



# HUMANS OF THE ROYAL

## Charlotte Adderley

At 22 years of age, a tragic event left Charlotte Adderley with third degree burns to 32 per cent of her body.

In August 2014, flames from a common ethanol-fuelled table top burner caused Charlotte's hair, skin and clothes to catch fire. She ended what was meant to be a fun night with friends in the Royal Brisbane and Women's Hospital Intensive Care Unit with severe burns to her face, neck, chest, torso, arms, hands and leg.

After five and a half weeks in a coma, Charlotte spent three months in the RBWH Burns Unit. She underwent numerous major surgeries including skin grafts to most of her body.

Charlotte had to learn how to walk, talk, eat and even breath independently again. She had physiotherapy sessions twice daily and worked hard on stretching her skin to regain mobility.

Thanks to the incredible RBWH staff and the treatment advancements developed through the work of the RBWH-based Burns, Trauma and Critical Care Research Centre (BTCCRC), Charlotte's life is back on track.

She believes this would not have been possible without the expert care she received at RBWH in the initial days, weeks and months following the accident.

"I am forever grateful to the doctors, nurses, and therapists who looked after me during those critical moments, and continue to care for me today," said Charlotte. "They are amazing at what they do."

The RBWH Burns Unit is leading the world in survival rates thanks to the research conducted in the BTCCRC.

"The research they conduct means they can find new and better ways to treat burns and other critically-ill patients. I know it is because of their expertise and innovation that I survived my injuries and recovered well."

Charlotte now works with other burns patients and carers, helping them on their road to recovery and rehabilitation. She co-founded Burnslife – an initiative of the RBWH Foundation which provides psycho-social and community support to burn survivors like herself. She facilitates a weekly social group where patients and carers can share their experiences and support one another.

Burnslife also provides services such as a monthly education and support forum, burns resource booklets, and patient care packages to assist those affected by burns in their recovery and rehabilitation.

