ACTIVITY CONNECTION HEALTH PACKET

Welcome to Activity Connection!

To participate in our programs, we will need a health form for your child signed by a parent/guardian as well as signed and stamped by your child's primary physician. Additional forms such as asthma, allergy, and seizure forms are only required if applicable to your child. The forms are attached to this message.

Please note that these forms remain locked and confidential and are only shared with the hospital staff that will be working with your children. Once signed by the doctor, the form is valid for one year. You may mail, fax, or scan/email the completed form(s) back to us. Forms can be faxed over to 908-301-5503 addressed to "Activity Connection" or mailed to:

Children's Specialized Hospital
Attention: Activity Connection
150 New Providence Road
Mountainside, NJ 07092

If you have not already completed the Activity Connection screening form, please go to our website (https://csh.recdesk.com/Community/Program/Detail?programId=1223) to complete the form online. Please fill out and submit the attached screening form prior to the first day of attendance in enrolled program. Please be sure to thoroughly and accurately complete this form, as it helps our staff get to know your child and makes for a more comfortable and successful environment. See attached "How to Fill Out a Screening Form" for more information on how to complete your child's screening form.

Please reach out with any further questions, comments, or concerns.

Activity Connection Staff | Activity Connection, Community Programs
Children's Specialized Hospital | 150 New Providence Rd | Mountainside | NJ 07092
☎ 908.301.5548 | Fax: 908.301.5503 | ✉ activityconnection@childrens-specialized.org

Children's Specialized Hospital

ACTIVITY Connection

Sports • Recreation • Social Programs

ACTIVITY CONNECTION HEALTH FORM

FORM DATE: _____ DATE OF BIRTH: _____

PARTICIPANTS'S NAME: _____

ADDRESS: _____

EMERGENCY CONTACT & PHONE: _____

EMERGENCY CONTACT 2 & PHONE: _____

PHYSICIAN: _____PHONE: _____

DENTIST: _____PHONE: _____

INSURANCE COMPANY: _____POLICY NUMBER: _____

CHILD'S DIAGNOSIS: _____

HISTORY OF SEIZURES? YES / NO ALLERGIES? YES / NO ASTHMA? YES / NO
(Please complete an additional action plan form if your child has seizures/asthma/allergies)

CHILD IMMUNIZATIONS UP TO DATE: YES / NO

Please explain any additional health information or other known restrictions for activities, including dietary restrictions, other precautions, health, or medical issues that our staff should be aware of:

_____

_____

PARENT/GUARDIAN ASSISTANCE:
I acknowledge that I will accompany my child in activities in the event that the scheduled volunteers are unable to attend.

_____

SIGNATURE OF PARENT/GUARDIAN DATE

IN CASE OF EMERGENCY: I certify that the above information is accurate & my child does not have any health or medical issues that would prohibit him/her from participating in these community programs. Permission is given to Children's Specialized Hospital or its representatives to provide or seek medical care in case of emergency for the above person.

_____

SIGNATURE OF PARENT/GUARDIAN DATE

_____

SIGNATURE OF PHYSICIAN DATE

Name of Physician and Practice (Stamp) :

Please note that this form must be updated by parents/caregivers annually or when information changes. Revised 6/2019

Children's Specialized Hospital®
ACTIVITY Connection
Sports • Recreation • Social Programs

ACTIVITY CONNECTION SEIZURE PLAN

FORM DATE: _____ DATE OF BIRTH: _____

PARTICIPANT'S NAME: _____ TREATING PHYSICIAN: _____

SEIZURE INFORMATION

TYPE	LENGTH	FREQUENCY	DESCRIPTION

Triggers/Warning signs: _____

Child's response after a seizure: _____

EMERGENCY RESPONSE

A "seizure emergency" for this child is described as:

_____

_____

_____

SEIZURE EMERGENCY PROTOCOL (check all that apply & clarify below)

- ☐ Call 911 for transport to _____
- ☐ Notify parent or emergency contact
- ☐ Administer emergency medications as indicated below
- ☐ Notify doctor
- ☐ Other _____

