

BURNS ARE CAUSED BY EXPOSURE TO:

- Heat
- Chemicals
- Radiation
- Electricity

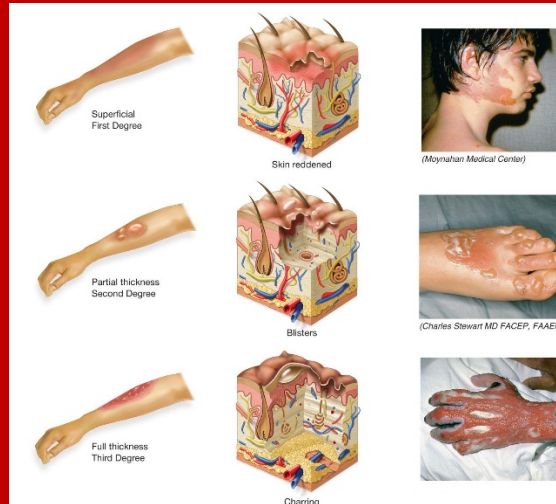
There are 4 types of burn severity:

- First degree burn (ie. Superficial)
- Second degree burn (ie. Superficial partial thickness)
- Third degree burn (ie. Deep partial thickness)
- Third degree burn (ie. Full thickness)

WHY ARE BURNS SO HARMFUL?

When a burn occurs the body's automatic defense system kicks into overdrive. The immune system reacts with massive amounts of inflammation seeking out bacteria, smoke and chemicals that are dangerous to the body. With its natural defenses otherwise occupied the body is left vulnerable to infection. Depending on the severity of the burn the body will begin to

have problems with specific functions. Such as their metabolism, their ability to create and use energy, their hormones and of course physical pain from the burn site.



<https://degreespatsuriwa.blogspot.com/2017/05/what-are-degrees-of-burns.html> Retrieved November 22, 2021

ANYONE IS AT RISK FOR A BURN

According to Nelms (2020) a poll from 2013 stated “there were more than 480,000 burn victims that year. 40,000 of those patients were admitted to either a hospital or

specialized burn treatment center. There Is an approximately 96% survival rate for these burn injuries” (687).

MEDICAL NUTRITION THERAPY

Burns can cause significant protein loss to occur. Therefore it is recommended that patients increase their protein intake. The recommended levels can vary depending on the severity and stage of recovery. There are certain micronutrients that are considered very important for a burn patient. They are specifically included in their nutritional supplements to encourage wound healing, immune support and resupplying the nutrients that were lost. A few of these important nutrients are Vitamins E, C, Copper, Selenium and Zinc. If the patient is unable to eat and drink on their own. Then the next option is to help them with a feeding tube or IV. This way the patient will still be able to receive the nutrients they need. Having regular access to good nutrition will help the patients heal.

References

Nelms, M., Sucher, K. P. (2020). *Nutrition therapy & pathophysiology (4th ed.)*. Cengage Learning.