



Who Benefits the Most from Burn Camps?



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Introduction: Burn camps provide a unique environment and activities for children that have experienced a burn-injury. Positive outcomes from attending burn camp include increased self-esteem, decreased feelings of isolation and a greater sense of self-confidence. In a 3-year retrospective review of camper evaluations from one of the largest and longest running week-long burn camps in the nation for ages 5-17, we aimed to assess if a child's gender, age, TBSA or ethnicity affected the impact that burn camp had on a child.

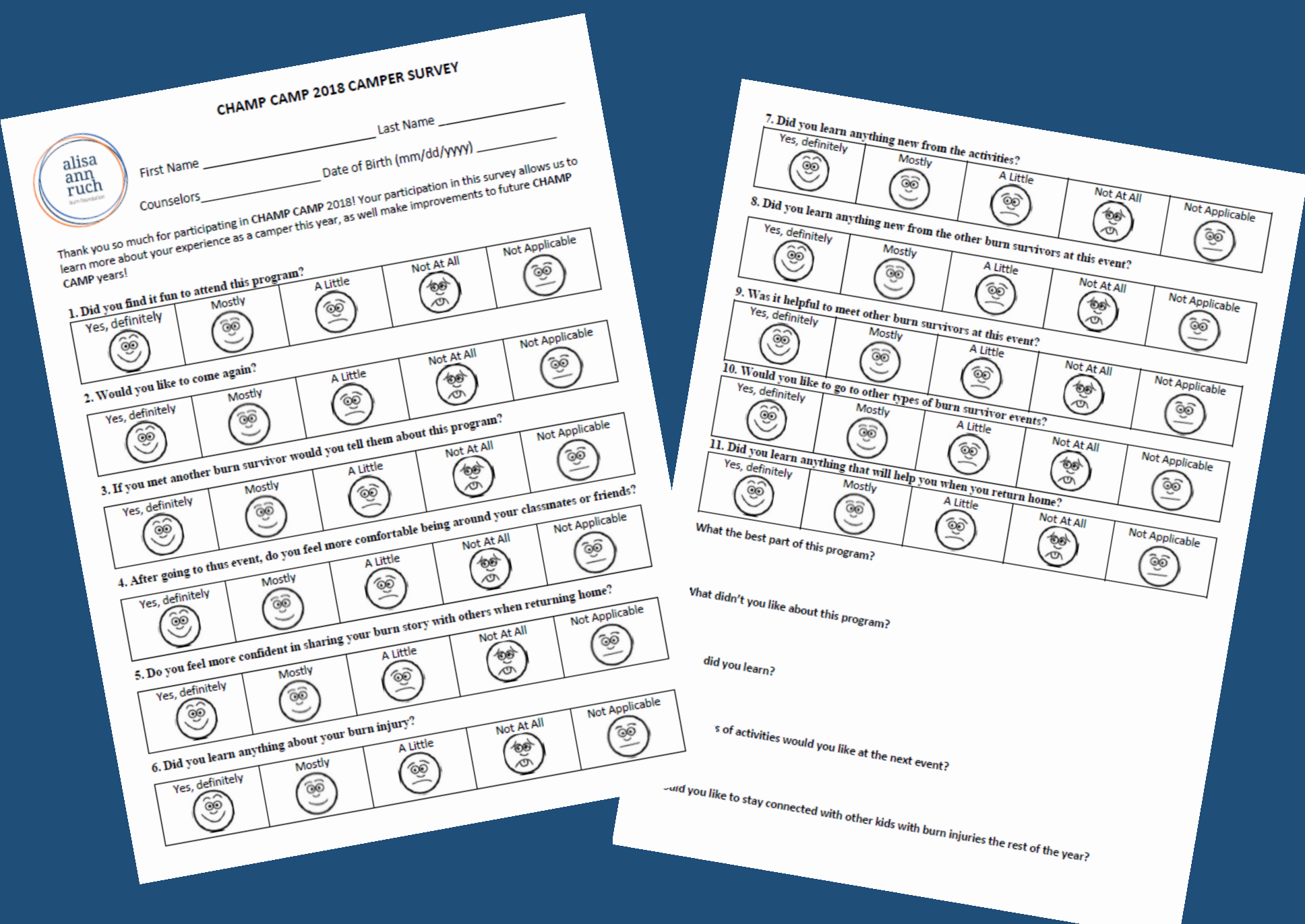
Methods: A 3-year retrospective review of a Burn Camp's camper evaluation forms was conducted for campers that attended burn camp between 2017-2019. Camp rosters were reviewed to determine the camper gender, age, TBSA and ethnicity. Camper self-evaluation forms completed at the end of each camp session were reviewed to record camper responses to questions regarding their opinions on the impact camp had on them as well as how camp will impact their lives once they return home. Categorical variables were summarized as frequency and percentage, and continuous variables were described as median and range. To check the relationship between two categorical variables, Chi-square test was used. To compare the continuous variable among groups, Kruskal-Wallis ANOVA was used. Statistical significance was declared based on a p value<0.5.

