

School camp checklist

(Some points won't apply to all students with cystic fibrosis)

CHECKLIST

☐ Discuss specific requirements with the student and parents.

☐ Ask the parents for a copy of the student's daily treatment plan (physiotherapy and medication). Contact the cystic fibrosis clinic or cystic fibrosis state organisation if further information is required.

☐ Nominate a teacher (possibly someone the student knows and likes) to be the student's contact person and to assist with treatment or any issues.

☐ Provide a location where the student can conduct his/her physiotherapy and take medication in private, with minimal disturbance.

☐ The student may require salt supplements, salty drinks and water if participating in strenuous activity and in warm weather.

☐ Check the student's dietary requirements as he/she may require extra salt, cream, butter in meals.

☐ The student may require enzyme capsules during meals and snacks. Discuss with the student about taking the enzymes. Most students will be independent in this area but will require a staff member to subtly check that the capsules are being taken.

☐ Suitable storage for medication and physiotherapy equipment is required, somewhere dry and not too hot.

☐ Providing electricity for the use of the nebuliser. Some nebulisers can be operated by car batteries or normal batteries (for camping purposes).

☐ Hand washing and infection control procedures. Keep other students who are unwell e.g. gastro, vomiting etc. away from a student with CF if possible. Have antibacterial hand gel available, soap and paper towel for toilets etc.

☐ Locate contact numbers of the local medical centre closest to the camp location.

Medical centre closest to camp location:

PHONE:

ADDRESS:

Cystic fibrosis clinic:

PHONE:

ADDRESS: