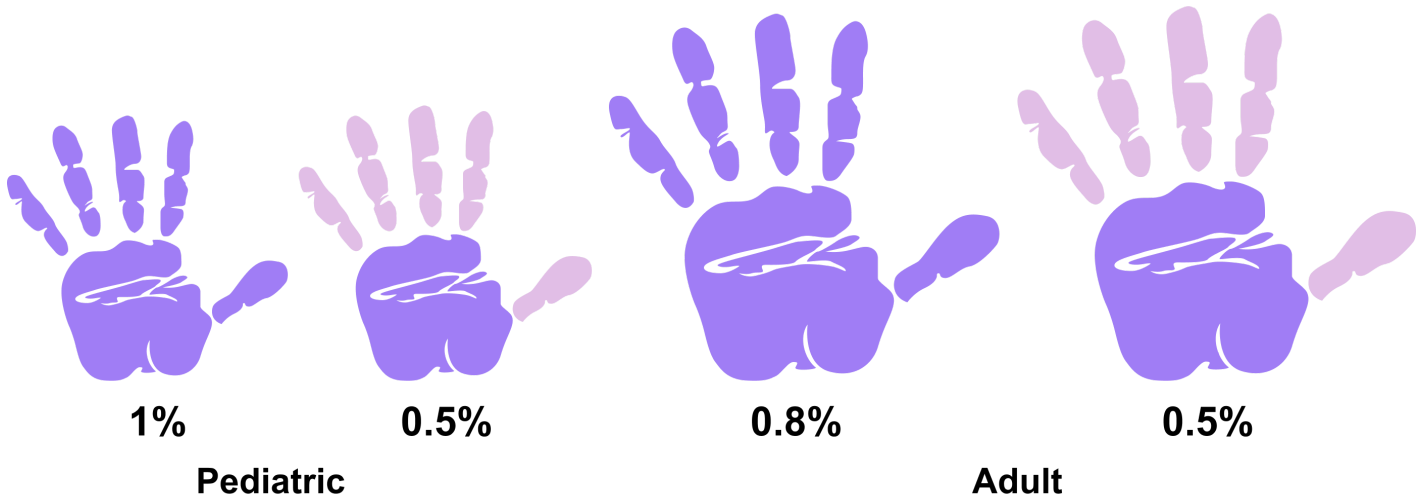


# Rule of Palm

Healthcare Practice Name: \_\_\_\_\_

The palm of the patient's hand (excluding fingers) represents approximately 1% of their total body surface area (TBSA):



Use this measurement to estimate the size of a burn to quickly assess its extent.

Burn Depth	
Superficial burns (first degree):	Affects only the outer layer of the skin (epidermis).  Symptoms: Redness, minor inflammation, and pain without blisters.
Superficial partial-thickness burns (second degree):	Affects the outer layer and some of the underlying layer of skin (dermis).  Symptoms: Intense redness, blister formation, swelling, and severe pain.
Full thickness burns (third degree):	Extends through every layer of skin, causing significant tissue damage.  Symptoms: White or charred skin, numbness (due to nerve damage), and lack of pain in the burn area.

## Reference

Choi, H., Park, M. S., & Lee, H.-M. (2011). Hand surface area as a percentage of body surface area in Asian children: A pilot study. *Burns*, 37(6), 1062–1066. <https://doi.org/10.1016/j.burns.2011.03.010>

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