

PARENT/PHYSICIAN LETTER

The parent/physician letter is used to briefly inform the parents and primary care provider about what happened, from a medical viewpoint, to each camper while at camp. There are two sections to the letter. The first is used for all campers and the second is used for those campers who may have had some difficulties or changes in medications during camp.

Part I (Page 1)

Part I is a form letter explaining the health education classes the camper attended and a space for the primary nurse to write a note. The nurse's note should include:

- The health education session the camper attended (cross out those not attended).
- How child did on overnight camping experience.
- Was child seen in the health service?
 - Not at all.
 - Only bug bites, etc.
 - Seen for asthma, but cleared easily
- Extension tubes - how and why to use.
- Breathing exercises - encourage continuing use.
- Special things that happened at camp (as you like).
- Minor medication alterations (e.g., from PRN to QID).
- A statement encouraging the child to return to camp next year – OR that the child could be "mainstreamed" into a regular camp.
- Include camper Asthma Action Plan as developed at camp

Part II (Page 2)

Part II is only used if there have been medication changes or serious medical problems while at camp. Both the primary nurse and physician write on Part II. Part II should include:

- Significant medical problems that occurred.
- Special procedures or tests done:
 - If significant, peak flow range.
 - Lab tests and results.
 - X-ray performed and results.
- List of medications the child is taking at end of camp.
- Be sure to include clear instructions, in lay language, on how much and when to take any new medications.
- Nurse's note section: write a short summary of how the child has done with the change (e.g., peak flow changes, ability to increase activities, etc). Encourage the parents to contact their personal physician to discuss the changes.
- Physician's note/rationale section. Camp physician writes brief note on reasons for changes, include theophylline levels if obtained at camp.

PARENT/PHYSICIAN LETTER
SAMPLE
(Page 1)

Dear Parents and Health Care Providers of insert camper name,

We had a great time at insert camp name this year! The medical staff would like to tell you about what happened with your child, from a health care standpoint, while he/she was at camp. Each asthma camper was involved in lots of fun activities and a series of educational sessions. These sessions included role-plays, scavenger hunts, artwork and even an all-camp event with games and contests. Your camper participated in sessions covering the topics that are CHECKED below:

- Understanding and identification of individual asthma triggers and how to deal with or avoid them.
- How to identify early warning signs or symptoms of an impending asthma episode.
- How to use a PEAK FLOW METER and what the results mean.
- Understanding what happens to their bodies when they are having an asthma episode.
- Understanding how asthma episodes might be avoided and what to do when they do need help.
- Information about different types of medications, how they work, the proper use of inhalers with "spacer" adapters and when to pre-medicate.
- Discussing what it's like to live with asthma, with a focus on their particular age group.
- Learning to be independent in taking their own medications, as well as recording their own peak flow rates.
- Campers were expected to know the names of each of their medications, the dosage amount, the times to take them, the reason for their use and the side effects.
- Learning about the harmful effects of cigarette smoking, especially as it relates to asthma and how to resisting peer pressure.
- Belly breathing and relaxation exercises to help them when they are short of breath or wheezing.

Health care professional's signature _____

**PARENT/PHYSICIAN LETTER
SAMPLE
(Page 2)**

Camper name _____

Medications your child came to camp on:

Medications your child is taking now:

Nurses' note:

Physician note/rationale:

If you have any questions or concerns, please call *the support organization.*

Copies are sent to the parent, primary care provider and camp chart