



Located at: 802 Ponus Ridge, New Canaan, CT 06840

Mailing Address: P.O. Box 4718, Stamford, CT 06907

Phone: 203-966-2937 • Fax: 203-966-2325

Email: info@campplayland.com

Website: www.campplaylandofnewcanan.com

STANDING MEDICAL ORDERS

ANIMAL BITES – Wash wound thoroughly using a solution of soap and water. Rinse with clean running water. Apply sterile dressing. Notify parents.

BENADRYL ELIXIR – May be given with parent's permission, or as nurse feels necessary. Follow directions on bottle. For 3 and 4 year olds, give half of 6-year-old dose.

BLEEDING – Apply direct pressure with clean dressing on effective site. May need added pressure to brachial artery or femoral. Call emergency help, contact parents. NO tourniquet. Go with patient to hospital.

BLISTERS – Do not break. Cleanse with bacterial soap. Cover with dry dressing. If infection is noted, call parent and recommend medical help.

BRUISES – Apply cold pack. If skin is broken, treat as a minor cut.

BURNS AND SCALDS – For burns of limited extent – Apply cold water. Cover with sterile dressing. For extensive burns - treat for shock. Remove loose clothing. Do not remove clothing which sticks to burned area. Cover with several layers of sterile dressing. Notify parents - refer to physician.

REPORTABLE DISEASES – The following diseases must be reported to the Office
Coronavirus, chickenpox, hepatitis, measles, mumps, outbreaks, rabies, tetanus.

CONVULSIONS / SEIZURES – Place patient on floor on his or her side. Call 911 immediately. Call parent. Do not restrain convulsive movement. Protect patient from further injury by moving furniture if indicated. Watch closely for any changes in respiration or color that might require CPR.

CUTS / SCRAPES / ABRASIONS – Wash with soap and water. Apply direct pressure over cut with sterile gauze until bleeding stops. Apply antibacterial ointment and sterile dressing.

DISLOCATIONS – Do not attempt to reduce the dislocation. Secure parts in comfortable position. Treat for prevention of shock. Notify parents and arrange for medical attention.

EPIPEN – EpiPen should be administered in response to a severe allergic reaction where the patient is having trouble breathing. Emergency care is required after use of the EpiPen. ***An EpiPen prescribed for a camper will travel with that camper if that camper leaves the camp premises.***

EYES – Foreign bodies – Remove only those foreign bodies lying on surface of eye. Lift off with corner of clean handkerchief or flush eye with water using eyedropper or bulb syringe. Do not rub eye. Never remove anything embedded in eyeball. Notify parents.

FACIAL SUNBURN – Zinc Oxide – before and after

FAINTING – Keep person lying down with head slightly lowered. Loosen any tight clothing about neck. If person does not respond within a short time, seek medical help.

FEVERS - If a camper or staff member has a fever greater than 100 degrees Fahrenheit the person will be isolated with a nurse until the parent can be contacted and come for the person.

FRACTURES – Immobilize or splint affected area. Notify parents - refer to physician.

HEAD INJURY – Temporary blackout or grogginess resulting from a hard blow to the head. Have patient lie down. Notify parents and arrange for medical attention.

HEAT EXHAUSTION / HEAT STROKE – Rest – Cool compresses – Hydration – Observation. Call parents.

INSECT BITES – Remove "stinger" if present. Apply cold pack. Observe for 20 minutes for reaction. Notify parents and physician if allergic. If camper has EpiPen on hand, administer. Give Benadryl Elixir if required.

MEDICATIONS – are only dispensed by the camp nurse. A written request from the parent of the camper and from the physician ordering the medication is required. The following must be included with the order: name of camper, address, name of drug, specific dose, frequency of dose and special details (if applicable) to administer medicine.

NOSEBLEEDS – Place person in chair with head erect. Loosen clothing at neck. Saturate towel with ice water and apply over bridge of nose at the same time holding nostrils together tightly. Keep changing cold towels at intervals of one minute. If blood continues to flow freely, notify parents and physician.

POISONS – Identify poison – seek medical help.

PUNCTURE WOUNDS – Encourage bleeding by mild pressure around the wound. Treat same as cuts. Refer to physician. A tetanus injection is generally necessary.

SHOCK – Keep person lying down. Cover only enough to prevent body heat loss. Get medical help.

SPLINTERS – Remove only superficial splinters. Cleanse after removal with soap and apply dressing. If splinter is deeply imbedded, call parents - refer to physician.

SPRAINS – Elevate injured part to minimize swelling and apply cold pack immediately after injury. Call parents – refer to physician.

STRAINS – Apply heating pad or hot compresses to affected area. Call parents – refer to physician.

TICK BITES – First attempt to remove the tick from the skin if it is still attached. Do this gently to prevent crushing the tick or leaving the head or mouth parts still imbedded. Once the tick is removed, cleanse and dress. Notify parent. Send tick home, if possible.

Tums- Over the counter tums (per the package instructions) to campers as indicated based on symptoms, and with parental approval

ACETAMINOPHEN & IBUPROFEN – May be administered, according to label directions, by camp nurse if in her professional judgment it is needed. The nurse will first try to contact the parent, but if parent contact is impossible, then the nurse will notify parent as to dose and time given as soon as possible after dispensed.

