Burns

REFRESHER

RECOGNIZE IT

- First degree: superficial. Second degree: partial thickness. Third degree: full thickness
- Estimate total body surface area with the Rule of Nines; the Rule of Palm for scattered burns
- Watch for smoke inhalation with any burn

ASSESS

- Minor: under 10% TBSA 2nd/3rd degree, no inhalation injury, not intubated, normotensive, GCS over 14
- Serious: 10–20% TBSA 2nd/3rd degree, suspected inhalation injury or airway stabilization required, hypotension, GCS under 13
- Critical: over 20% TBSA 2nd/3rd degree, burns with multiple trauma, or burns with definitive airway compromise

ACT — FIRST MOVES

1. Stop the burning process
2. Remove rings, bracelets, and constricting items
3. Cover with dry clean sheet or dressings
4. Pain management
5. Fluid resuscitation with PlasmaLyte: under 5 yrs 125 mL/hr, 6–13 yrs 250 mL/hr, over 14 yrs 500 mL/hr (minor: PlasmaLyte TKO)
6. Transport serious and critical burns to a burn center (ABA)

PEARLS

- Fluid rate is by age band, not by weight, on this page — know your band before the call

Take Home Message:

Stop the burning, strip constricting items, cover dry, manage pain, and run PlasmaLyte by age band; serious and critical burns go to a burn center.