E-Poster

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Following Health and Quality of Life in Burn Survivors: A Long-Term Study

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Major burn injuries are associated with significant long-term morbidity impacting multiple domains of quality of life (QoL), including physical (scarring, contractures, weakness, thermoregulation, pain), and psychosocial well-being (body image, mental health). This study aimed to assess the health status, QoL, and work status of adult patients with severe burn injuries.

METHODS

Between June 2018 and June 2024, adult burn survivors with burns covering more than 40% of their total body surface area were evaluated six years post-injury. The assessment included the Burns Specific Health Scale-Brief (BSHS-B), the SF-36 generic health survey, the Quality of Life Scale (QOLS), and data on injury characteristics, socio-demographic factors, and current work status.

RESULTS

In 2018, a total of 78 participants were eligible for the study, but only 37 responded to the follow-up assessment. The average age of the participants was 43.4 years (SD = 7.4). Six years later, both burn-specific and generic health perceptions remained stable; however, there was a significant improvement in overall QoL, as indicated by an increase in the QOLS score from 63.1 (SD = 11.1) to 79.2 (SD = 9.2). The most notable enhancements were observed in areas related to work satisfaction, physical activities, and independence. On average, participants returned to driving after 42 weeks and resumed work after 67 weeks.

CONCLUSION

The study shows that these patients are capable of achieving functional independence and a high QoL. Overall, the long-term prognosis for individuals with extensive burns is typically favorable. As a result, burn care professionals can be confident that their efforts are valuable.

Statement of Disclosures

None

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