

MISSION STATEMENT

The Texas Asthma Camp for Children was established to give children with asthma the opportunity to broaden their horizons through camping in a positive, healthy, safe, and challenging atmosphere.

OBJECTIVES

- To provide a positive camp experience for children with asthma.
- To provide an opportunity for these children to share their ideas, problems, and concerns about activities, medications, and relationships with parents, teachers, friends, and others.
- To provide an opportunity for the asthmatic child to learn self-reliance and self-confidence outside the home.
- To provide an opportunity for professional education for related disciplines, combining the educational experience with the goals of the camp.

EDUCATIONAL GOALS

- Campers will learn the basic structure of the respiratory system.
- Campers will be taught the function of each part of the respiratory system.
- Campers will learn about the different medications used to treat asthma.
- Campers will be able to demonstrate proper technique for using inhaled medication.
- Campers will learn about spacers and demonstrate proper usage.
- Campers will learn about peak flow meters, how to use them and what the zones are.
- Campers will learn what their individual "triggers" are and what they can do to avoid them.
- Campers will learn how they can take responsibility for managing their asthma.

EDUCATIONAL MESSAGE FOR THE DAY

MONDAY - What are your triggers and what do they do to your body?

TUESDAY - What's the difference between Rescue and Controller medications?

WEDNESDAY - How do you measure your asthma?

THURSDAY - Do you know your meds and how to use them?