

# NO PAIN, NO GAIN? NOT ANY MORE!

Burn injuries do not have to be excruciating. Adequate pain relief is possible.

Every year, more than one and a half million South Africans get burned. Over 161 children are severely burned each month. Burns do not discriminate and can happen to anyone.

Burn injuries are painful – all patients experience pain at some point during their treatment. Poorly controlled pain can result in complications such as poor wound healing or depression, and some patients may experience chronic pain.

Research conducted in KwaZulu-Natal has revealed that patients who had poorly controlled pain at the onset of their treatment needed significantly more pain medication down the line to achieve pain relief. Research in this setting has also shown that fewer than 10% of the doctors in the district hospitals know the correct dosages for the medication used to control pain during dressing changes.

“Adequate pain relief from the outset in a patient’s care following a burn injury can alleviate some of their suffering,” says Dr Shelley Wall. “This can also reduce the risks of complications due to poorly controlled pain.”

Pain control for burn wounds is achievable. Doctors need to understand the importance of controlling pain as part of the management of burns, and patients need to demand adequate pain relief.

“Burn injuries are traumatic enough as it is, but they do not need to be excruciating,” says Wall.



Pain from burn injuries can be controlled by the correct treatment.

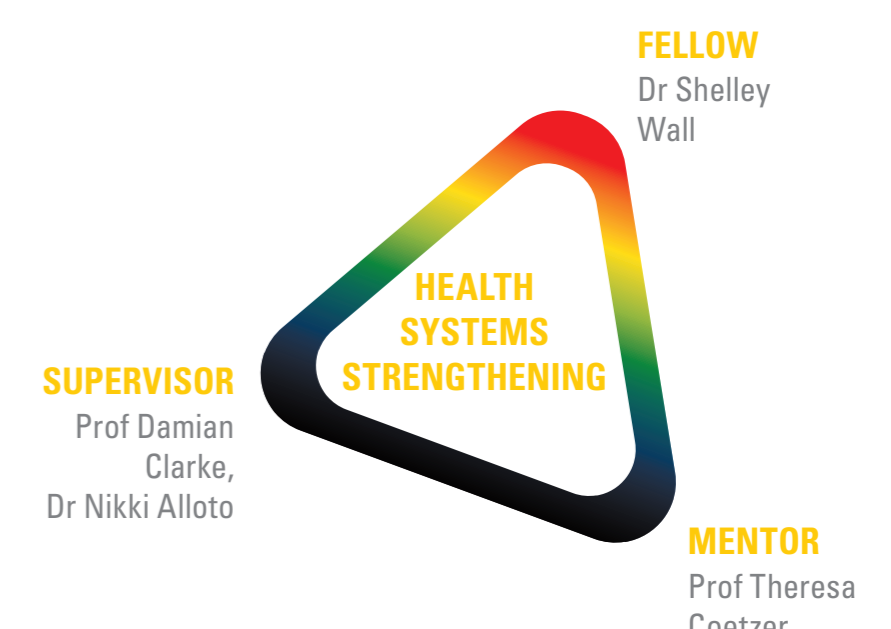


## Towards Research Leadership

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Developing Research Innovation, Localisation and Leadership (DRILL) is a health sciences training programme producing research excellence in South Africa. DRILL creates a triad of support for emerging researchers.



Wall SL, Clarke DL and Allorto NL. (2020). “A comparison of analgesia requirements in children with burns: Do delayed referrals require higher procedural analgesia doses?” Burn Open [internet]. 2020; (xxxx):1–7. Available from: <https://doi.org/10.1016/j.burnso.2020.04.001>.



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