

## Burns Level I

### **BURNS** (Superficial Burns) Level I

(If subjective data sufficient, no exam is necessary.)

Skill Level: RN

Definition: Superficial burn involving epidermis only. May be caused from over exposure to the sun, heat source or chemical.

<b>MILD</b>	
<b>Subjective:</b> <ul style="list-style-type: none"><li>• Patient will complain of pain and tenderness.</li><li>• "I have a sunburn."</li><li>• "I burned myself."</li></ul>	<b>Assessment:</b> <ul style="list-style-type: none"><li>• Impaired skin integrity: superficial burn, sun exposure, heat source or chemical irritant.</li></ul>
<b>Objective:</b> <ul style="list-style-type: none"><li>• Redness to exposed skin and tenderness to touch. Limited to the epidermal layer. Blanching with pressure, normal skin texture intact.</li><li>• No blistering or eye involvement.</li></ul>	<b>Plan:</b> <ul style="list-style-type: none"><li>• <b>Patient educations and self-care items for this protocol include:</b><ul style="list-style-type: none"><li>--Tylenol/Aspirin 2 tabs every 4 hours.</li><li>--Ibuprofen 200 mg 1-2 tabs QID.</li><li>--A variety of lotions.</li><li>--Sun block lotion</li><li>--Chapstick Lip Balm</li></ul></li><li>• Cool water immersion or cool compress of affected body area.</li><li>• Any eye involvement, blistering, or extensive burn or if no improvement go to Level II protocol.</li></ul>

#### Patient Teaching:

1. Avoid outdoor activities between 10:00 am - 2:00 pm.
2. Warn that some drugs such as Tetracycline or psychotropic meds can cause increased susceptibility of the skin to sunburn.
3. Advise that sunscreen may be purchased and should be used especially during the summer months.
4. Wear protective clothing when possible.

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**Nursing Education:**

1. For Burns Protocol see: U:\Operations\Health Services\Nursing Protocols\2014 Revised Protocols\Nursing Education.
2. Naprosyn, Aspirin, and Ibuprofen are not recommended for pain management for pregnant patients, please instruct all pregnant patients to use Acetaminophen (available in housing units) for minor pain management.

**APPROVED:**

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Medical Services Manager

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Date

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Chief Medical Officer

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Date

*Steve Shelton M.D.*

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Medical Director

*2/24/2015*

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Date

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