

## RESCUE MDI's

It is likely that all children at camp will be using a rescue inhaler (e.g. albuterol MDI) for breakthrough asthma symptoms. A policy should be established as to how this rescue inhaler is made available to the children in a safe and practical manner. Consideration should be given to:

- Rapid and convenient MDI accessibility
- Prevention of overuse
- Proper hygiene
- Identification of the child who needs further medical attention for his/her asthma.

### Example One:

- Provide MDI unit(s) to the camp counselors who are with the children at all times.
- Children request the inhaler, when needed, from the counselor
- The counselor tracks the frequency of inhaler use by the camper.
- "Frequent use" would then activate certain action by the counselor and child.
  - This action could range from simply bringing it to the attention of the medical staff at the earliest convenient time, to immediately taking the camper to the health service.
  - For example, a child who awakens at night to use his inhaler should be reported to the medical staff the next morning. A child who awakens twice for MDI use should be taken after the second time to the on-call physician for further evaluation.

### Example Two:

- A counselor is provided a "common" inhaler for his/her group
- They are instructed on proper inhaler technique
- Instructions are given for properly cleaning and disinfecting the inhaler unit.
- "Frequent" use is reported to the medical staff as established by camp policy

### Example Three:

- Each camper has her/his own unit, kept by the counselor and must be clearly labeled
- The inhaler is readily available by the counselor for camper use.
- Counselors are instructed on proper inhaler technique
- "Frequent" use is reported to the medical staff as established by camp policy

*The definition of "frequent use" is established by the camp medical board and clearly communicated to non-medical staff dispensing rescue medications.*