

Sample Document

Camp Training Samples

Health Care Consultant training education with Health Care Supervisor and staff must include, Signs and Symptoms Allergic Reactions, How to Use an EpiPen, How to Use an Inhaler, Signs and Symptoms of Hypoglycemia and Hyperglycemia.

1. Signs and Symptoms of Allergic Reactions

a. Mild Symptoms

- i. Nose –itchy runny nose or sneezing
- ii. Mouth- Itchy Mouth
- iii. Skin- A few hives, mild itch
- iv. Stomach- Mild nausea or discomfort

b. Severe Symptoms

- i. Lungs- Shortness of breath, wheezing, repetitive cough
- ii. Heart- Pale or bluish skin, faintness, weak pulse, dizziness
- iii. Throat- Tight or hoarse throat, trouble breathing or swallowing
- iv. Mouth- Significant Swelling of the tongues or lips
- v. Skin- Many hives over body, widespread redness
- vi. Stomach- Repetitive vomiting, sever diarrhea
- vii. Other- Feeling something bad is about to happen, anxiety, confusion

2. Does the child have a documented allergy and carry an EpiPen?

a. If yes

- i. If having a mild reaction from more than one body symptom, administer the EpiPen and Call 911
- ii. If having a mild reaction from only one body system:
 1. Administer antihistamine (such as Benadryl), if directed by the healthcare provider

2. Stay with the child and contact the emergency contact
 3. Watch closely for changes, if symptoms worsen, administer the EpiPen and call 911
- iii. If having a severe reaction:
1. Administer the EpiPen immediately
 2. Call 911 and notify the dispatcher that the child is having an allergic reaction and that the EpiPen has already been given
 3. Notify emergency contact after calling 9-1-1
 4. Continue to monitor the child
- b. If no:
- i. If having a mild reaction
 1. Is there is a standing order for an antihistamine?
 - a. If yes, give the antihistamine
 - b. If no, contact the camp doctor's office
 2. Stay with the child and contact the emergency contact
 3. Watch closely for changes, if symptoms worsen call 911
 - ii. If having a severe reaction
 1. Call 911 immediately and follow the dispatcher's instructions
 2. Call the emergency contact after calling 911

HOW TO USE EPIPEN AND EPIPEN JR AUTO-INJECTOR AND EPINEPHRINE INJECTION

1. Remove the EpiPen or EpiPen Jr Auto-Injector from the clear carrier tube
2. Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward.
3. With your other hand, remove the blue safety release by pulling straight up.
4. Swing and push the auto-injector firmly into the middle of the outer thigh until it clicks
5. Hold firmly in place for 3 seconds (count slowly 1, 2, 3)
6. Remove and massage the injection area for 10 seconds