

Insider's Guide to Medical Care at GFC

Dear Parents and Campers,

We are excited that you will be joining us for a summer at GFC! We hope it will be a healthy and happy time for your camper and we want you to know that your child's safety, health and well-being are the most important thing to all of us at GFC. This material will familiarize you with the health care provided by GFC and will let you know what you can expect.

We look forward to meeting you soon.

David L Weisoly, DO, FAAP – Medical Director
Ashley E Swartz, BSN, RN – Nursing Director
Stephanie Turek, RN – Head Nurse of Health and Safety

I. Prior to Opening Day

- Fill out your online Health History Form, and complete your Medical Examination Form with your physician. The doctor will fill out and sign the examination form and you will upload it.
- Our camp nurses review the online forms and uploaded documents prior to Opening Day. You may receive an email or phone call prior to camp stating some things might be missing from your camper's health form. Please be sure to correct the information as urgently as possible prior to opening day.
- **We advise everyone to check his or her vaccines now** for completion. It is expected that all camper's vaccines are **up-to-date** based upon the CDC guidelines. This is a URJ official medical policy, and there are no exceptions for religious or choice-based reasons. If your camper has a medical reason for an incomplete vaccination record, then a letter from the camper's physician stating and explaining the reason must be sent to camp in advance of opening day. Cases will be individually reviewed by the GFC Medical Director who will call you and will determine if it is safe for your child to attend.

A. OPENING DAY

Please do TWO things for us prior to your departure for camp:

- Make sure that your camper is feeling well that morning. If necessary, take their temperature. If any member of your family is ill, please do not bring them to camp with you. **Temperature must be less than 100.4 for 24 hours without fever-reducing medication prior to camp arrival.** The last thing a camper and GFC staff want is for a camper to come to camp and immediately be confined to the infirmary.
- Check your child for head lice. It is much easier and cheaper to treat this at home than to have us treat it on opening day at camp. PLEASE let us know if your child has been treated prior to coming to camp or has been recently exposed. Once again, we are using a professional lice company to do screenings. If they find the need to treat, they will do so at camp for up to \$135 depending on hair length. Parents will pay the company directly at the time of service. Parents will also have the option to take their child home for treatment and return the next day, but must check in with the infirmary upon arrival. See posted brochure on opening day from the Lice Ladies for more information.

B. MEDICATIONS

This year, we will continue to administer medications from original containers.

*If medication is given at two or more times per day, please send an empty bottle with RX label for each scheduled time of day (typically, your pharmacy can provide these to you at no cost).

- Medications will need to be processed by the camp medical staff. Please bring ALL medications in their original bottle, including over-the-counter and prescriptions (even if your child is only staying for 10 days).

Campers are not allowed to keep any kind of medication in their bunks, with the exception of rescue inhalers, but these need to be verified with medical staff on opening day.

- Parents are responsible for ensuring camp/camper has the proper amount of pill quantity at drop off; if the child does not, please alert medical staff at check in. All controlled and daily dose medications will be counted for the verification of quantity. This process will not happen at check-in but rather in the opening day verification process.
- We will NOT accept the following: unlabeled meds or meds not in original containers, gummy medications; vitamins; certain OTC meds that we have on camp; or expired medications of any kind (including Epi-Pens or inhalers). Please ensure your child's emergency medications, including Epi-Pens, inhalers, and others are up-to-date.
- We will ONLY accept vitamins if there is a documented medical reason (vitamin deficiency) the camper must take it and a prescription from the child's pediatrician is included.
- If over-the-counter medications (i.e., allergy, etc) are brought to camp, they require a written instruction from your child's physician. We are not able to give daily/scheduled or as-needed over-the-counter medications without a physician note with explanation of need.
- If your child has a health "action plan" from his/her physician, please bring (or send ahead) a copy to leave with the medical staff. These could include: asthma action plan; headache action plan for migraine sufferers; allergic reaction plan for epi-pen carriers; diabetic medical action plans. If your child has a rescue inhaler (**even if they have not used it in a long time**), please send to camp. It may be needed.
- If your child has asthma, an asthma action plan is required from his/her physician.
- For **EVEN MORE** information on medications at GFC, please refer to the Nurses Opening Day Tip sheet

II. During the Session

A. ON-CAMP STAFF

Our Medical Director is a Board Certified Pediatrician; our Nursing Director and Head Nurse are Registered Nurse's – all are licensed to practice in the state of Texas. Our Director of Camper Care is a Special Education teacher. All have worked at GFC for several years.

