

Camp Health Care 101: Unregulated Care Providers

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Who are you?!

- An Unregulated Care Provider (UCP) is anyone who is not licensed under the College of Physicians of Ontario or the College of Nurses of Ontario
 - Grad Nurse
 - Nursing Student
 - Paramedic
 - Camp Counsellor with First Aid Certification
 - Out of Province RN or MD

*The Title of “Nurse” or “Doctor” is reserved solely for Registered practitioners, the use of the title without official registration is illegal and will not hold up in a court of law

YAYYYYYYYYYYYY



Prep for Camp!

This is just so exciting

Medical Must haves

- Insurance
 - You may be covered under camp's insurance, but look into that well in advance to explore other options to ensure you are covered
- First aid
 - Standard First Aid is a minimum requirement
 - Depending on your camps location and proximity to hospital/ ambulance response times, you may want to get Wilderness First Aid
- CPR
 - ALWAYS have up to date CPR
- SUNSCREEN and WATERBOTTLE
 - Practice what you preach!

Pre Camp Good to Knows:

- What is your official Job Title and what are your responsibilities?
- Does your camp have a Health Manual, if yes, try and get a copy beforehand.
- What does your camper population look like?
- Will you be working alone at the Health Centre? Or will you be paired with a regulated staff?
 - If yes, what are their job descriptions?
- What kind of pre-camp screening is done? What information is provided on the health forms?
- Who has access to health forms?

Pre-Camp Good to knows cont.

- For day camps:
 - Where do I park my car?
 - Should I bring my own lunch?
 - What are the hours of camp?
- For overnight camps:
 - Where do I park my car?
 - What will my housing situation be like?
 - Do I have time off?
 - What are my nighttime responsibilities?

Good to know at camp!

- Who do I report to? Who is responsible for communicating with Parents?
- What are your responsibilities on arrival day?
- What kind of documentation will you be using?
 - Progress notes
 - Incident reports
 - Medication administration records
- Where is documentation kept after the session is over?
- The layout of the health center and the layout of camp! (super important... ask for a map!)
- Who is responsible for administering medications?
- Are the rest of the staff trained in first aid?

Good to know at camp!

- What is your role in an emergency?
- If a camper or staff needs to be sent out (to hospital etc...) who is responsible for notifying the parents?
 - In a day camp setting, who decides if the parents will pick the camper up or an ambulance will be called?
- What items are stocked in the Health Centre? What is the protocol for getting more stock?
- Who are the VIPs at camp?
 - Director
 - Assistant director
 - Section heads

Steph's Personal Must Haves!

- Music!
- Books
- Water bottle
- My own Stethoscope
- Bedding that isn't a sleeping bag
- More sunscreen than I ever thought I needed
- Aloe gel for when that isn't enough
- Freezies
- Foldable chair
- Leave in conditioner/detangling spray
- COFFEE.



Arrival at camp!

Yay you're here! But now what?

Orientation

- Tour the camp, get a map!
 - In an emergency you will be given directions from people who know camp well, make sure you do too!
 - Know all major buildings at the very least!
- Tour the Health Centre
- Try to participate in staff training, speak with them about:
 - Hand hygiene
 - Hydration
 - Sun safety
 - Basic first aid

Health Centre

- Familiarize yourself with the layout and the equipment.. (not all devices work the same).
- Where is medication stocked?
 - Are all the meds within date? Where do you dispose of expired medications? How do you replenish supplies
- Where is the closest phone?
 - What are the emergency numbers?
 - Public health
 - Closest clinic and hospital
 - Poison control
- Where are all the epi-pens in camp?
- Review all health records
 - Who has allergies, diet restrictions, asthma...

Health Centre

- When are you expected to be in the Health Centre?
- How are you reachable for off hours?
 - How do you reach others?



Camp Survival Kit

What to always have on hand

Survival Kit

- Wound Care kit!
- Hand Sanitizer (if soap and water isn't available)
- Band-aids
- Tensors and Triangular bandages
- Salt water gargles
- Band-aids
- Ice or "Helping Hands"
- Freezies
- Band-aids
- Tape
- Gloves

Basic First Aid Kits

- Band-aids
- Skin Cleanser
- Tweezers
- Antibiotic cream
- Cotton balls
- Calamine lotion
- Hand Sanitizer
- Tape
- Baking powder
- Salt



Medications

So important they get their own section

Storage

- ALL medications in camp **MUST** be kept in a locked area. Only staff should be able to access this area.
 - Dry, safe space
 - Highly recommend restricting access to Health Centre employees only
 - This includes STAFF MEDS
 - This excludes life saving personal medications. Eg: Epi-Pens, Rescue Inhalers, Glucagon etc...
- Ensure all medications are labeled with correct name and section.
- Medications should arrive in their original containers or be blister packed by pharmacy.
 - If it is unclear what a medication is, or the dosing, contact the guardian for further information.

Dispensing

- *As an UCP you are NOT to administer or dispense medications.*
 - Campers are provided access to their medications and you are to witness them self administering the medication.
- An UCP is NOT to dispense Camp Stock OTC medications
 - If a camper or staff has an ailment requiring medications they must be provided from their personal medications (eg. Their own ibuprofen for a headache), otherwise it must be given by a Regulated Care Provider
 - If a UCP is expected to give medications, are parents aware? Is there written consent from parents giving permission for medication administration?
- Document medications appropriately.
 - Sign off each dose with the camper who took it.
- Meds on Trip
 - Only the head tripper should have access and help witness administration
 - Only send the amount required for the trip plus 1 extra.



Helpful hints

What my years (LOL) of Camp Nursing have Taught me

1. Giving medications in time with meals and bedtime is the easiest way to get them all done! (or else you're literally chasing children all day for meds)

2. The less the children see you, the healthier they are... imagine that!

3. Sometimes that “gastro bug” is really just home sickness, cured with a good hug and a “special” freezie

4. But don't give too good of a hug... or suddenly you'll have everyone under 8 sitting in the clinic feeling "sick"

5. Campers with the most complex medical needs, are always the ones missing health forms... Check you have them all at the beginning of the session

6. Camp Dogs are great company, but they also attract large clinic numbers...

7. If one kid has lice.... The whole camp has lice. Good luck...

8. Slip 'n Slide is literally the worst camp program... but is also the camper's favorite... so save yourself and go somewhere far away from it (but of course be accessible)

9. Even staff forget to hydrate...

10. This is going to be the best time of
your life! **HAVE FUN!!**