

## **Hand therapy, burns management and compression garments: Review – 10 months post burn**

**Burns Consultant – Romi:** Hi Sean. Can you see us and hear us?

**Client – Shaun:** Yes.

**Burns Consultant – Romi:** Romi Das Gupta, surgeon. It's been a while since I've seen you. And I think you've probably met Megan as well.

**Host site Occupational Therapy Consultant – Megan:** Thank you, Wendy and Susie, for your patience with us.

**Recipient site occupational therapist – Susie:** Hello, that's alright.

**Burns Consultant – Romi:** So, I was just going over the history and from what we've got here the injury happened on the 17<sup>th</sup> of May last year and it was a motorbike exhaust and your arm actually got stuck under it, is that right?

**Client – Shaun:** Yep.

**Burns Consultant – Romi:** And we didn't end up needing to do a skin graft, that's correct? And that healed with dressings? Okay so we're just going to see where you're at now, in terms of what the scar looks like and if there's any functional issues. So over to you. How does it look? What do you think?

**Host site Occupational Therapy Consultant – Megan:** We have the photos, thank you.

**Recipient site occupational therapist – Susie:** Good, you got the photos. You're happy with it, Shaun?

**Client – Shaun:** Yep.

**Recipient site occupational therapist – Susie:** It's looking really great. It's nice and faded and it's moving well. Shaun has some arm sleeves and he's wearing them and he's still doing the occasional Kelo-Cote massage. But it's nice and flat. And it's not across his elbow so it's not impeding any movement.

**Host site Occupational Therapy Consultant – Megan:** Wonderful. And Shaun is there any areas of the scar that bothers you in the look or the feel of the scar?

**Client – Shaun:** Nah, not really. Nah.

**Recipient site occupational therapist – Susie:** Shaun can you do this? Yeah, that would be great.

**Burns Consultant – Romi:** That looks mature. We could stop, couldn't we? So, we're just saying that it looks like a mature scar, and it's probably done what it was going to do. So, in terms of the garment we can probably say you could stop wearing it.

**Recipient site occupational therapist – Susie:** Alright, good news.

**Burns Consultant – Romi:** What's that sort of centrally, in the middle of the scar, there's a bit of a red area there. Is that raised at all?

**Recipient site occupational therapist – Susie:** It's got the slightest raise in it and it's right in the middle and it's about a centimetre. About the width of my thumb. But it's moving nicely.

**Host site Occupational Therapy Consultant – Megan:** Probably just continue to fade with time.

**Burns Consultant – Romi:** Would you continue Kelo-Cote over that spot till it's faded?

**Host site Occupational Therapy Consultant – Megan:** If you've got some to use up, absolutely.

**Recipient site occupational therapist – Susie:** Okay, use the tube up.

**Burns Consultant – Romi:** And yep. You can stop using the garment. So, then the next question will be do we need to see Shaun again?

**Host site Occupational Therapy Consultant – Megan:** There you go, nice to see you. Only if he's worried.

**Burns Consultant – Romi:** Yeah, I think it's done really well. It's unlikely to cause problems in the future, given how it's gone. So, we don't necessarily need to see you again, unless there's an issue. We can get back in touch. We can either see you on telehealth or get you down. But the slightly raised bit, that's not actually over a joint so it shouldn't be a problem functionally. So, what do you think?

**Client – Shaun:** Yeah, good.

**Host site Occupational Therapy Consultant – Megan:** Well done, Shaun. What a good job you've done getting yourself healed.

**Burns Consultant – Romi:** Alright, so no more garment, just use up the Kelo-Cote over that spot.

**Recipient site occupational therapist – Susie:** Wonderful. Okay, thank you.

**Host site Occupational Therapy Consultant – Megan:** Thank you.

**Burns Consultant – Romi:** No problem.

## **Interview: Host site clinician**

### **Why was Shaun referred to your service?**

**Host site Occupational Therapy Consultant – Megan:** So, Shaun, when he was 14 years old came off a motorbike and went under the exhaust and got a burn to his forearm and that was about nine months ago. So, the burn took three to four weeks to heal, and he had a subsequent scar arise from that injury that he went on to have scar interventions that included pressure therapy and silicone therapy and massage.

### **What telehealth intervention did you provide today?**

**Host site Occupational Therapy Consultant – Megan:** The treatment that we did with Shaun today was to complete a burn scar assessment. So, we were looking at the look and the feel of the scar and how much it bothered him in his everyday activity and whether it was getting in the way of him choosing to do what he wanted to do.

### **How frequently do you provide this telehealth intervention?**

**Host site Occupational Therapy Consultant – Megan:** An occupational therapy treatment plan for a child with this type of burn would be during the period where Shaun had an unhealed wound, he was coming to the Burns Unit two times a week and being managed as an outpatient. As the wound healed that might have been reduced to once a week. And then near that point of healing, he would have started on scar management interventions like pressure therapy and silicone therapy. And once that routine was established, he would come back about every three months, until the scar matures which is typically 12 to 18 months down the track.

**What telehealth model did you choose to use for this telehealth intervention?**

**Host site Occupational Therapy Consultant – Megan:** The telehealth model we chose for this treatment is health professional to health professional. The benefit of that model from the Burns Unit perspective is that we are very reliant on having a therapist at the other end to really engage with the person with the burn injury, to touch the scar, to feel the scar, to give information back to the burns team on the feel of the scar. Sometimes when you ask that of the patient, it's just good to get two perspectives on that. The other benefit is that over time it really is building up a very capable network of local therapists in managing burns scars and burn scar intervention.

**What technology did you use for this telehealth intervention?**

**Host site Occupational Therapy Consultant – Megan:** In this situation with Shaun, we used a fixed video conference system. Other times we might use a MOVI desk system if it was just between say an occupational therapist here and an occupational therapist seeing Shaun locally as an example and we're not involving the full multidisciplinary team.

**Do you have to modify your intervention to provide it via telehealth?**

**Host site Occupational Therapy Consultant – Megan:** We modify our treatment to deliver by telehealth by ideally requesting photos beforehand. And getting photos beforehand so that if the quality of the system isn't good that day then we've got the photos there.

**What are the benefits of providing this intervention via telehealth?**

**Host site Occupational Therapy Consultant – Megan:** The benefits of telehealth for Shaun is that today it saved him a three-to-four-hour drive, a lot of issues with parking, a lot of expense, a day off school to be told that his burn scar was mature and that there was no longer any treatment required.

## **Interview: Recipient site clinician**

**Why did you do a telehealth consultation with Shaun today?**

**Recipient site occupational therapist – Susie:** We did one because Shaun was due to have a review with the consultant and also the OT at Lady Cilento. So, it's just a great opportunity for us to link in with them instead of the family travelling down. So, I saw Shaun last week and got some photos of his burn area and sent them down to Lady Cilento. So, the doctor has them in front of them and it's just a chance to have the one-on-one.

**What are the benefits of providing this intervention via telehealth?**

**Recipient site occupational therapist – Susie:** It would be a seven-hour return trip, realistically. And then getting into Lady Cilento and finding a park. So, it would take an entire day. It's just so much easier for the families if we can link in here, particularly with working parents and getting their

children out of school. So, it works for everybody. And it's also great for the clinician because you have the consultant and the senior OT there as well. So, you've got your review there and you walk away with a clear clinical plan and there's a chance to ask any questions you've got.