i.e., lost train of thought several times during Life Care Plan assessment)
Difficulty planning ahead, relies on wife
Difficulty with watching others perform work (i.e., “I feel less a man”)
High fear of re-injury (i.e., putting up Christmas lights)



Overly cautious with electrical and flames (i.e., increased anxiety/fears when children around electrical products and open flames)
Very protective regarding family due to high fear/anxiety/paranoia of injury
Increased fear/anxiety when "I cannot control situation"
Limits children's play/activities due to increased anxiety/fear of injury (i.e., playing outside)
No longer attends bon fire with friends
No longer uses lighter fluid on charcoal when grilling out
No longer comfortable around electricity
Self conscious toward burn/graft site scars, affects community outings/social interaction
Bothersome with public stares, directness of inquiries, and comments
Doesn't leave house without wearing compression garments and long sleeves to cover scarring/disfigurement
Nightmares (i.e., burn accident, trauma, hallucinations, and family being injured)
Flashbacks with seeing flames or being around electrical equipment
Difficulty sleeping, doesn't sleep thru night, doesn't feel rested in morning
"My life is centered around this"
Sexual/erectile dysfunction

Psychosocial:

Lives with common law wife since 1999
Has two children ages 6 & 8 (daughters)
Lives in mobile home
Very sedentary lifestyle indoors
Limited recreational activities/outings to the spring, fall and winter
Activities limited due to fatigue/tiredness and reducing sun exposure
Relies on his wife for wound care/dressing changes
Wife provides assistance with ADL's
Requires assistance with home maintenance, yard work, finances, and errands/shopping
Wife does not work outside the home
Fearful of strangers reactions to his scars

Right hand dominant

Height: 6' inches

Weight: 205 lbs.



Educational/Vocational:

High school graduate 1998
Attended electrical classes in high school
Started working in 10th grade as electrical apprentice
Employed with same employer since 10th grade
Performed odd jobs on the side
Out of work since accident

Collaboration (communication with treating providers):

Medical questionnaires - forwarded to Dr. Fogert, Dr. Turner, Dr. Whetherford, Mr. Cary, and Dr. Masonite to address Mr. Burned's present and future medical treatment.

Evaluation performed and discussions held with Dr. Burncare/Bernice Smith - Physician Assistant:

Dr. Burncare (Burn Specialist) noted: severe unstable scarring with chronic, open areas - attributed to scar bands/contractures, delayed healing - immuno-compromised system, recommended long-term medical care, specialty consultations, diagnostic studies, reconstructive surgeries/procedures, therapeutic evaluations/modalities, psychological evaluations and counseling sessions (individual and family), medications for symptom management, lab work, long-term scar management, and anticipated complications. Complications more likely than not in future: hypertrophic scarring, pigmentation changes, altered sensations, tenderness at burn/graft sites, heat/cold intolerance, at higher risk for sunburn, at higher risk for skin cancer (Basal cell carcinoma), allergic reactions/sensitivity to products

Dr. Turner's response: Diagnosis: S/P 40% TBSA

Current treatment plan: long-term medical care, specialty consultations, periodic diagnostic studies, reconstructive surgeries/procedures as per Dr. Fogert, intermittent psychological evaluations and counseling sessions (individual and family), long-term medications for symptom management, periodic lab work, long-term scar management, and anticipated complications

Will Mr. Burned need ongoing/lifetime medical care related to burns? Yes

Will Mr. Burned need ongoing/lifetime medical care under specialty physicians? Yes

Dr. Whetherford's response: Diagnosis: diffuse pain to back/arms/abdomen 2nd to scar formation with skin graft placement.

Current treatment plan: long-term medical care, periodic diagnostic studies, psychological evaluations/counseling sessions (individual and family), long-term medications unknown duration, periodic lab work, anticipated complications of drug dependency and constipation



Mr. Cary's response: Diagnosis of PTSD, major depressive episode, pain associated with both psychological factors and a general medical condition

Current treatment plan: EMDR for PTSD, and cognitive behavioral therapy for depression and chronic pain management; long term psychological care every two weeks; anticipated complications of adjustment to chronic pain, marital issues, social issues, occupational issues, support issues, and economic issues