

## Camp Ondessonk Health Center Volunteer Orientation

Dear Health Center volunteer,

This is intended to be a brief orientation so you know what to expect during your week as a Health Center volunteer. If you have not had a chance to do so, you should take look at the policies binder where you will find general operating procedures, as well as protocols and policies for albuterol usage, epinephrine usage, and head injury. Many of the conditions you will treat will not require specific protocols or instructions (applying bandaids, cleaning minor wounds, covering blisters, Tums for a tummy ache, ibuprofen for a headache, etc.) For injuries or illnesses where the proper course of action is not as easily apparent, our Center has adopted the Red Cross first aid manual and the Wilderness First Responder manual as our treatment references.

As is the case in all medical facilities, there are certain daily recurring responsibilities as well as other duties as assigned! Some of the routine duties for a Health Center volunteer are as follows:

- Assist with check in of camper medications on Sunday (if possible)
- Pack and prepare medications for each camper at each mealtime. There is a container for each meal in which the medications are placed for transport up to the dining hall. Routine medications such as tablets or capsules are packed into medication envelopes. Sprays, inhalers, creams, etc., need to be taken to the dining hall at the appropriate meals and moved to the container for the next meal if necessary. In general, PRN medications are not taken to the dining hall unless the camper is asking for them frequently.
- Certain medications (bedtime meds, Wednesday dinner, Thursday breakfast, Friday lunch) are packed and given to the unit leader who will give the medications to the campers.
- Care and attention to be sure that every medication is packed, given accurately and in a timely manner is the single most important daily routine task for volunteers.
- Treat campers in the Health Center for injuries and illnesses using a combination of good judgment, reference materials, and policies.
- Keep accurate records of medication administration and treatments. The campers' health forms should ALWAYS be consulted prior to ANY treatment to check for past medical history, other medications, and medication allergies. ALL treatments should be recorded in the campers' records.
- Work with lead provider to be sure that the Health Center is adequately staffed. Any time off to go for a hike, to an activity area, etc., should be coordinated to be sure that Health Center remains adequately staffed.
- Assist lead health care provider with required state reporting. Any camper who leaves camp to see a physician due to an injury must be reported to the state within 48 hours.
- Communicate with camper parents by telephone regarding more serious injuries or persistent complaints. Parents should be called any time a prescription medication is prescribed while at camp, any time a camper leaves camp to go to the doctor or ER, or when a camper comes to the Health Center repetitively for a

- Wednesday afternoon and evening: overnight. The campers will be camping under the stars and preparing their own meals. All medications need to be packed and prepared for Wednesday dinner and Thursday breakfast away from the dining hall. You may be free to leave Camp if desired for dinner out with other volunteers!
- Thursday night: Lodge Ceremony. If you have never seen it before, this is must see!
- Friday day: Marathon and tug-of-war. Some potential for minor injuries, and very fun to hang out in main area and on dam road (near swimming area) to see the festivities
- Friday night: Closing campfire includes more songs and camper skits.

If you have a child at Camp, please be sensitive to other campers by not “hanging out” with your child in the Health Center, dining hall, or activity areas. Seeing campers interacting with their parents is very distressing for homesick campers.

I hope this fairly random collection of thoughts helps make sure you know what is expected, have the support that you need, and have a great time!

Heepwah!

Chris Wangard, MD