TREATMENT PROTOCOL DURING RECREATION PROGRAMS

EMERGENCY MEDS Y/N?	MEDICATION	DOSAGE & TIME OF DAY GIVEN	COMMON SIDE EFFECT / SPECIAL INSTRUCTIONS

_____

SIGNATURE OF PARENT/GUARDIAN DATE

_____

SIGNATURE OF PHYSICIAN DATE

_____

Name of Physician and Practice (Stamp)

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Children's Specialized Hospital
ACTIVITY Connection
Sports • Recreation • Social Programs

COMMUNITY RECREATION ALLERGY FORM

PARTICIPANT'S NAME: _____ DATE OF BIRTH: _____

ALLERGY TO: _____

SYMPTOMS	GIVE CHECKED MEDICATION
If an exposure to the allergens has occurred, but there are no symptoms	☐ Antihistamine ☐ Epinephrine
Mouth: itching, tingling, swelling of lips, tongue, mouth	☐ Antihistamine ☐ Epinephrine
Skin: hives, itchy rash, swelling of face or extremities	☐ Antihistamine ☐ Epinephrine
Gut: nausea, abdominal cramping, vomiting, diarrhea	☐ Antihistamine ☐ Epinephrine
Throat: tightening, hoarseness, hacking cough	☐ Antihistamine ☐ Epinephrine
Lung: shortness of breath, repetitive cough, wheezing	☐ Antihistamine ☐ Epinephrine
Heart: weak or thread pulse, low blood pressure, fainting, pale, blueness	☐ Antihistamine ☐ Epinephrine
Other symptoms:	☐ Antihistamine ☐ Epinephrine
If reaction is progressing, several of the above areas affected:	☐ Antihistamine ☐ Epinephrine

DOSAGE

Epinephrine (inject intramuscularly)

☐ EpiPen ☐ EpiPen Jr. ☐ Twinject 0.3 mg ☐ Twinject 0.15mg

Antihistamine: give _____

Medication/dose/route

Other: give _____

Medication/dose/route

If a reaction occurs medication will be administered by program staff, 911 will be called, then emergency contacts. In the event of an emergency, please follow up with your child's physician.

_____

SIGNATURE OF PARENT/GUARDIAN DATE

_____

SIGNATURE OF PHYSICIAN DATE

_____

Name of Physician and Practice (Stamp)

Please note that this form must be updated by parents/caregivers annually or when information changes. Revised 6/2019

Asthma Treatment Plan – Student

(This asthma action plan meets NJ Law N.J.S.A. 18A:40-12.8) **(Physician's Orders)**

The Pediatric/Adult Asthma Coalition of New Jersey
"Your Pathway to Asthma Control"
PACNJ approved Plan available at www.pacnj.org

Sponsored by American Lung Association in New Jersey

NJ Health – New Jersey Department of Health

(Please Print)

Name	Date of Birth	Effective Date

Doctor	Parent/Guardian (if applicable)	Emergency Contact
Phone	Phone	Phone

HEALTHY (Green Zone)

You have *all* of these:
- Breathing is good
- No cough or wheeze
- Sleep through the night
- Can work, exercise, and play

And/or Peak flow above _____

Take daily control medicine(s). Some inhalers may be more effective with a "spacer" – use if directed.

MEDICINE	HOW MUCH to take and HOW OFTEN to take it
☐ Advair® HFA ☐ 45, ☐ 115, ☐ 230	2 puffs twice a day
☐ Aerospan™	☐ 1, ☐ 2 puffs twice a day
☐ Alvesco® ☐ 80, ☐ 160	☐ 1, ☐ 2 puffs twice a day
☐ Dulera® ☐ 100, ☐ 200	2 puffs twice a day
☐ Flovent® ☐ 44, ☐ 110, ☐ 220	2 puffs twice a day
☐ Qvar® ☐ 40, ☐ 80	☐ 1, ☐ 2 puffs twice a day
☐ Symbicort® ☐ 80, ☐ 160	☐ 1, ☐ 2 puffs twice a day
☐ Advair Diskus® ☐ 100, ☐ 250, ☐ 500	1 inhalation twice a day
☐ Asmanex® Twisthaler® ☐ 110, ☐ 220	☐ 1, ☐ 2 inhalations ☐ once or ☐ twice a day
☐ Flovent® Diskus® ☐ 50 ☐ 100 ☐ 250	1 inhalation twice a day
☐ Pulmicort Flexhaler® ☐ 90, ☐ 180	☐ 1, ☐ 2 inhalations ☐ once or ☐ twice a day
☐ Pulmicort Respules® (Budesonide) ☐ 0.25, ☐ 0.5, ☐ 1.0	1 unit nebulized ☐ once or ☐ twice a day
☐ Singulair® (Montelukast) ☐ 4, ☐ 5, ☐ 10 mg	1 tablet daily
☐ Other	
☐ None	

