

**Subject: Minsi Trails Council written instructions and doctors standing orders
National Camp Standard HS-505**

Abrasions

1. Betadine scrub of H₂O₂ Wash
2. First Aid cream if needed.
3. Apply bandage if necessary.

Asthmatic Attack

1. Give prescribed medication that child arrived to camp with.
2. If first episode of suspected undiagnosed asthma, use proventil inhaler as directed.
3. Sever respiratory distress notify MD or go to Emergency Room.

Abdominal Pain

1. T.P.R. and record.
2. Check for rigidity and tenderness.
3. Give nothing by mouth.
4. Call parents and send home if needed.
5. Call parents in fever and vomiting also accompany abdominal pain.

Bee Sting

1. Remove stinger if present.
2. Apply ice and bug ointment.
3. Benadryl 25 – 50 mg PO if needed.
4. If boy has own adrenalin give is stat.
5. Notify MD for campers who does not get relief.

Blisters

1. Leave intact.
2. Wash with betadine.
3. Apply TR of Benzoin to area.

Burns

1. Wash with clear H₂O₂.
2. Ice or cold compress.
3. For small area with reddened skin use Solarcaine.
4. For large area, apply first aid cream and DSD, notify MD.

Bumps and Bruises

1. Apply ice or cold compresses for the first 24 hours.
2. Apply warm wet compress after 24th hour to reduce discoloration.

Congestion

1. TPR and record.
2. Force Fluids.
3. Give an Antihistamine (Benadryl or Zyrtec)

Constipation

1. MOM according to label directions if not accompanied by fever or pain.
2. Encourage increased fluid intake.
3. Glycerin suppositories as directed, either child or adult type.

Cough

1. Check TPR and other related symptoms.
2. Give non prescription cough medicine.

Communicable Diseases

The following shall be considered suggestive of communicable diseases; Fever of 100 degrees or higher, coryza, repeated vomiting, rash, inflamed eyelids, red eyes or drainage from eyes or ears, skin lesions. Treatment for and/or exclusion from camp will be decided by MD.

Call Medical Doctor to confirm action needing to take place.

Dental Problems

1. Warm saline rinse
2. Cold compresses over the affected area.
3. Tylenol 1-2 tabs. Q4H for pain.
4. If tooth is knocked out, treat bleeding and wrap tooth in a wet cloth or place under the under the tongue and transport to the dentist.

Diarrhea

1. Clear liquid diet.
2. Imodium AD as directed.

Diabetes

1. Insulin shock or reaction.
 - a. Give sugar in any form and monitor clearly.
 - b. Notify MD ASAP
2. Diabetic Coma
 - a. Notify MD ASAP.
3. Follow any additional protocols that came on diabetics health form.

Elevated Temperature

1. Note any other signs and symptoms.
2. Force Fluids.
3. Tylenol 1-2 tabs Q4 hours PRN

Earache

1. TPR and record
2. Note any drainage if present, call MD.

Eye Irritations

1. Visine eye drops as directed
2. Warm compresses.
3. Foreign Object
 - a. Flush with ophthalmic irrigating solution.
 - b. Remove object if possible. If not removable cover and notify MD.

Enuresis

1. Restrict fluids after supper.
2. Empty bladder before retiring.
3. Understanding attitude is essential.

Fish Hook Injuries

1. If only the point of the hook has entered the skin, remove by backing it out.
2. If the barb is deeply embedded in the skin push barb through skin and cut it with cutters. Remove the remaining piece.
3. H₂O₂ Wash or was thoroughly with soap and water.
4. Apply antibiotic ointment and bandage.

Fractures

1. Restrict all movement and splint.
2. Treat bleeding if necessary.
3. Immobilize area and apply ice.
4. Go to Emergency Room.

Fungal Infections

1. Keep area as clean and dry as possible.
2. Tinactin or Desenex to affected areas as directed.

Gastric Distress

1. TPR and record
2. Give Pepto Bismol as directed.
3. Ginger Ale as needed.

General Malaise

1. TPR and record
2. Observe for any other sign or symptoms that may develop.

Hay Fever

1. Benadryl or Claritin as directed.

Headache

1. Rest and cold compress
2. Tylenol 1-2 tablets as directed, if headache is not preceded by head injury.

Heat Exhaustion

1. Rest in cool, shady place with head elevated.
2. Check vital signs.
3. Give sips of gatorade.
4. Cool compress to forehead and other exposed areas.

Heatstroke

1. Rest in cool shady place with head elevated.
2. Check vital signs.
3. Notify MD.
4. Remove excess clothing and sponge with luke warm water.

Impetigo

1. Soak off crusts with PhisoHex and water.
2. Neosporin ointment and DSD PRN.

Infections

1. Warm soak TID PRN
2. H₂O₂ wash or wash thoroughly with soap and water.
3. Apply antibiotic ointment and DSD.

Insect Bites

1. Caladryl lotion PRN for itching
2. For allergic reactions to bites use Benadryl 25-50 mg PO Q4-6 Hours PRN
3. For breathing problems or other severe reaction use Epi-Pen

Lacerations

1. Apply direct pressure to stop bleeding and elevate if possible.
2. Wash with Betadine or H₂O₂ or was thoroughly with soap and water.
3. If cut is slightly gaping, butterfly closures or steri strips may be used.
4. If suturing is required to the emergency room.
5. Use gloves for all bleeding.

