Dear Colleagues,

The weather is not getting better (at least in Austria) but in theory it’s summer. This means it is time for the summer edition of the EBA Newsletter!
No matter if there is rain or shine we are in the middle of our preparations for the 16th European Burns Association Congress in Hannover. We really hope to see you there because this year, again, we will have some special activities that we want to offer our PAM members:
- We will have again our PAM/Burn Camp/Prevention room - a place were you can inform yourself about the activities of the PAM, the Burn Camp and the Prevention Committee but also get general information on PAM issues and of course get the chance to meet the members of the committees and do some networking. Just pop in between the sessions and have a look.
- This year we are very proud to have one special session we would like to share with all different PAM disciplines. During our special session: Scars – “The PAM Perspective” we will have experts from different fields looking at this important topic from various sides. Psychology, Physiotherapy, Nursing, Surgery, Skin therapy and Occupational Therapy will meet during this session and together with a patient explore in depth the topic of scars.
- Last but not least I we are very happy to be able again to give PAM-prizes to a number of abstracts and presentations thanks to Flen Pharma who sponsored us.

So, if you have not registered for the EBA Congress do so now. We are looking forward to meeting you there and until then wish you a pleasant summer!

Anna Pittermann
Chairperson of the PAM Committee

The early bird registration deadline expires on 30 June 2015!
PAM Meeting June 2015

The last PAM and Prevention committees meeting was in Brussels, in the Queen Astrid military Hospital on Saturday the 20th of June. Our host was Diane Derwael who works for Pinocchio, an organisation for burn camps. Not all members were present but with skype we could all join in. We started around 9 o'clock because the agenda was loaded. Carolyn showed how dangerous batteries can be if a child puts it in the mouth. She wrote about it in the last newsletter and will do the experiment in Hannover as well. Furthermore she gave us an update of the activities and the plans for the following two years for the prevention committee. Keith will step down from the Prevention Committee (thank you for all the hard work!) and during the congress in September new members will be elected for the committee during the PAM business meeting. We worked hard on the congress program, to make sure all our sessions have nice presentations on nursing, OT and PT, psychosocial care and prevention.

Before lunch dr. Thomas Rose showed the committee around on the burn unit. According to him the burn centre in Brussels is the biggest burn centre in Europe, 26 beds. The ICU patients all have their own bath in the room to prevent contamination. It was a well organized centre with many good facilities.

After the lunch the PAM committee continued discussing the guidelines and our goals for the coming two years, that will be presented during the business meeting. Nicolas and Asgjerd will unfortunately step down from the PAM committee (thanks to both of you for your hard and excellent work!). We are fortunate that we are able to present some new candidates for the PAM committee. The next PAM meeting will be held at the congress. There will be a PAM room, so if you do have some queries, please visit us during break hours!
The history and evolution of the city of Spa

Spa is a little town in the Belgian Ardennes. It lays on more than 200 wells and is through the centuries known for its healing water. This water was already known by the Romans and this can be deducted from the many coins that were found in some wells. Together with the Greeks, they exported the “Thermalism” and the appropriate techniques. The “Thermalism or crénotherapy” uses specific components of the mineral water when coming out from the well. It is a medical care based on practice recognized by the WHO.

The healing benefits of this iron and carbonated water were already known in the 16th century.

The first cure resort was built in 1764 where people could drink water. In 1773, a pharmacist called Briard, built a resort where people could follow hydrotherapy in baths and in showers. In the 19th century, Spa was so famous that the word “Spa” became a synonym of a cure resort.

In Spa, we know three major groups of Thermalism:

The Royal and High Society Thermalism
From 1868 till 1914, the High Society came to Spa to drink water from the wells and this during 3 weeks. WWI made an end to this form of tourism and after WWII Thermalism was somehow forgotten.

The social Thermalism
After 1949 till the seventies, people were entitled to receive a reimbursement of their cure in Spa. Sleeping facilities, medical care and physiotherapy felt under the National Health Service. Unfortunately the important costs made an end to the reimbursement of the cures in 1975, and once again Spa knows a non-prosperous period.

The Thermalism of health and the general wellness
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The healing benefits of water

The water of Spa is strongly mineralized and is rich in iron and carbon. One of the wells is named after Tsar Peter The Great whom drunk from the water in 1717. Until today, the mineral water of Spa still has a strongly pronounced iron taste.

