

G

Camp Kooch-i-ching and Ogichi Daa Kwe

REQUEST FOR ADDITIONAL INFORMATION ABOUT YOUR CHILD'S ASTHMA

ID#	«ID_Number»	«Type_of_Camper»
«First_Name»	«Last_Name»	(«Nickname»)
«Mailing_Address»		
«Mailing_Address_Line_2»		
«Mailing_City», «Mailing_State»		
«Mailing_Zip_Code» «Mailing_Country»		
«Telephone»	DOB:«Date_of_Birth»	

We want your child to receive appropriate care and support for his/her asthma while attending our program. Please complete this in consultation with your physician and return it to the address at the end of the form. Contact the Camp Office (513) 772-7479 before June 1, or Kooch-i-ching (218) 286-3141 and Ogichi Daa Kwe (218) 286-2064 after June 1, with questions or concerns. Please attach additional information as needed, including physician medication orders or greater detail about your child's asthma history.

- About Camp Kooch-i-ching and Ogichi Daa Kwe.....
 1. The program takes place in the outdoors. Your child will be exposed to trees, grasses, dust, pollens, molds, insect bites and a host of other environmental factors.
 2. Kooch-i-ching's backpacking/climbing trips take place in areas of high altitude, which may cause problems for the asthmatic. Please take this into consideration when making your child's trip selection.
 3. We recommend that campers who use an "as needed" inhaler carry the inhaler with them, and bring an extra inhaler to store in the health center in case of loss (trips, sailing).
 4. While on trips, a person trained in Wilderness First Aid, and CPR is available.
 5. While in-camp, campers have access to a physician, clinic and hospital services in International Falls. It takes 30 minutes to transport someone from the island to the next level of health care. In some cases, it may take longer.
 6. The Health Center stocks injectable epinephrine (e.g. EpiPen, AnaKit) for emergency use. There is supporting oxygen available at the Health Center and Albuterol inhalers.
 7. Staff are told that campers with asthma are capable self-managers and that these campers know when to use their medication or amend activity to compliment their health status.

• ABOUT TRIGGERS...

What triggers your child's asthma?

Provide details about the triggers, including things which cabin and trip counselors should be told....

- Exercise
- Altitude
- Fatigue
- Dehydration
- Stress
- Food Item
- Smoke
- Allergen _____
- Respiratory infections/common cold
- Other _____

• USING A PEAK FLOW METER...

We recommend using a peak flow meter to monitor your child's status and note signs of a potential flare before it is well established. Please have your son bring his/her peak flow meter.

When does your son take peak flow readings?

- Breakfast Lunch Supper Bedtime
- Other: _____

"Personal Best" peak flow reading for your child (green range): _____

Caution range (yellow) : _____

What should be done if your child's peak flow reading drops to the caution/yellow range?

Danger range (red zone): _____

What should be done if your child's peak flow reading drops to the danger/red zone?

• **ABOUT MEDICATIONS...**

Medications are supervised by the camp nurse and kept in the Health Center with the exception of inhalers that must be carried by the camper. Medications are usually dispensed at mealtime and brought to the dining room so your child doesn't have to interrupt his/her activity to go get them. While we'd like to use mealtime as much as possible to give routine medications, we can arrange a different time if needed (e.g. mid-morning, mid-afternoon).

These Medications are Used Daily to Manage My Son's Asthma

Name of Medication	Dose Given	When	Reason for Using this Med

These Medications are Taken "As Needed" to Prevent an Asthma Flare

Name of Medication	Dose Given	When	Reason for Using this Med

These Medications are Used When My Son's Asthma Flares

Name of Medication	Dose to be Given	At What Point Should this be Used?	What Effect Should be Expected & How Quickly?

• **NEBULIZER TREATMENT & USE**

Will your child bring a nebulizer to camp? YES NO

IF YES..... We expect your child knows when he/she needs a nebulizer treatment and how to use the machine.

What medication is used via nebulizer? _____

Nebulizers are kept in the Health Center and available when needed by the camper.

• **WHEN WE HAVE QUESTIONS, WHO SHOULD WE CONTACT?**

Name: _____ Phone: _____

Name: _____ Phone: _____

• **AT WHAT POINT SHOULD WE NOTIFY YOU (Parent, Guardian) ABOUT AN ASTHMA FLARE?**

• **AT WHAT POINT SHOULD THIS CHILD BE TAKEN TO A PHYSICIAN OR HOSPITAL?**

Return to: Camp Kooch-i-ching
3515 Michigan Ave, #1
Cincinnati, OH 45208

Your Signature: _____

Relationship

Date: _____ to Camper: _____