

# Outcomes of Major Burn Injuries - A Need for Long-Term Follow-Up

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## Background

- There is increasing call to understand burn injuries as a chronic condition.
- This study described long-term outcomes following major burn injury.

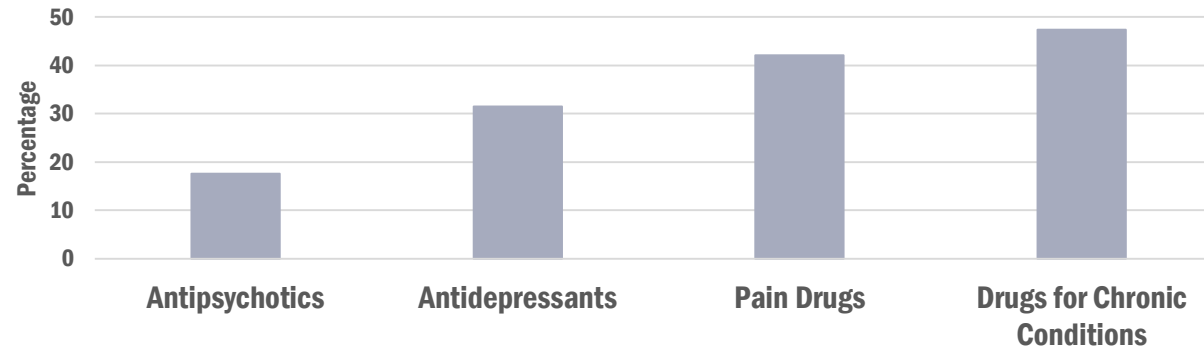
## Design

- A physiatrist conducted a history and physical exam in adults who sustained a major burn injury.
- Burn survivors also completed a Medical Problem Checklist, which included medication.
- This study examined 98 adults with mean age of 47 years, mean total body surface area burn of 57%, and mean time from injury of 17 years.

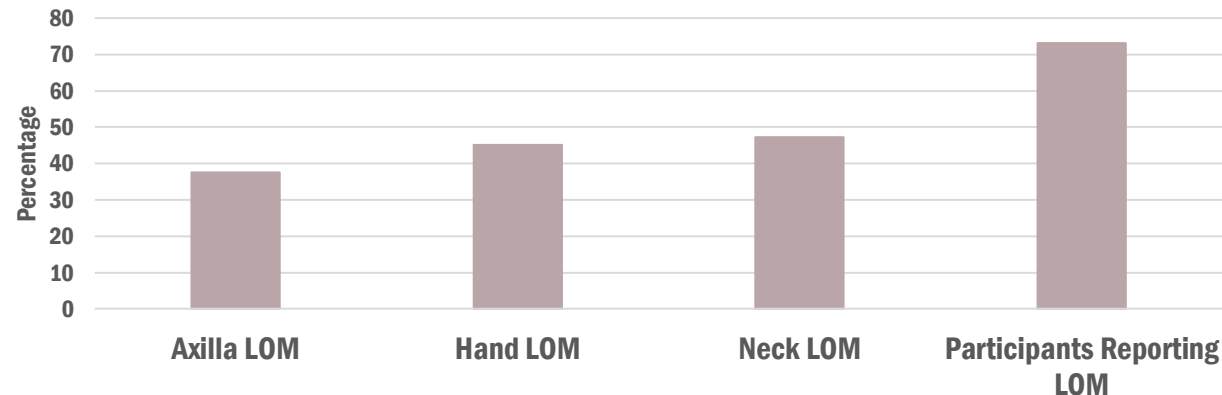
## Results

- Fifty-eight (57/98) percent reported use of medications. Over 70% reported limitation of motion, while about 56% reported emotion distress regarding long-term sequelae of their burn injury.

Types of Drugs Among Patients Reporting Medication Usage



Limitation of Motion (LOM)



## Conclusions

- **Burn survivors** continue to face **challenges** with **pain**, **mental health**, and **loss of mobility**, decades after initial injury.
- Long-term follow-up, individualized approaches, and peer support may help improve health and function.
- Future studies should focus on specific interventions to address long-term consequences of major burn injuries.