As generally known, minerals have a metabolism role and are taking care of a good balance of the body’s water and salt ratio. According to a medical physician, Fereydoon Batmanghelidj, every disease and certainly every modern disease is due to a shortage of water, or with other words dehydration. This doctor was in Iran in 1979 in the famous Evin prison after the take-over of the power by the Islamite ayatollahs. During his imprisonment of 2 years and 7 months, he took care of more than 3000 patients by treating them with water only. After his captivity, he ran away from his country and immigrates to the United States. One year later, he published his prison experience in the Journal of Critical Gastroenterology. He’s convinced that a dry mouth is not only a good thirst indicator but that it is also a signal of pain of the body when it needs water. A lot of people are thus not ill but are only thirsty. Consequently thirstiness is treated by giving water to the body.

Peter Rager, an American scientist, totally agrees with him. You don’t even have to wait until you are thirsty because thirst is a signal that your body has a serious shortage of water.

We know that our body consists of 75% of water and that it fulfils 3 important functions:
1. it dissolves nutrients
2. it transports nutrition elements
3. it cleans the body of toxic waste

We can easily imagine that water has an important effect on our body.

This knowledge is used in Spa as well as in other European spa resorts with rich mineral water. Persons suffering from skin problems, such as eczema, psoriasis etc, often visit the spas. Abroad we often see that burn patients go to spas as part of their revalidation.
Together with the support of NPO Pinocchio we started organizing camps for children. During two weeks they have different sorts of treatment, in the healing water of Spa. They bath in the water but we also encourage them to drink the water of Spa (minimum ½ liter).

We strongly believe that the cure, which consists of a camp without parents, has an additional healing effect during the revalidation of our burn patients without being a miracle cure.

We started with this camps in 2007 for 16 children between 5 and 16 years old. We select the children from the 6 different burn centers in Belgium, taking into account the burn surface, the depth and taking children in the active fase of their revalidation. Because of the high cost of this camp (3000€/child) we need to strictly handle our criteria because the camp is totally paid by NPO Pinocchio without any government support. We only have the logistic help of the Belgium army and private sponsors.

Diane Derwael
Coördinator of Burn Camps
CAMPAIGNING UK TV star Claudia Winkleman wins tougher fire rules for fancy dress after her daughter's Halloween inferno accident.

Ms Winkleman has forced UK retailers to help bring in tougher fire safety standards for children's fancy dress costumes after her daughter was seriously burned last Halloween.

Terrified Matilda's supermarket costume caught fire while she was out trick-or-treating near their London home. The eight-year-old's wizard costume turned into a "crackling fireball" and bubbling black fabric melted on to her skin.

Strictly Come Dancing host Claudia, 43, was incensed to discover that the costumes only have to be tested to the same level as toys. For instance, nightwear standards requires fabric to burn three times slower and the same standard for these costumes should match those of nightwear.

Claudia teamed up with the BBC consumer show Watchdog in a special episode in which experts gave a shocking demonstration of how easily high street fancy dress outfits turn into fireballs.

As a result of her crusade, this year's Halloween outfits sold by UK retailers Sainsbury's, Tesco, Asda and Marks & Spencer will meet the stricter standards applied to nightwear.

Claudia recalled the moment that horrified her and her film producer husband Kris Thykier. She said: "I heard Matilda shout and she was on fire. She went up in flames, it is the only way I know how to describe it. She was screaming out for me and it was really, really fast."

James Brown of Sainsbury's, which led the way in upgrading the regulations, said: "We have looked at every detail of our children's dress-up range. "This has not been a simple task, but the safety of children is our number one priority."

Claudia said: "I love Sainsbury's for it. Other stores are now also doing it. I had to do something."

Peter Dartford of the Chief Fire Officers Association UK said: "We are pleased to hear Sainsbury's and some other retailers are taking steps to improve the safety of these products. I call on all retailers to follow their example."

Matilda needed plastic surgery for her burns but is healing well.

to see reference to European Standards and RAPEX please visit the following website: www.tradingstandards.uk/policy/policy-pressitem.cfm/newsid/1672

www.express.co.uk/news/uk/582311/Claudia-Winkleman-daughter-fire-Halloween
Next EBA congress Hannover 2015

The early bird registration deadline expires on 30 June 2015!
For more information: www.eba2015.de

Have a sunny and relaxing summer!

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