UNCONSCIOUSNESS – Place patient lying on side with head on arm. Loosen tight clothing, maintain body heat with blanket. Call for medical help. Be sure patient is breathing. If not, give artificial respiration. If parents are not available within reasonable time and the medical situation warrants immediate action, transport camper to emergency room.

Naloxone- To be administered if am overdose is suspected. Follow the steps below. How to respond to an overdose using naloxone

Step 1: Identify the overdose.

Opioids suppress the body's urge to breathe. If someone is not breathing or is struggling to breathe, try calling the person's name and rubbing your knuckles on his or her chest. If there's still no response, he or she could be experiencing an overdose.

Other signs of overdose are blue or pale skin color, small pupils, low blood pressure, slow heartbeat, slow or shallow breathing, snoring sound, and gasping for breath.

Step 2: Call 9-1-1.

After identifying an overdose, get help as quickly as possible. Call 9-1-1. Make sure to say the person is unresponsive and not breathing or struggling to breathe. Give a clear address and location.

Step 3: Give rescue breaths.

Giving oxygen can save someone experiencing an overdose. Perform basic CPR:

Make sure nothing is in the person's mouth that is blocking breathing.

Place one hand on the person's chin and tilt head back. Pinch his or her nose closed with the other hand.

Administer 2 slow breaths and look for the person's chest to rise.

Continue administering 1 breath every 5 seconds until the person starts breathing on his or her own.

If the person is still unresponsive after repeating for 30 seconds, you can give naloxone.

Step 4: Give naloxone.

Follow the instructions for the form of naloxone you have — injectable or nasal spray. Don't forget to give rescue breaths while you get ready.

After giving naloxone, continue giving rescue breaths, 1 breath every 5 seconds. If the person is still unresponsive in 2 to 3 minutes, you can give a second dose of naloxone. Continue breaths until emergency responders arrive.

Step 5: Stay until help arrives.

Stay to make sure the person:

Doesn't go into withdrawal

Doesn't take more opioids, which could send him or her back into overdose

Doesn't go back into overdose and need additional doses of naloxone

Doesn't experience rapid or irregular heartbeat, chest pain, seizures, sudden stopping of the heart, hallucinations or loss of consciousness, all of which require immediate medical attention

CAMP EMERGENCY/ SEVERE ACCIDENT

1. In the event of a severe accident at camp, immediately notify the Nurse and a Director/Head Counselor.
2. The Nurse will administer first aid. Do not move the injured party unless they are in immediate danger.
3. Instruct other staff members to remove other campers from the immediate scene. The Nurse and a director or head counselor should remain at the scene with the camper.
4. If camper is unconscious, call 911 immediately.
5. The Nurse will decide if an ambulance is necessary. If an ambulance is called, camper will be brought to the bottom of the hill. If the camper is brought to a hospital by EMS for treatment, a director, nurse, or head counselor will accompany the camper in the ambulance. If feasible, a copy of the camper's health records will be given to the EMS and a director, nurse, or head counselor will contact the camper's parents.

FIRST AID SUPPLIES

Alcohol – Isopropyl Rubbing
Bandages – All sizes including: Knuckle, Fingertip, Extra Large & Telfa
Bandage Tape – 1" and ½"
Cold Packs – Instant
Cotton Tipped Swabs
CPR Barrier Mask
Crutches
Drug Reference Book
Elastic Wraps – 3" and 4"
Eye shield
Eye Wash
Eye patches – Bandages
Gloves – Disposable, Non-Latex
Medication Cups
Penlights
Scissors
Slings – Youth and Adult sizes
Splinter forceps – Tweezers
Splinter Outs
Stethoscope
Thermometer – Device and Shields
Tongue Depressors
Vomit and Blood Clean-up Chemical

FIRST AID MEDICATIONS

Acetaminophen – Adult Strength tabs (500 mg), Junior Strength tabs (160 mg),
Children's Strength chewable tabs (80 mg), Children's Liquid Suspension (160
mg/5 ml)
Aquaphor
Bacitracin
Bactine
CarrraKlenz
Benadryl, Liquid – 12.5mg / 5ml
Caladryl
Calamine Lotion
Epipen – 0.3mg Inj
Epipen Jr. – 0.15 mg Inj
Ibuprofen – Adult Strength tabs (200 mg), Junior Strength tabs (100 mg), Children's
Liquid Suspension (100 mg)
Zinc Oxide
Tums
Naloxone

OTHER HEALTH SUPPLIES

Cotton Rounds
Eyeglass Repair Kit
Liquid Soap
Medication and "Lost Tooth Envelopes"
Orthodontic Supply Kit
Salt
Throat Lozenges
Black Indelible Markers
Black pens
Boxes for Tennis Meds
Highlighter
Ice
Kleenex
Paper Towels
Sanitary Napkins / Tampons
Safety Pins
Sunscreen
Baggies and / or Paper Bags
Blank Forms – Health, Medication Order & Authorization, Medication Administration,
Counselor Med Training
Bound Log Book

Signed by _____

License No. _____

Date _____