

# Our Philosophy: Diabetes Management at Camp

We are sharing our philosophy of diabetes management so that you can prepare for the camp session. We encourage you to talk with your home diabetes team, call us with questions or concerns and discuss our diabetes management routines with your child. By doing this everyone will be ready for an awesome program!

Everyone at The Barton Center is committed to making the camp experience fantastic – from home to camp and camp to home. Above all, camp should be **fun** and allow campers and staff to share diabetes in a safe learning environment. Together we find support and gain confidence in our diabetes management skills and, in turn, ourselves.

We will provide you with a great deal of information and ask that you provide us with important information about your child. Diabetes is different for every person and diabetes management at camp is sometimes different than diabetes management at home. It is essential that we have information on your child's "home diabetes" regimen, and any other concerns, so that we can review the information and call you if we have questions. We will follow your home routines as closely as possible and contact you if we feel major changes are required. We must, however, be allowed to adjust insulin doses routinely while at camp, in order to ensure the safety of your child.

## **The Basics: A Fun, Safe Place for Children and Adolescents to Learn More about Diabetes Management**

At our programs, campers are recognized for who they are – children who happen to live with diabetes. All programs are planned and supervised by staff members who often live with diabetes. Our programs promote social, emotional and physical growth and development in a safe environment. While the primary focus is FUN, proper diabetes management and education are built in.

Diabetes education happens informally and also through planned SCOOP (sharing choices and overcoming obstacles with peers) sessions. These sessions include diabetes games such as "diabetes jeopardy," nutrition education through cooking classes and carb counting bingo, as well as open discussions about the feelings we encounter living with diabetes. The "teachable moment" is often the best time to problem-solve. For instance, a low blood sugar on the soccer field is a perfect time to talk about checking blood sugars before, and during, strenuous activity. Effective treatment of the low blood sugar, which allows the camper to get back in the game, can also be a valuable learning tool.

## **The Routine: Safe and Supportive and Tailored Just for You**

The Health Care Team and counselors supervise and support diabetes management in a positive, non-threatening manner. The Health Care Team participates throughout the day, not only during "diabetes management time" but also at games, meals and activities. Campers are encouraged to use the Health Care Team as a friendly resource. It helps that they are singing camp songs next to your child in the dining hall, wearing the same "Barton" t-shirt, and in many cases, doing their own insulin right along with the campers.

Campers are never pressured to assume any part of their diabetes management on their own. The staff is happy to help campers learn something new – from pricking a finger to injecting their own insulin – but only if the camper is ready. Children develop at different rates, and the readiness to become independent should be decided by the child, parents and Health Care Team. We believe strongly that children and adolescents with diabetes need the support of family throughout life. Even if a child learns something new at camp, the family should be ready and willing to take back responsibility at home.

**The Barton Center for Diabetes Education, Inc.**

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## **Blood Glucose Monitoring ("BGM") - Never a "test" but a "BGM Check"** **Never a "bad" number, but always a number that gives important information.**

"BGM" does not interrupt the camp day, but is an integral part of it. All staff carry BGM and low blood glucose treatment supplies at all times so that "checks" and treatments can happen in the cabin or at activities. When blood glucose is over 240, campers check for ketones. All BGM and ketone results are reported to the Health Care Team and considered before insulin doses are given. At camp our target range for blood glucose is 80 to 160 mg/dl. We realize that blood sugars will be over and under this range, therefore at:

**Resident and Family Camp:** everyone checks before breakfast, lunch, dinner and evening snack, and any time they feel "symptoms." This way insulin doses and meal plans can be adjusted. While checking at 12AM and 2AM can be a valuable tool, these checks are limited to those campers who demonstrate signs of frequent hypoglycemia. This keeps campers and staff well rested and safe.

**Day Camp:** everyone checks before lunch, snack, and any time they feel "symptoms." Treatment for hypoglycemia will be provided by camp.

**NOTE:** All hypoglycemic reactions are treated using the standard Barton Center protocol for low blood sugars, this is to ensure that over or under treatment of a reaction is avoided.

## **Insulin Administration: Whether "Pumpin" It Up or "Shootin" It In: Don't Get Stuck, Stick to It!**

Along with long or intermediate acting insulin, Regular insulin is given 30 minutes before meals and Humalog (LisPro) and NovoLog (Aspart) ten minutes before meals. For campers on pumps, correction doses will be given before meals while meal boluses will be given during or directly after meals. Home correction factors will be used to correct blood sugars to 120 mg/dl. Insulin is given according to home schedule.

**Resident and Family Camp:** Insulin times are breakfast, lunch, dinner, snacks and between 9-10 PM. If a camper takes insulin at other times the Health Care Team will accommodate your child's needs. For your child's safety we must be allowed to adjust insulin doses as necessary. The camp physician reviews all blood sugars and indicates recommended doses. Then, the cabin nurse and counselors oversee insulin administration in each cabin. If you or your physician desires a different insulin administration procedure, please forward concerns in writing to the Health Services Manager *before* the camp session begins.

**Day Camp:** Insulin is given according to home schedules.

## **The Real Deal on Meals**

**Resident and Family Camp:** Breakfast 8:05 AM ⇨ Morning Snack 10:15AM ⇨ Lunch 12 NOON  
⇨ Afternoon snack 3:00 PM ⇨ Dinner 5:30 PM ⇨ Evening Snack 8:15 PM

Camp gives kids the tools they need to achieve long term nutrition goals. At camp, kids are expected to eat three meals per day to foster healthy eating habits and proper nutrition. It is understood that many children with diabetes no longer follow specific meal plans due to insulin pumps, or just base their dosage on carb counting. However, we try to encourage each camper to consume a balanced and sensible meal. As part of the check-in procedure, each camper, along with their guardian, will devise a meal card with the help of a registered dietitian. These meal cards will be placed at each campers table for reference at meal times, for both campers and staff. The carbohydrate content of each meal is posted clearly to help each camper determine their insulin needs. Meals are family style and "kid-friendly." Alternative menu items are always available for any child with a specific food allergy.

**Day Camp:** Campers are expected to bring lunch from home with carbohydrate counts provided; morning and afternoon snacks are provided.

## **Going Home**

When kids come to camp their activity level may increase and their insulin requirements may decrease. When they go home the reverse may happen. We will provide you with copies of your child's diabetes records so that you, and your home health care team, will have this information in order to make adjustments back home. We strongly urge you to discuss your child's diabetes with the camp health care team member (physician or nurse) before you leave camp. At that time we can help you think about the transition back home. Once you leave remember that we are only a phone call away.

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