

CAMPER SELF MEDICATION (Optional)

The self-medication program will assist campers to develop self-reliance in the area of medication taking. Prior to initiating self-medication, the camp health services team member will assess each camper's current level of independence in taking his or her medications.

Assessment questions:

- What medications do you take? Name, dose, how often and what does it do?
- Who is responsible for your medications at home? (Do you take them by yourself, or does someone need to set them up or remind you?)
- Can you demonstrate proper inhaler technique?

It is essential for the health services team member to discuss the issue of self-responsibility. The focus of this discussion should be on the importance of independence in life: being away from home, getting a job, etc. You might ask, "Who is in charge of controlling your asthma?" This may give some insight into a camper's state of self-responsibility.

Important ground rules:

- It is each camper's responsibility to take his or her own medications.
- It is not the responsibility of the counselor or cabin mates to remind campers.
- Establish expected behaviors for the children and discuss those expectations with them.
- Develop a system to monitor whether the medications are being taken.