

What your CHILD Will Learn

Asthma Day Camp provides a fun, interactive and educational environment to enhance your child's understanding and ability to self-manage asthma. Children will learn about asthma management, medications and other treatment topics.

Asthma Day Camp Topics

- How Your Lungs Work
- Breathing and Asthma
- Asthma Warning Signals and Triggers
- Asthma Prevention
- Peak Flow Meter Use
- Medication and Metered Dose Inhaler Use
- Asthma Action Plan
- Making Correct Decisions About Asthma

Asthma Camp Objectives

- Provide an enjoyable and safe camp experience for children with asthma, ages 6 to 14
- Present asthma education for children and parents
- Promote improved self-care, self-image and independence for children with asthma
- Facilitate future camp experiences in a regular non-specialty camp

CHILDREN INVOLVED IN
DEVELOPING THEIR OWN
ASTHMA ACTION PLANS
LEAD HEALTHIER,
ACTIVE LIVES.

*Asthma day camp was made possible
in part by a donation from Richard and
Mary Fisher.*

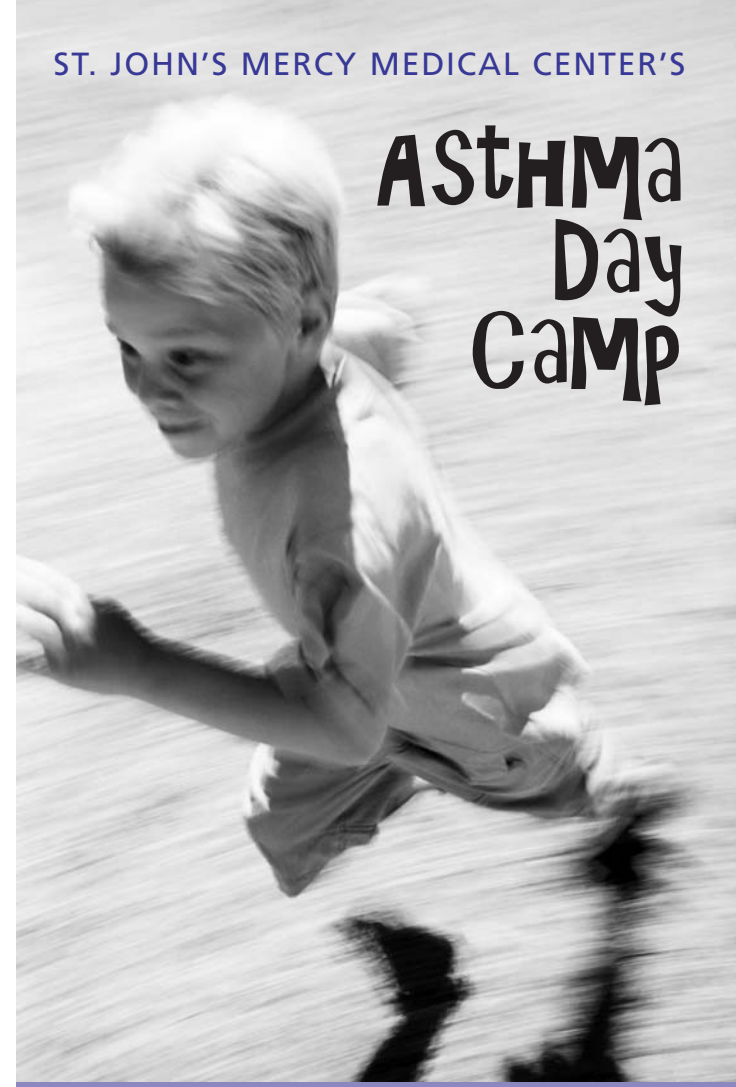


**ST. JOHN'S MERCY
MEDICAL CENTER**

615 S. New Ballas Road
St. Louis, MO 63141
314-569-4811
www.StJohnsMercy.org

ST. JOHN'S MERCY MEDICAL CENTER'S

**ASTHMA
Day
Camp**




**ST. JOHN'S MERCY
MEDICAL CENTER**

Age Groups

Children will be separated into two different age groups:

- Ages 6 to 9
(must have completed kindergarten through 4th grade)
- Ages 10 to 14
(must have completed 5th through 8th grade)



Camp Staff

- Medical director: Dr. Lee Choo-Kang, Pediatric Pulmonologist
- Respiratory therapist
- Nurses and assistants.



The staff-to-camper ratio will be one staff member for every four campers in the ages 6 to 9 group, and one staff member to every six campers in the ages 10 to 14 group.

Cost

The Day Camp cost of \$10 per camper is non-refundable and is due at registration. The program takes place at St. John's Mercy Medical Center, includes lunch and runs from 8:30 a.m. to 4:30 p.m.

How to Register

To register, or for information on camp dates, please contact St. John's Mercy Medical Center Respiratory Scheduling at 314-569-4811.

Day Camp Schedule

8:20-8:45 a.m.	Welcome!
8:45-9:00	Introduction
9:00-9:35	How Your Lungs Work
9:35-9:55	Snack and restroom break
9:55-10:15	Game
10:15-10:45	Signs and Symptoms of Asthma
10:45-11:15	Warning Signals and Triggers of Asthma
11:15-11:30	Game
11:30 a.m. - 12:30 p.m.	Lunch
12:30-12:50	Medications for Asthma
12:50-1:15	Use of Your Inhaler, Spacer, and Nebulizer Tracking Puffs
1:15-1:35	Game
1:35-2:05	Peak Flow Meter Use
2:05-2:30	Snack and break
2:30-2:50	Proper Breathing and Relaxation
2:50-3:05	What to Do When You Have an Asthma Attack
3:05-3:20	Completing the Asthma Work Sheet
3:20-3:35	Smoking and Asthma
3:35-3:55	Exercise and Asthma
3:55-4:10	Evaluation
4:10-4:30	Games and pickup