

**ASSESSMENT OF PSYCHOSOCIAL OUTCOMES
AND COPING PATTERNS AMONG
PATIENTS WITH BURN**

Thesis

Submitted for partial fulfillment of the Master Degree in
Psychiatric Nursing

By

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ABSTRACT

Burn injuries are among the most devastating injuries seen in the emergency unit ranging from minor to lethal injury. The aim of this study was to assess the psychosocial problems and its related physical problems among patients with burn, and identify coping patterns among these patients. The study was conducted in the outpatient clinic for burns at Ain Shams University Hospital, on 66 adult burn patients discharged from the hospital 3 to 6 months ago. Data were collected using an interview questionnaire form, the Burn Specific Health Scale – Brief (BSHS-B), and the Coping with Burns Questionnaire (CBQ). The results revealed that patients' mean age was 32.4±12.3 years, and 57.6% were females. Fire or flame was the cause in 48.5% of the cases, and 49.2% occurred by accident; the grade mostly third (37.9%). 34.8% of the patients had psychosocial suffering, with the highest in the physical domain. The majority of the patients (86.4%) were using some sort of coping, mostly optimism and problem solving and self-control (83.3%). Statistically significant relations were found between psychosocial suffering and coping and patient's age, accompanying trauma and infection, and burn circumstances. Patients using coping had less social ($p=0.007$) and mental ($p=0.04$) suffering. It is concluded that burn accidents caused psychosocial suffering, mostly in the physical domain. The majority of the patients were using some pattern of coping. Coping patterns and psychosocial suffering were interrelated. Therefore, it is recommended that long-term follow-up care be provided to patients with burn, especially for those with accompanying trauma or infection, and those with suicidal or homicidal attempts. The psychiatric nurse should have an active role in helping these patients.

Keywords

Burns, Psychosocial problems, coping patterns

