

## Treatment Procedures

Treatment procedures are in place for dealing with reasonably anticipated illnesses and injuries that may occur at camp. The following are reviewed and approved at least once every 3 years by a Hematologist/Oncologist or the Health Care Administrator.

- **Abdominal pain**, with or without nausea, vomiting, or fever: Put patient to bed until seen by licensed provider. Give nothing by mouth without prescriber's order.
- **Abrasions, scratches, cuts**: Clean with soap and water. Apply sterile dressing, if necessary. If bleeding is severe or cut extensive, apply sterile dressing and pressure to control bleeding and take to prescriber at once. Check patient's tetanus immunization status.
- **Animal bites** (other than snakes): Wash thoroughly with soap and water. Notify prescriber. Try to capture animal **only** if it can be done safely.
- **Bedwetting** (Enuresis): Every case should be reported to the Camp Medical Staff, who will then work out a plan for management.
- **Bleeding**: Apply sterile pressure dressing. Tourniquet only in extreme cases. Nose bleed can almost always be controlled by compressing the soft portion of the nose with a finger against the nasal septum. The patient should sit erect with head forward.
- **Bruises or bumps**: Apply ice. Consider possibility of fracture or deep injury.
- **Burns**: Place in cold water to relieve pain. Cover with sterile dressing. Take to prescriber for evaluation. Salt-containing fluids may be offered.
- **Communicable disease**: Consider all sick staff and campers with rashes as being contagious until advised to the contrary by prescriber. Isolate until released by prescriber. Notify counselors and directors to watch for and report other cases.
- **Constipation**: Ensure hydration. Offer extra fruit (prunes, etc.). Consult prescriber.
- **Convulsion**: Notify prescriber. If feverish, sponge with cool water. Protect the patient from hurting themselves.
- **Diarrhea**: Admit to Infirmary. Review diet, food sanitation, and health of food handlers, then notify prescriber. Notify counselors and directors to watch for and report other cases.
- **Earache**: If temperature is elevated or earache persists, notify prescriber. If discharging from ears, also notify prescriber.
- **Fever/Temperature Elevation**: Put to bed in isolation area. Note other signs or symptoms. Notify prescriber. If prescriber is not available and abdominal pain is not present, give acetaminophen and clear fluids. If fever occurs in conjunction with other symptoms of influenza-like illness, arrange for the patient to be picked up or sent home.
- **Foreign body in eye**: Wash with water. If not successful, very gently try to remove with moist sterile cotton swab unless the foreign body is on the cornea. If the object is not easily removed, apply eye dressing and see prescriber.
- **Fractures**: Splint any suspected fracture in an approved manner with the least possible disturbance. Take to prescriber at once. Make no attempt to reduce fractures.
- **Headache**: If not otherwise ill, rest in a quiet, dark place. If not relieved, notify prescriber. Acetaminophen may be given.
- **Head Injuries**: Any camper or staff member with a head trauma / injury will be assessed by the medical staff. Contact prescriber at once. If any head injury is accompanied by dizziness, unconsciousness, headache, nausea, vomiting, change in pulse rate, bleeding from nose or ears, or other symptoms: Put to bed, keep warm and quiet. Elevate head. A person with a severe head, neck, or back injury should be moved only with medical

supervision.

- **Heat Exhaustion:** Get prescriber.
- **Infections** (scratches, boils, etc.): Apply warm saline solution or soaks. Take temperature. Admit to Infirmary until advised by prescriber.
- **Influenza-Like Illness** (acute onset of symptom complex including fever, cough, sore throat, runny nose, stuffy nose, body aches, headache, chills, fatigue, vomiting, or diarrhea): Isolate and notify prescriber. Take temperature. If fever is present, arrange for the patient to be picked up or sent home. Notify counselors and directors to watch for and report other cases.
- **Ingestion of poisons:** Notify prescriber and contact the Poison Control Center for advice. Do not induce vomiting for gasoline, kerosene, fuel oil, acids, or alkali. For other poisons, dilute with water. Do not induce vomiting unless instructed by Poison Control Center.
- **Insect bites and stings:** Remove stinger, if still present. Apply ice to reduce discomfort. Apply approved ointment.
- **Poison Ivy/Oak:** Apply calamine lotion according to directions on label.
- **Scabies, impetigo, ringworm, and pediculosis:** The policy regarding exclusion of campers with these conditions from camp will be decided by Executive Director and Chief Camp Health Care Provider (or their designees). Treatment will be prescribed by Chief Camp Health Care Provider.
- **Snake bite:** Notify prescriber and contact the Poison Control Center at once. Have patient lie down and elevate bite wound above the heart. Keep the patient calm and at rest, and as still as possible to keep venom from spreading. Remove any jewelry from the area that was bitten; remove shoes if the leg or foot was bitten. Cover wound with a loose, sterile bandage. If poisonous get to medical center as soon as possible.
- **Sore throat:** Isolate. Take temperature and notify prescriber. Symptomatic treatment may include extra fluids, saline gargle, acetaminophen, and voice rest.
- **Splinters:** Clean skin with soap and water. If the end of the splinter projects from skin, it may be removed and then the skin washed again with soap and water. Do not dig or open the skin to remove a splinter: this is a job for the prescriber. Check patient's tetanus immunization status.
- **Sprains, strains:** Apply cold for 10-15 minutes, then support with ACE bandage or substitute. Elevate if possible.
- **Sunburn:** Prevent if possible by using sunscreen. Exposure should be brief at the beginning of the season.
- **Sunstroke:** Get prescriber. Reduce temperature. Prevent when possible by increasing intake of water and electrolyte solutions (eg, Gatorade).
- **Toothache:** Rinse mouth with warm salt water. Apply oil of cloves to the tooth until a dentist can be seen.

Call prescriber for any situations not clearly addressed in these descriptions. Document all treatments, minor or serious, in the patient's online medical log.

Reviewed and approved by: \_\_\_\_\_  
Name (printed) Position

\_\_\_\_\_ Signature Date Signed