- Board Certified Physicians – capable of diagnosing and ordering prescriptions as needed/appropriate, and will call parent/guardian when camper is admitted to infirmary for overnight stay. Physicians are in residence or occasionally on-call.
- Licensed Registered Nurses – administer scheduled medications during meals and at bedtime, administer OTC medications during sick call, complete nursing assessments and lice checks, review health forms, take care of children with special medical needs (i.e., seizure disorders, type 1 diabetes, etc), and communicate with parents/legal guardians. Occasionally nursing roles will be filled by Licensed Vocational Nurses and/or Licensed EMT-Paramedics.
- Licensed Registered Dietician – ensures children with special dietary needs are accommodated while at camp. Other staff on site will work in consultation with her.
- Infirmary Administrator(s) – responsible for keeping the infirmary well organized and ensuring supplies are stocked, files health forms, assists the nurses/physicians, takes campers/staff as needed to urgent care/hospital/doctor's appointments, and more

- Camper Care Team – full time summer staff who support the emotional, social, and behavioral elements of campers in such ways as helping new campers to adjust to the camp environment, children with special needs, campers who are missing home, and checking in with campers if they are admitted to the infirmary. The camper care team also communicates directly with parents.

A physician, four to five nurses, and infirmary administrator(s) live and work in the infirmary, and are accessible 24/7 – all of whom (including the medical, nursing, and camper care directors, and dietician) will be available on opening day to address any issues or concerns you may have. Camp physicians and nurses are a mix of former campers and staff, or may be parents of current campers. Our medical staff comes from a variety of backgrounds, allowing for a broad knowledge base for staff and camper wellness.

B. MEDICATION ADMINISTRATION

All medications (breakfast, lunch, dinner, and bedtime) will be administered by the nursing staff in the dining hall, including Kibbutz (lunch only). Each bunk will be called up in sequential fashion during the meal. Kibbutz medications will be administered on Kibbutz at breakfast, dinner, and bedtime. Please discuss this with your camper prior to arriving at camp so that your child is best prepared for medication administration.

C. OUTSIDE CARE

We have a close relationship with Scott & White McLane Children’s Hospital in near-by Temple, Texas – a multidisciplinary pediatric hospital and pediatric emergency department. For those campers and staff requiring urgent but not emergent care, Central Texas Urgent Care in Hewitt is utilized. We also have accessibility to multiple specialty types (i.e., orthodontist, orthopedics, etc) when needs arise.

D. COMMUNICATION

Communication is of utmost importance to us. You will receive a phone call from a camp physician or nurse in the following situations:

- Your child is admitted to the infirmary – this usually requires at least a 12 hour stay regardless of diagnosis, and sometimes that may mean an overnight stay in the infirmary. You will also receive a daily update by phone as long as your camper remains in the infirmary.
- Your child needs a prescription. If our camp physician deems appropriate, he/she may order a prescription for your child based on his/her diagnosis. Sometimes this requires an antibiotic or daily dosing of an allergy medication, etc. Some of these antibiotics we have on camp (a charge will apply), but some will need to be filled at Wal-Mart and your medical insurance may be billed and/or there may be an out-of-pocket/co-pay charge. You will receive a phone call from the physician or nurse the day the prescription is ordered, and that you will receive a bill for the cost of those medications.
- Your child has to go out of camp for medical care (to urgent care/hospital/routine doctor’s appointment). Certain situations require that we send a child off camp (X-ray, braces adjustment, etc.). You will receive a phone call from either a nurse or physician prior to the child leaving camp; in an emergent situation, you will be called while your child is en-route to the hospital.
- Your child has been deemed a “frequent flyer”. This means that the camper has come to the infirmary multiple times in a short period and our doctor has been unable to find anything medically abnormal. We will get your camper connected with GFC’s Camper Care team for extra support.

A word about health information contained in camper letters home: Please bear in mind that mail is delayed by a couple of days and children tend to be medically inaccurate in what they write in letters. If you receive a letter from your child stating he/she is not feeling well, please call the infirmary and we will check in on him/her, and get back to you as soon as possible. Your camper may not have told anyone about his or her issue and thus we do not know about it.

If you have a concern about your child's emotional status at camp, please contact the Camper Care Team . If it is a medical concern or issue, please contact the Infirmary. All of us are always glad to help.

E. ROUTINE MEDICAL CARE

Campers with medical complaints are invited to see our medical staff for sick call during lunch. As soon as a camper is deemed to be healthy, they will return to their group. Of course, for emergent care, they will be seen at any time during the day or night.

We have several Automated External Defibrillators (AEDs) strategically placed around camp, as well as first aid kits containing Band-Aids, Neosporin, hydrocortisone cream, gloves, and gauze in all activity areas, the pool, the lake and all camper cabins.

The camp's policy is that children should not be taken off any ADHD meds or allergy/asthma medications prior to coming to camp. ADHD and allergies/asthma often continue at camp, and we recommend not changing the medication regimen of a well child.

If your child has had a seizure in the last six months or there has been a change in dosing to a psychotropic or anti-seizure medicine in the last three months, please notify camp. We will not accept any psychotropic meds in which doses have been changed in the last month prior to camp. Stability cannot be guaranteed that quickly. This policy is also true for biologics or immune-modulating medications, as used for autoimmune or inflammatory disorders.