Remember to rinse your mouth after taking inhaled medicine.

If exercise triggers your asthma, take_____ ____ puff(s) ____minutes before exercise.

CAUTION (Yellow Zone)

You have *any* of these:
- Cough
- Mild wheeze
- Tight chest
- Coughing at night
- Other:_____

If quick-relief medicine does not help within 15-20 minutes or has been used more than 2 times and symptoms persist, call your doctor or go to the emergency room.

And/or Peak flow from_____ to_____

Continue daily control medicine(s) and ADD quick-relief medicine(s).

MEDICINE	HOW MUCH to take and HOW OFTEN to take it
☐ Albuterol MDI (Pro-air® or Proventil® or Ventolin®)	2 puffs every 4 hours as needed
☐ Xopenex®	2 puffs every 4 hours as needed
☐ Albuterol ☐ 1.25, ☐ 2.5 mg	1 unit nebulized every 4 hours as needed
☐ Duoneb®	1 unit nebulized every 4 hours as needed
☐ Xopenex® (Levalbuterol) ☐ 0.31, ☐ 0.63, ☐ 1.25 mg	1 unit nebulized every 4 hours as needed
☐ Combivent Respimat®	1 inhalation 4 times a day
☐ Increase the dose of, or add:	
☐ Other	

- **If quick-relief medicine is needed more than 2 times a week, except before exercise, then call your doctor.**

EMERGENCY (Red Zone)

Your asthma is getting worse fast:
- Quick-relief medicine did not help within 15-20 minutes
- Breathing is hard or fast
- Nose opens wide • Ribs show
- Trouble walking and talking
- Lips blue • Fingernails blue
- Other:_____

And/or Peak flow below _____

Take these medicines NOW and CALL 911.
Asthma can be a life-threatening illness. Do not wait!

MEDICINE	HOW MUCH to take and HOW OFTEN to take it
☐ Albuterol MDI (Pro-air® or Proventil® or Ventolin®)	4 puffs every 20 minutes
☐ Xopenex®	4 puffs every 20 minutes
☐ Albuterol ☐ 1.25, ☐ 2.5 mg	1 unit nebulized every 20 minutes
☐ Duoneb®	1 unit nebulized every 20 minutes
☐ Xopenex® (Levalbuterol) ☐ 0.31, ☐ 0.63, ☐ 1.25 mg	1 unit nebulized every 20 minutes
☐ Combivent Respimat®	1 inhalation 4 times a day
☐ Other	

Triggers

Check all items that trigger patient's asthma:

- ❑ Colds/flu
- ❑ Exercise
- ❑ Allergens
  - ○ Dust Mites, dust, stuffed animals, carpet
  - ○ Pollen - trees, grass, weeds
  - ○ Mold
  - ○ Pets - animal dander
  - ○ Pests - rodents, cockroaches
- ❑ Odors (Irritants)
  - ○ Cigarette smoke & second hand smoke
  - ○ Perfumes, cleaning products, scented products
  - ○ Smoke from burning wood, inside or outside
- ❑ Weather
  - ○ Sudden temperature change
  - ○ Extreme weather - hot and cold
  - ○ Ozone alert days
- ❑ Foods:
  - ○ _____
  - ○ _____
  - ○ _____
- ❑ Other:
  - ○ _____
  - ○ _____
  - ○ _____

This asthma treatment plan is meant to assist, not replace, the clinical decision-making required to meet individual patient needs.

REVISED AUGUST 2014

Permission to Self-administer Medication:

☐ This student is capable and has been instructed in the proper method of self-administering of the non-nebulized inhaled medications named above in accordance with NJ Law.