Nosebleed

1. Sit child erect with head forward.
2. Compress nostril with thumb and forefinger for five minutes.
3. Cold compress to nose and/or back of neck.
4. Use gloves for all bleeding.

Poison Ivy/Oak/Sumac

1. Wash area vigorously immediately after exposure.
2. Apply caladryl lotion PRN.
3. Observe closely for allergic reaction.

Pruritus

1. Benadryl 25-50 mg PO Q4-6 H PRN.

Sprains and Strains

1. Elevate limb and apply ice or cold compress.
2. Apply ace bandage for support.
3. Warm compress may be used after 24 hours.

Snake Bite (Non Poisonous)

1. Wash with soap and water or H₂O₂.
2. Use first aid cream and bandage if needed.
3. Keep child as quiet as possible.

Sore Throat

1. Check TPR and record.
2. Visually check throat.
3. Chloraseptic spray or Cepacol lozenges for minor discomfort.

Ticks

1. Remove with tweezers or splinter forceps @ skin level.
2. Cover completely with petrolcum jelly to smother tick.
3. Wash thoroughly with soap and water once tick is removed

Vomiting

1. Restrict food for 24 hours. Give Ginger Ale.
2. Check for vital signs, PRN.
3. Clear liquids and crackers increasing to soft regular diet after vomiting stops.

Miscellaneous Items and Notes**Masks, Protective Eyewear**

During procedures likely to generate droplets of blood or other body fluids;

1. During Direct, sustained contact with the patients who are coughing extensively or patients intubated and being suctioned;
2. Patient in isolation requiring masks.

Delete endoscopy does not apply

Handwashing

1. Between patients.
2. If contaminated with blood or other bodily fluids.
3. Following glove removal.
4. Prior to eating.
5. After use of bathrooms.
6. After covering mouth and nose when coughing or sneezing.
7. After trash or infectious waste disposal.
8. Anytime hands are visibly soiled.

Prevent Needle sticks!!!

1. Dispose of immediately in needle box.

Medication

It is important that the child be protected against harm inflicted by the administration of unsuitable or improperly dosed medication regardless of the good intentions of parents, counselors, camp personnel or the community. It is also important that the professional integrity of the camp health officer and other camp personnel be preserved. In this light the following policies or rules shall apply to camper medication in the Minsi Trails Council. Prescription and Over-the-Counter (OTC) Medications Brought from Home.

All meds brought from home are to be managed using one of the following three methods.

1. Managed by the unit's adult leader provided he or she maintains the medications under lock and key and records the administration on issued documents/forms.
2. Managed by the participant's parent/guardian provided he or she maintains control of the medication in a secure fashion under lock and key.
3. Managed by the camp health officer in conjunction with the participant and/or adult leader or parent. This option should be used only when the medication must be stored or prepared in the health lodge (refrigeration, clean countertop, etc.) or when the medication regimen is complex and may require assistance by a camp health officer (on prearrangement) who is licensed and/or trained to assist in the medication process.

Universal Precautions Update

The following must be considered Biohazardous waste:

1. All blood products.
2. All body fluids that contain visible blood.
3. All blood and body fluids of persons with contagious disease.

Disposable suction equipment is to be placed in biohazardous boxes. All trash from known isolation is considered infectious. **Do not put in regular trash containers with other normal trash.** Complete gowns are not to be worn out of the work area. Surgical garb, such as masks, booties, caps, etc. that have been worn during a procedure are not to be worn outside the work area. When transporting sharps and/or biohazardous material in car, lock in trunk of car at all times. **Never** reach inside biohazardous boxes to retrieve anything without proper precautions. Broken glass should be placed in the double bagged biohazardous box in the soiled utility room. Place all sharps and needles in puncture proof needle container on the wall.

Universal Precautions

1. Use Gloves under the following circumstances:
 - a. When handling soiled items.
 - b. If you have cuts, abraded skin, chapped hands or dermatitis
 - c. When touching/cleaning soiled surfaces.
 - d. When examining abraded or non-intact skin or patient with active bleeding.
 - e. Performing invasive and vascular access procedures.
 - f. Starting IV's, drawing blood, and manipulation of stop cocks or lines during all suctioning procedures.
 - g. Handling of blood and body fluid specimens and all fluid containers.
2. Use Gowns under the following circumstances:
 - a. During procedures likely to generate splashes of blood or other body fluids.
 - b. When cleaning spills from incontinent patients or changing soiled linen.

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Miscellaneous Notes

1. Notify physician or any medical emergency facility/individual if medical problem persists.
2. Call parents and send home for Temp. 101 or above, and for other conditions at the discretion of the health officer.
3. Check allergy list before treatment.
4. Check date of last tetanus booster for break in the skin caused by dirty or rusty objects.
5. Any lab testing to be done at Doctor's office.
6. May give Children's Tylenol if requested.
7. May replace Tylenol in standing orders with ibuprofen if requested and is documented.
8. Use universal precautions with open wounds.
9. Any suspected poisoning should be directed to nearest hospital.

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Date 5-10-25

addendum: Narcan should be available
at the Health Lodge.