Activity Connection Medical Packet 2022

Thank you for joining us in Activity Connection programs!

To participate in our programs, we will need a health form for each participant signed by a parent/guardian as well as signed and stamped by the participant's primary physician. Additional forms such as asthma, allergy, and seizure forms are only required if the participant has any of those diagnoses. The medication form and immunization records are required for all camp participants. All forms are attached to this packet.

Please note that these forms remain locked and confidential and are only shared with the hospital staff that will be working with each participant. Once signed by the doctor, these forms can be used in any Activity Connection programs until its expiration on January 31st 2023. You may mail, fax, or scan/email the completed form(s) back to us.

Forms can be faxed to "Activity Connection" at 908-301-5503
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 to complete the form online:
(https://csh.recdesk.com/Community/Program/Detail?programId=1223).

Please be sure to thoroughly and accurately complete the screening form, as it helps our staff get to know each participant and makes for a more comfortable and successful environment.

Please reach out to any of our staff with any further questions, comments, or concerns.

We thank you for joining us and are looking forward to a great program!

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:** _____

PARTICIPANT 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 participant has seizures/asthma/allergies.)

Questions for **camp participants ONLY**

CAMP PARTICIPANT IMMUNIZATIONS UP TO DATE:
YES / NO
(Please attach a copy of immunization record.)

PARTICIPANT WILL BE TAKING MEDICATION AT CAMP:
YES / NO
(If yes, please complete a medical form. Please note that all medications MUST be submitted to nurse at check in)

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

_____

_____

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

_____
SIGNATURE OF PARTICIPANT DATE

_____
SIGNATURE OF PARENT/GUARDIAN (if applicable*) DATE

_____
SIGNATURE OF PHYSICIAN DATE

_____
NAME OF PHYSICIAN AND PRACTICE – STAMP

*Parent/Guardian signature required for participants under 18 and for those 18+ with a power of attorney

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

Activity Connection Seizure Action Plan

FORM DATE: _____ **DATE OF BIRTH:** _____

PARTICIPANT NAME: _____ **TREATING PHYSICIAN:** _____

SEIZURE INFORMATION

TYPE	LENGTH	FREQUENCY	DESCRIPTION

Triggers/Warning signs: _____

Response after a seizure: _____

EMERGENCY RESPONSE

A "seizure emergency" for this participant 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 PARTICIPANT DATE

_____

SIGNATURE OF PARENT/GUARDIAN (If applicable*) DATE

_____

SIGNATURE OF PHYSICIAN DATE

_____

NAME OF PHYSICIAN AND PRACTICE – STAMP

*Parent/Guardian signature required for participants under 18 and for those 18+ with a power of attorney

Children's Specialized Hospital®

ACTIVITY Connection

Sports • Recreation • Social Programs

Activity Connection Allergy Action Plan

FORM DATE: _____ **DATE OF BIRTH:** _____

PARTICIPANT NAME: _____

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, emergency medication will be administered by camp nurse, 911 will be called prior to calling emergency contacts. An participant's physician may also be contacted.

_____

SIGNATURE OF PARTICIPANT DATE

_____

SIGNATURE OF PARENT/GUARDIAN (If applicable*) DATE

_____

SIGNATURE OF PHYSICIAN DATE

_____

NAME OF PHYSICIAN AND PRACTICE – STAMP

*Parent/Guardian signature required for participants under 18 and for those 18+ with a power of attorney

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.

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

The Pediatric/Adult Asthma Coalition of New Jersey, sponsored by the American Lung Association in New Jersey. This publication was supported by a grant from the New Jersey Department of Health and Senior Services, with funds provided by the U.S. Centers for Disease Control and Prevention under Cooperative Agreement 5U59EH000491-5. Its content are solely the responsibility of the authors and do not necessarily represent the official views of the New Jersey Department of Health and Senior Services or the U.S. Centers for Disease Control and Prevention. Although this document has been funded wholly or in part by the United States Environmental Protection Agency under Agreement XA96299601-2 to the American Lung Association in New Jersey, it has not gone through the Agency's publications review process and therefore, may not necessarily reflect the views of the Agency and no official endorsement should be inferred. Information in this publication is not intended to diagnose health problems or take the place of medical advice. For asthma or any medical condition, seek medical advice from your child's or your health care professional.

Sponsored by
AMERICAN LUNG ASSOCIATION® IN NEW JERSEY

Children's Specialized Hospital®

ACTIVITY Connection

Sports • Recreation • Social Programs

Complete form for camp participants ONLY

Activity Connection Medication Form

Participant Name: _____ **D.O.B:** _____

Diagnosis: _____

History of: **Allergies** ____ Yes ____ No **Seizures** ____ Yes ____ No **Asthma** ____ Yes ____ No

(Please complete additional emergency action plan if your child has history of any of the above conditions.)

Medications: Please send along appropriate quantity of supplies for the full duration of camp. All medications must be given to and signed in with the camp nurse upon check-in for safe and proper storage; NO medications are permitted to remain in cabins.

If this participant is permitted to request additional "over the counter" medications (such as Tylenol, Motrin, Senokot, Immodium, antacid, Pepto Bismol, Benadryl, etc.) please provide a description in the chart below under "taken for" with the acceptable circumstances for administration of these medications. *Please do not just write "as needed".*

Please note-over the counter medications must be new/sealed with a signed prescription provided by the child's primary physician. Medications without a doctor's authorization will not be administered under any circumstance.

Medication List: *Please include routine, all over the counter and all emergency medications.*

Medication Name	Dosage & Frequency	Taken for	Refrigeration Needed?		Sign In/Sign Out (Nurse use only)	
			Yes	No		
			Yes	No		
			Yes	No		
			Yes	No		
			Yes	No		
			Yes	No		
			Yes	No		

Notes: _____

_____

_____

_____

SIGNATURE OF PARTICIPANT DATE

_____

SIGNATURE OF PARENT/GUARDIAN (If applicable*) DATE

_____

SIGNATURE OF PHYSICIAN DATE

_____

NAME OF PHYSICIAN AND PRACTICE – STAMP

*Parent/Guardian signature required for participants under 18 and for those 18+ with a power of attorney