## Medications

**All medications brought to camp must be listed on the health forms and signed by a medical provider or they cannot be brought to camp**. **In addition, all medications must be brought in the original labelled prescription container or original packaging in the case of over the counter medication or they will not be administered at camp. Do not send medications in pill boxes, these will not be accepted. Medical forms must be submitted at least one month prior to the start of camp for medical staff review.** This includes over the counter medications such as melatonin and vitamins. If there are any medication changes after the form is submitted, an updated form signed by a provider must be submitted as soon as possible prior to the start of camp.

Camp medical staff can dispense most prescribed oral, intranasal, and intra-auricular medications. Any other medications must be reviewed with the camp nurse at least one month prior to the start of camp to discuss whether they can be safely administered at camp. Campers must be able to administer the medications to themselves or specific approval must be given by medical staff prior to camp for staff to administer.

The medical center has a list of some medications that might be available to be administered by the camp nurse as needed. These medications have all been verified as gluten free by the manufacturer, labeling, glutenfreedrugs.org or SkinSafe. We are not liable for inaccuracies about the presence of gluten in a product if it meets these parameters (i.e. we do not have the ability to independently test a medication for the presence of gluten to verify the manufacturer's statement it is gluten free). We cannot guarantee any specific product on the list is available at camp. If you know your child might need a specific over the counter medication, please include it on the signed medication list with drug name, strength, current dose, and when to be given at camp.

## Procedure or Health Screening

It is expected that campers and staff arrive for their camp experience in good health. The camp reserves the right not to admit or keep a child at camp due to current medical illness or medical needs that exceed the ability of the camp to provide due to severity, training, equipment or other considerations at the discretion of the medical staff. Please note that camp is a unique environment where the focus is on keeping all campers safe. This means that conditions that are manageable at home, may not be manageable at camp.

## Health Forms

The state of Minnesota requires medical forms be completed and available for every camper throughout the camp session. The camp health forms must be completed and submitted by the stated deadline for medical staff to review. All information must be included on the forms (or attached documents) including vaccine information, medical conditions, allergies, physical assessment, and medications to be given at camp. In addition, for any medications given at camp, forms must include drug name and strength, current dose, and when it should be administered at camp.

The camp forms also require a physician's exam in addition to a health form. The camper form has a parent/guardian permission statement that authorizes both emergency and routine care, this also gives permission for medical staff to contact the physician who completed the medication forms.

Submitting fraudulent forms or providing inaccurate medical information may result in a child not being admitted to camp or being sent home prior to the end of the camp session.

## Contagious Illness

Children with a contagious illness are not permitted to attend camp. If a child contracts a contagious illness while

at camp (confirmed or suspected), the child will be removed from camp activities and brought to a safe location away from other campers. The child's parent/guardian will be notified immediately and instructed to pick up their camper within a timely fashion to be brought home. This is for the safety of all campers and staff.

**Diabetes Care**

We want all children to participate at camp if possible, including those with well-controlled diabetes. Campers are expected to be independent in their diabetes care at camp. We can make some reasonable accommodations for those with diabetes for safety during camp (i.e. keeping glucose tablets/juice with them at all times). The medical staff cannot manage or monitor insulin pumps, continuous glucose monitoring, Carb counting, or insulin dosing changes. A diabetes care plan specific to camp signed by a medical provider must be provided at least one month prior to camp that includes acceptable glucose ranges, interventions for hyperglycemia/hypoglycemia, current medications, and current methods of monitoring glucose. Camp medical staff will follow these instructions as written and do not have the ability to deviate from the written diabetes plan. A release of information must also be signed allowing camp medical staff to contact the diabetes care team providing the care plan in case of any questions prior to and during camp. If a child is not in acceptable ranges as per the camp diabetes care plan from the medical provider, medical staff have discretion to send the child home immediately.

**Other Chronic Medical Conditions**

Medical staff will review medical forms for any other chronic medical conditions that may require special care at camp (e.g. seizure disorders, severe cardiac conditions, etc). A plan specific to the medical condition and care at camp signed by a licensed physician may be required. Medical staff may also require a release of information to speak to the care team providing the camp plan in case of any questions prior to and during camp. While reasonable accommodations will be made when possible, there may be some medical conditions that require a level of care that cannot be provided at camp's rural setting.

**Medical Care at camp**

A medical professional (licensed RN or CNA) trained in Basic Life Support and First Aid will be present at camp throughout the session. The nurse/CNA's responsibilities do not replace the medical expertise of a licensed physician or an equipped medical facility.

If a camper at any time requires greater than a 1:8 care ratio this program is not the right fit.

**Records**

The nurse is responsible for maintaining a health record for all medications dispensed and treatments provided during camp. Individual health forms contain information about each individual's health care and are the place where nursing notes are recorded. The daily medication administration record serves as documentation for routinely dispensed medications. The log provides summary information for surveillance.

At the end of the summer camp season, health forms and records are collected by the nurse and archived at the camp's permanent facility for the period of statutory limits as defined by the state (currently seven years beyond the age of majority).

**First Aid**

The person designated to administer first aid is the camp nurse/HA. However, it is expected that individual staff members will provide first-aid care to the level of their training when the nurse is unavailable or until the nurse arrives. It is also expected that the staff person with the most training will assume primary care-giver status in a given situation. First-aid supplies are available in the health center.

**Emergency Medical Care**

In the case of a medical emergency requiring a higher level of care, emergency transportation will be provided by local ambulance services to the nearest appropriate-level medical center. Families will be notified as soon as possible that a child is being transported for higher level medical care and are expected to meet their child at the facility as soon as possible. A staff member will accompany the child until a family member arrives. Following any medical emergency, including those that were managed at camp, staff will decide whether a child is able to continue at camp or must be sent home prior to the end of the session.

**Medication**

It is policy that all medication (stock meds and personal meds) is kept in a locked area under the nurse's supervision. This mandate complies with ACA standards and State Department of Health guidelines.

Routine personal medications are administered under the supervision of the nurse and in accord with orders from a physician. Medications are most commonly given at a meal simply because people are easy to find. The nurse makes special arrangements with a person if that individual’s meds need to be taken at a different time.

Use of "as needed" medication is supervised by the camp nurse. It is important to realize that the rationale for giving a particular medication must be documented. In cases where a question exists about medication, the camp nurse will contact the appropriate person (i.e., the prescribing MD, parent) by phone to clarify the issue. This conversation is documented in the client's health record and supported by an order with the consulting individual's signature.

Camp nurses will refuse to give a medication which does not meet safety guidelines.