Table 1

		2017	2018	2019
n		133	136	144
Age (median [range])		11.86 [5.19, 17.65]	12.44 [6.54, 17.78]	12.45 [5.16, 17.96]
TBSA (media [range])		20.00 [0.08, 90.00]	20.00 [0.08, 85.00]	18 [0.08, 80.00]
Gender: n (%)	Male	66 (49.6%)	75 (55%)	67 (46.5%)
Gender: n (%)	Female	67 (50.4%)	61 (45%)	77 (53.5%)
Ethnicity: n (%)	White	35 (26.3%)	35 (25.5%)	30 (20.8%)
Ethnicity: n (%)	Black	15 (11.3%)	19 (13.9%)	20 (13.9%)
Ethnicity: n (%)	Hispanic	66 (49.6%)	66 (48.5%)	65 (45%)
Ethnicity: n (%)	Asian	7 (5.2%)	7 (5.1%)	5 (3.4%)
Ethnicity: n (%)	Other	11 (8.3%)	10 (7.3%)	11 (7.6%)

Table 2

	After going to this event, will you feel more comfortable being around your classmates or friends?	Do you feel more confident in sharing your burn story with others when returning home?	Did you learn anything that will help you when you return home?
2017-2019			
Total Responses: n	390	391	392
A Little: n (%)	37 (9%)	49 (13%)	55 (14%)
Mostly: n (%)	99 (25%)	92 (24%)	100 (26%)
Not Applicable: n (%)	19 (5%)	15 (4%)	18 (5%)
Not at All: n (%)	13 (3%)	23 (6%)	20 (5%)
Yes, Definitely: n (%)	222 (57%)	212 (54%)	199 (51%)



Camper Surveys



Results: Within 2017-2019, there were 413 camper records. Participants' demographic characteristics are summarized in Table 1. There were 208 males (50.3%) and 205 females (49.6%). The median age of campers were 11.86, 12.44 and 12.45 for 2017-2019, with the range from 5.16 years to 17.96 years. The median TBSA were 20, 20 and 18 for 2017-2019, with the range from 0.08 to 90. Collectively there were 47.7% Hispanic (n=197); 24.2% Whites (n=100); 13.1% Black (n=54); 4.6% Asian (n=19) and 7.7% Other (n=32).

There were 395 camper self-evaluation forms submitted. Results of three questions that we were interested in are summarized collectively in Table 2. 57% of campers responded, "Yes, Definitely" to the question "After going to this event, will you feel more comfortable being around your classmates or friends?" 54% responded, "Yes, Definitely" to the question "Do you feel more confident in sharing your burn story with others when returning home?" and 51% responded "Yes, Definitely" to "Did you learn anything that will help you when you return home?"

Conclusions: In analyzing the camper responses, there was no statistically significant difference in responses comparing gender, age, TBSA or ethnicity.

Applicability to Research: Research shows that burn camps have a positive effect on burn survivors including improving self-esteem, self-confidence and social skills. This study shows that burn camp is beneficial to burn survivors of varying gender, age, TBSA or ethnicity.

