

## RECOVERING FROM BURNS

Healing from burns can seem overwhelming as along with the physical pain, there may be worries about what to expect from the future.

However, with proper care, the wounds can heal efficiently, reducing their impact on your day-to-day life. The Vidiyal team is here to support you. Here's what you need to keep in mind to ensure rapid healing.

### 1. NUTRITION

Increasing the amount of protein and iron in your diet can benefit wound healing and help you recover faster.

Vidiyal ensures that the three meals provided at the burns ward consist of a well-rounded and nutritious diet in the form of eggs, soya milk, moong dal, sweets, date jam, fruits and ice cream.

### 2. POSITION MAINTENANCE

As the body recovers from the burn injuries, fresh layers of skin grow over it, sometimes over a joint. When this happens, using the joint becomes difficult and over time, it can lead to immobility.

‘Position maintenance’ consists of exercises and postures that prevent this from happening.

The Vidiyal team spends a significant amount of time training the survivors in ‘position maintenance’, both in the hospital ward and during follow-up visits in their homes.

### 3. BANDAGING AND SHOWERING

Taking care of yourself and your body can make you feel better.

Dressing the wound regularly, while painful, is necessary to prevent infection. Bathing can also be challenging as the affected areas need to be treated with care.



The Vidiyal team educates both the client and their caregivers extensively on bandaging and showering correctly and also focuses

on pain management and emotional support during the process.

### 4. PHYSIOTHERAPY

The most crucial aspect of wound care is physiotherapy, exercising the body correctly to regain and retain mobility.



Vidiyal's physiotherapists conduct assessments and prescribe the required exercises according to their injuries and scar growth.

## VIDIYAL RECOVERY AND HEALING CENTRE (RHC)

The Vidiyal Recovery and Healing Centre is an in-patient rehabilitation centre which provides physical and psychosocial interventions after the client has been discharged from the burns ward.



## PHYSICAL INTERVENTIONS BY RHC

- Physiotherapy using advanced techniques
- Recreational (quilling, zumba) and functional (cooking, stitching) activities
- Plastic surgery and prosthetic treatment support



## PSYCHOSOCIAL INTERVENTIONS BY RHC

- **Counselling** for the survivor, including sessions with the family
- **Support group sessions:** A safe space for survivors to work together and process the incident and resulting trauma. Interactions with survivors who have already been rehabilitated.
- **Regular social outings** to reclaim public spaces
- **Celebration** of birthdays, festivals and milestones



- **A Graduation ceremony** when the client is rehabilitated and ready to thrive



The RHC continues to follow up on the client even after they have been rehabilitated to ensure that they are continuing to thrive.

Other ways in which Vidiyal supports the recovery of burn survivors is by providing the following:

- Economic empowerment through skill building, livelihood support and job referrals
- Education for the clients' children
- Long term counselling support

Should the patient choose to live out their rehabilitation at their own home, RHC conducts follow-ups and home visits, while offering the interventions on an out-patient basis.



The International Foundation for Crime Prevention and Victim Care (PCVC) is a non-profit organisation, based in Chennai, that works across Tamil Nadu, offering emergency and long-term rehabilitative support for women and queer individuals.

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vidiyal  
begin anew

Vidiyal is PCVC's programme for burn survivors, which oversees the physical, psychological and social aspects of burn recovery. Interventions begin at the burns ward after which the Vidiyal Recovery and Healing Centre supports the rehabilitation of the survivor, free of charge, until they attain functional independence.



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