

CHECKLIST FOR MAJOR BURNS: CHECK ABC's FIRST

1. Airway and Breathing:
 - Assess airway immediately
 - For carbon monoxide or smoke inhalation, provide high flow O₂ at 15 L/min (100%) using a non-rebreathing mask
 - Intubate for circumferential neck burns, sooty sputum, hoarseness, dry cough, stridor, or other significant respiratory distress
2. Circulation:
 - Assess circulation of involved extremities; escharotomies may be required, but generally not within the first four hours after burn.
3. C-Spine Immobilization:
 - Immobilize if involved in blunt trauma or high voltage electrical injury (> 1000 volts)
4. Disability:
 - Assess neuro status using the AVPU method:
 - Alert
 - Responds to verbal stimuli
 - Responds to painful stimuli
 - Unresponsive
5. Expose and Examine:
 - Remove all clothing, jewelry, and contact lenses
6. Fluid Resuscitation (use Lactated Ringers)
 - Start two large bore IV's
 - Adult and child > 20 Kg.: 4cc/Kg/percent burn (give half of the fluid over first eight hours, the other half over the next 16 hours)
 - A child < the 20 Kg.: 3cc/Kg /percent burn (give half of the fluid over the first eight hours, the other half over the next 16 hours. Add maintenance rate using D5LR and divide evenly over 24 hours)
 - Maintenance formula: 100 cc/Kg for first 10 Kg of body weight, 50 cc/Kg for second 10 Kg of body weight.
7. Foley catheter:
 - Adjust IV rate to maintain urine at 30-50 cc/hour in adults and 1 cc/Kg in children. For electrical burns with myoglobin (dark urine), maintain urine at 100 cc/hour
8. Nasogastric tube:
 - Use for BSA>25 % burns or intubated patients
9. Pain management:
 - Use IV Morphine
10. Chemical Burns:
 - Remove clothing, dust off powdered chemicals, then flush all areas with water for at least 30 minutes
11. Wound Care:
 - Cover with a clean, dry sheet and keep patient warm
 - Exercise caution if using wet compresses as it may cause hypothermia
 - Elevate upper extremities, if burned
12. History:
 - Obtain history of mechanism of injury and pertinent past medical history
 - Obtain laboratory studies as indicated
 - Immunize for tetanus, in indicated