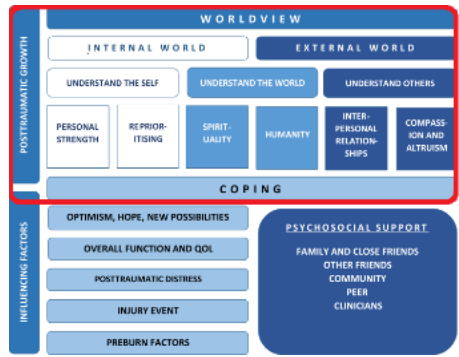


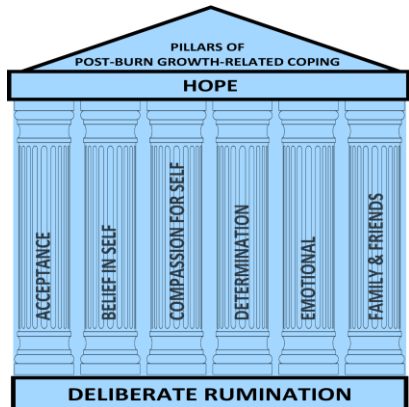


Six aspects of better coping after burn – the rationale behind the resource

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Model of Postburn Growth and Coping



Six pillars of growth-related coping after burn



- Changed understanding of self, others and world
- Making meaning of the event
- New or improved coping styles

- Events already comprehensible
- Events already meaningful
- Events already manageable

Introduction
The model of postburn growth and coping illustrates that some people change their understanding of themselves, other people and the world after a burn. These changes in thinking can help them to make meaning, change their perspectives and find new ways to cope.

Method
A narrative review of the academic literature discusses the conceptual cross theoretical mapping of the sense of coherence theory of resilience (1), the self-determination theory of motivation (2) and the theory of posttraumatic growth (3, 4) after adult burn (5) and reveal six themes that underpin helpful coping styles.

Results
Helpful coping styles have been identified and can be grouped into six basic coping qualities. These six themes, and their associated core messages, provide a solid, theory-based rationale for the patient education information.

Conclusion
Changes in perspectives drive better coping, but the patient can only change their perspective through their own deliberate rumination. Then intrinsic motivation, together with feelings of competence, a sense of autonomy and better relatedness can help them towards their own value-driven goals for optimal recovery.

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Six qualities of growth-related coping

	Quality of growth-related coping	Core message	Self determination theory concept
A	Acceptance	You can't change your past but you can change your future.	Competence, autonomy
B	Belief in self	You are stronger than you thought.	Competence, autonomy
C	Compassion for self	Be kind to yourself. Recovery is a journey, setbacks are normal.	Autonomy
D	Determination	You can get through this.	Competence, autonomy
E	Emotional management	Understand what you feel, say what you feel.	Relatedness
F	Family, friends and social support	You are not alone.	Relatedness

- Six principles behind the patient resource**
1. This information comes from other burn survivors – their words, their experiences.
 2. Deliberate rumination is needed to boost resilience in those who do not have existing resources to understand, manage and cope with their burn, define their values and bring hope.
 3. Patient goals need to be value driven.
 4. Every burn has different impacts depending on the individual, their environment and their injury, and therefore recovery trajectories differ.
 5. Clinicians cannot create, only facilitate.
 6. Clinicians must choose their words carefully for fear of causing offence.

6 HELPFUL STRATEGIES USED BY BURN SURVIVORS

THEY ACCEPT THE PAST, NOT THE FUTURE

They accept the injury, not the limitations. They accept help, but strive for independence. They accept life is different, but will be normal again. They focus on the future.

THEY BELIEVE IN THEMSELVES

They identify personally important values. They set realistic goals. They see how far they have come with pride. They realise they are stronger than they thought and that they can cope.

THEY ARE KIND TO THEMSELVES

They know that recovery is a journey. Their know that feelings ebb and flow. They know that setbacks happen. They know that progress differs for different people.

THEY ARE DETERMINED TO BE BETTER

They try to live to their values. They positively reframe their thoughts. They use humour and gratefulness to cope. They seek meaning in survival. They are determined and they plan each goal.

THEY TALK ABOUT THEIR EMOTIONS

They can identify their own emotions. They try to communicate their feelings calmly. They ask for help when they need it. They find ways to answer unwanted questions.

THEY SEEK FAMILY AND FRIENDS' SUPPORT

They accept help from family and friends. They find a trusted confidante. They seek support from loyal, long-term friends. They know that friendships change.

MORE HELP

- Your GP can give support and can also refer you to psychological services under Medicare agreements
- Phone helpline (cost free)
- Books and magazines
- Online resources
- Experts & professionals – the burns team, psychologists, counsellors, nurses.

Feeling depressed or anxious?
Call Cyberdoc Support Service 1300 22 4626
Source: Andrew Acton
Call Lifeline on 13 11 14 if you need crisis support
or visit www.lifeline.org.au to find a range of self-help
resources and information

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