

SANDY HILL CAMP
ASTHMA INFORMATION WORKSHEET

For those campers and staff with asthma, we ask that you have this form completed and return it to Sandy Hill Camp with your Sandy Hill Camp Health Form no later than June 1st. The information requested will be very helpful to the Medical staff at camp in the event that the asthma becomes active. Please review all information with your physician for accuracy.

Camper/Staff Name: _____ Camper Staff

Date Form Completed: _____

Name of Physician for Asthma Issues: _____

Physician's Telephone: _____

1) Please describe any known triggers for asthma

- Exercise
- Fatigue
- Dehydration
- Stress
- Food Item — please describe: _____
- Smoke
- Common Cold, Respiratory Infections, Bronchitis
- Allergen — please describe: _____
- Other — please describe: _____

2) Peak Flow Meter

The peak flow meter is a way of monitoring asthma, estimating the severity of an asthma flare and evaluating the effectiveness of treatment. It would be very helpful if everyone with asthma could furnish us with peak flow measurements before they come to camp. For those who don't regularly use a peak flow meter, contact your physician as soon as possible to obtain this information.

Baseline (routine) peak flow reading ("*Green*") _____

Caution Range ("*Yellow*") _____

What is done if the peak flow drops to this level? _____

Danger Range ("*Red*") _____

What is done if the peak flow drops to this level? _____

3) Nebulizer Treatment and Use at Camp

Will you bring a nebulizer for use at camp? Yes No

When should the nebulizer be used? _____

What medications/dosages should be used in the nebulizer?

Routine Use _____

During Flare _____