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*Abstract*

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This is the first issue of the MEF Health bulletin. The purpose of the bulletin is to indicate where the health unit is on the campus, to share the practices of the health units and to make sure all the users can get maximum benefits from the health unit. Because it is the most common health problem in the school, minor burns were chosen as the topic for the first issue of the bulletin

## The Health Unit

Mef University has been giving health services in an office called **Revir** on **C1 block** of the campus ( **across from the lunch room**) since Apr-1, 2015. The working hours of the health unit are **week days from 08:30 to 17:00.**



SUBJECT 1

HEALTH UNIT PROFESSIONS

Nurse Çiğdem K. Saraç



**Nurse Çiğdem K. Saraç** is the supervisor of the health unit. She has Koç University bachelor's degree on Nursing and MBA, and she is also family therapist and first aid trainer. She has ten years' experience in surgery nursing, and her other experiences are emergency, hospital services, and public health services.

**The Health Unit Services**

**A written prescription** is provided only for University academic personels and university administrative personels when the occupational health doctor is at the school. ( Every two weeks on Thursdays from 10:00 to 12:00)

**Medical dressing:** The health unit provides wound care and treatment on cases like injury, cuts and burns

We can measure **blood pressure, pulse, oksimetre, weight, height and blood sugar.**

**Physical Examination:** In illnesses like internal, heart and vessels, ear, nouse and throat, or orthopaedic, the nurse who has physical exam certificate gives physical exam to the patients. If it is necessary, patients are guided towards hospitals, physicians or labs depending on the physical exam parameters by the doctor and nurse.

**Intravenous and muscular injections:** The school nurse can give intravenous or muscular injection if it is needed , but The prescription must be with the patient and be shown when asked.

## MEF HEALTH BULLETIN

**Roller Bandages and Splits** are provided in the health unit in case of minor orthopaedic injuries (i.e., traumas)

**First Aid and emergency response:** The school nurse provides emergency and first aid services. In the case that first aid or emergency intervention is necessary, you can go to the health unit or you can call her when the patient cannot walk to the health units. Her emergency number is **0212 395 36 45**.

Other than that, if you need any health information you can go to the health unit or contact the health unit by e-mail or phone. For getting information about Ultrasounds, MRI or X-Ray reports, the medicines that you use, blood test results; you can send the results or the medicines names to the nurse by e-mail and ask questions. However, sometimes if the case is really specific and needs further research we might not have the capability to give information

## MEF HEALTH BULLETIN

### MINOR BURNS

Minor burns usually happen when buying hot coffee or tea from the school cafeteria.

During rush hours, everybody runs from the class to class, between lessons there are really short times and everybody wants to do their plans done on time and also get some drink and food. If you do not pay attention to your hot beverage or the others who carry hot beverage you might get burn accidentally. The **best way to treat burns is to protect yourself from burns**. In the school cafeteria, coffee and tea are served with paper cups. When you buy coffee or tea, you can **ask for a cap or lid** for your cup .



First degree burn is the burn that affects only the outer layer of the skin. The affected **skin turns red, and there will be rising heat and pain on the affected area.**



Second degree burn affects lower layer of the skin. You can **see bubbles** on the affected area accompanied with pain, raised heat and redness. And it is more severe than the first degree burn. Because the skin layers protect us from infections, and second degree burns damage the skin layers it makes us susceptible to infections. Bubbles occur because there are fluids and proteins that infiltrate between skin layers from damaged skin cells.

**First Aid For Burns**

- **Putting cold water or ice on the affected area** is the best way to cool off the burned area. If a burn takes place on the hands, you should rush to the bathroom and put your hands under cold running water. If the legs are burned, you should take off the clothes as soon as possible and put ice on the legs. Sometimes there is no option to take off the clothes and or put ice on the burned area. There is a common tendency for people to leave the burn without treatment. If there is no option, leaving the burn without treatment can cause a lot of pain, and also wound the skin, or cause infection.
- **Go to the health unit:** You can get ice, medication and dressing for the skin from the school health unit. If you are not able to walk to the health unit. You can call the school nurse and ask for help. Make sure that she brings ice with her. (Usually ice is not included in the emergency kit, because ice can melt easily and ruins the sterilised equipment)

**Things to avoid from burns**

- **Don't cover the burns with dry dressing.** Dry dressing sticks to the burned skin and absorbs the fluid from the injured area, and it also tears the skin when you try to change the dressing. Before covering the burns with dressing, you should apply antibiotic creams that are specifically for burns, or you can use wet dressings which are specifically for burns.
- If the burn is first degree, you don't need to cover it with the dressing at all. Applying ice and, antibiotic and local anesthetic creams is enough.
- Some people believe applying toothpaste is good for the skin when it is burned. These kinds of things are harmful for the skin and, can cause a lot of pain.
- Some people like to apply yogurt to the skin when it is burned. That is not going to help the burn. Moreover, yogurt has yeast in it. Yeast is a kind of bacteria. If the burn is second degree and the skin layer is damaged, the yogurts yeast can cause infection.

**REFERENCES**

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