☐ This student is not approved to self-medicate.

PHYSICIAN/APN/PA SIGNATURE_____ DATE_____

Physician's Orders

PARENT/GUARDIAN SIGNATURE_____

PHYSICIAN STAMP

Make a copy for parent and for physician file, send original to school nurse or child care provider.

Please note that this form must be updated by parents/caregivers annually or when information changes. Revised 6/2019

Asthma Treatment Plan – Student
Parent Instructions

The **PACNJ Asthma Treatment Plan** is designed to help everyone understand the steps necessary for the individual student to achieve the goal of controlled asthma.

1. **Parents/Guardians:** *Before taking this form to your Health Care Provider,* complete the top left section with:
   - Child's name
   - Child's date of birth
   - Child's doctor's name & phone number
   - An Emergency Contact person's name & phone number
   - Parent/Guardian's name & phone number

2. **Your Health Care Provider will** complete the following areas:
   - The effective date of this plan
   - The medicine information for the Healthy, Caution and Emergency sections
   - Your Health Care Provider will check the box next to the medication and check how much and how often to take it
   - Your Health Care Provider may check "**OTHER**" **and:**
     - ❖ **Write in asthma medications not listed on the form**
     - ❖ **Write in additional medications that will control your asthma**
     - ❖ **Write in generic medications in place of the name brand on the form**
   - Together you and your Health Care Provider will decide what asthma treatment is best for your child to follow

3. **Parents/Guardians & Health Care Providers together** will discuss and then complete the following areas:
   - Child's peak flow range in the Healthy, Caution and Emergency sections on the left side of the form
   - Child's asthma triggers on the right side of the form
   - Permission to Self-administer Medication section at the bottom of the form: Discuss your child's ability to self-administer the inhaled medications, check the appropriate box, and then both you and your Health Care Provider must sign and date the form

4. **Parents/Guardians:** *After completing the form with your Health Care Provider:*
   - Make copies of the Asthma Treatment Plan and give the signed original to your child's school nurse or child care provider
   - Keep a copy easily available at home to help manage your child's asthma
   - Give copies of the Asthma Treatment Plan to everyone who provides care for your child, for example: babysitters, before/after school program staff, coaches, scout leaders

PARENT AUTHORIZATION

I hereby give permission for my child to receive medication at school as prescribed in the Asthma Treatment Plan. Medication must be provided in its original prescription container properly labeled by a pharmacist or physician. I also give permission for the release and exchange of information between the school nurse and my child's health care provider concerning my child's health and medications. In addition, I understand that this information will be shared with school staff on a need to know basis.

Parent/Guardian Signature _____ Phone _____ Date _____

FILL OUT THE SECTION BELOW ONLY IF YOUR HEALTH CARE PROVIDER CHECKED PERMISSION FOR YOUR CHILD TO SELF-ADMINISTER ASTHMA MEDICATION ON THE FRONT OF THIS FORM.

RECOMMENDATIONS ARE EFFECTIVE FOR ONE (1) SCHOOL YEAR ONLY AND MUST BE RENEWED ANNUALLY

☐ I do request that my child be **ALLOWED** to carry the following medication _____ for self-administration in school pursuant to N.J.A.C:.6A:16-2.3. I give permission for my child to self-administer medication, as prescribed in this Asthma Treatment Plan for the current school year as I consider him/her to be responsible and capable of transporting, storing and self-administration of the medication. Medication must be kept in its original prescription container. I understand that the school district, agents and its employees shall incur no liability as a result of any condition or injury arising from the self-administration by the student of the medication prescribed on this form. I indemnify and hold harmless the School District, its agents and employees against any claims arising out of self-administration or lack of administration of this medication by the student.

☐ I **DO NOT** request that my child self-administer his/her asthma medication.

Parent/Guardian Signature _____ Phone _____ Date _____

The Pediatric/Adult Asthma Coalition of New Jersey
"Your Pathway to Asthma Control"
PACNJ approved Plan available at www.pacnj.org

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Sponsored by
AMERICAN LUNG ASSOCIATION® IN NEW JERSEY

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