



WELCOME TO 2019 SUMMER CAMP

Unit Nurses

Brittany Coon • Pat Binns • Abbie Goodman
Jacqueline Scott • Kari Overstreet • Kaitlin Campbell

Night Shift Nurse • Casey Kalica

- ▶ We allow campers to keep “rescue meds” on them or a counselor with them as long as the meds are clearly labelled with camper’s name, cabin, and color. Rescue meds include: EpiPens, anti-epileptic (Diasat), Albuterol inhaler, or Benadryl (in extreme cases).
- ▶ Campers receiving scheduled home meds will have those meds poured and double checked on Sunday, meds will be administered by medical personnel and documented via Campsite throughout the week, mostly at meal times; Practice 5 rights of administration with every med delivery.
- ▶ PRNs: many of our campers will become fatigued/sore throughout the week. If a camper asks for pain medication for HA or other muscle/joint pains, and they have a PRN on their MAR, go ahead and administer and document in Campsite.
- ▶ If a camper asks for a PRN, and they do NOT have anything listed on their MAR, first assess their forbidden OTCs and allergies; Notify Unit nurse, Medical Director, or Nursing Director of intervention, and create log.
- ▶ During this week, we encourage you to be present with your campers for high-risk activities (i.e. barn, waterpark, zip line, tower, etc).
- ▶ Use GENERAL precautions (gloves for anything that is bodily substances).
- ▶ Please be at the Body Shop 10-15 minutes before meals to gather up medications, iPads, and supplies for mealtime med pass.
- ▶ When you head to bed for the night, please check in with your Unit Nurse, just so we can say ,“Thank you and goodnight.” ;)



Diabetes

- ▶ Counselors will count carbs. Campers with a pump have the option to correct BG before a meal and dose for carbs after. Campers receiving shots will lump all BG correction and carb coverage into one shot.
- ▶ BG correction: $(\text{Current BG} - \text{Target BG}) / \text{Correction}$ (i.e.: $160-160 = 40 / 40 = 1$ unit of correction).
- ▶ Camp's standard is to dose insulin AFTER mealtimes, and due to the high-activity of camp, we round down for all coverages.
- ▶ Carb Coverage (1 unit of insulin : Prescribed number of carbs).
- ▶ Ex: 1 unit : 9 grams of carbs -> camper ate 45 carbs -> $45 \text{ carbs} / 9 = 5$ units of insulin.

Documentation: Unless it is Lantus, all insulin will be PRN in the eMAR. Insulin will be calculated at mealtimes, and RN will determine insulin dose, administer dose, and counselors will document the given insulin in the diabetes log notebooks.

- ▶ Standard BG checks are before breakfast, lunch, dinner, bedtime, and PRN for s/s of hypoglycemia, or as warranted by activity.
- ▶ For BG >300, campers are encouraged to drink an entire glass of water, and then recheck in 15 minutes.
- ▶ For BG sustained above 350, notify Unit Nurse or Medical Director. Camper will most likely be asked to come to Body Shop to check for ketones.
- ▶ For BG <70, counselors are trained to give camper a fast-acting snack and recheck BG in 15 minutes. If camper continues to be <70, Medical will be notified and may temporarily suspend pump or closely monitor camper until BG is >100.
- ▶ ****If a camper is <70 on their CGM, encourage them to finger poke to check the follow-up BG, since the CGM experiences lag time.****
- ▶ If a camper is using a CGM and their site needs to be changed or comes off, do NOT throw away the CGM reader (this is a small grayish "brain" that is in their CGM site. It is about the size of a thumb drive and will disconnect from site).
- ▶ Do NOT handle needles after insulin has been administered. If there is no safety cover, have the camper self-remove the sharp and dispose of the sharp in a safe container.
- ▶ If campers dose off of CGMs or Libre devices at home, we will do the same at camp, unless their BG is extremely outside of a standard range of (100-300).



Diabetes (CONT.)

- ▶ All campers should have a BG of 100-300 before bedtime.
- ▶ Pump site changes will be scheduled throughout the week. If a site is dislodged before that time, or the camper runs out of insulin, they can come to the Body Shop for a site change or cartridge refill.

▶ Terminology:

- **CGM (Continuous Glucose Monitoring)** – This device (may be a phone, or receiver) monitors BG constantly, will indicate up or down with arrows, and beep for abnormal BGs. These devices may need to be calibrated with a finger stick BID, however, these devices do lag slightly behind actual BG numbers. If a camper is continually low after snacks, encourage a finger sticking for an actual number).
- **Insulin Pump (Omnipod, Medtronic, Onetouch, Ping, etc)** – Devices with a rotating site that gives a continual dose of insulin, and also has the capacity to bolus insulin on command.

