January 2016 - Camp Oasis Applications and Welcoming the New Year

CAMP OASIS is a wonderful SUMMER CAMP PROGRAM for children and teens with IBD and January is the month to make plans to take advantage of this great opportunity. January is also the month to capitalize on the tendency for people to make NEW YEAR’S RESOLUTIONS that will help to improve and maintain their health in the coming year.

TIP #1: Inform your pediatric patients’ parents about CCFA’s Camp Oasis program and that applications will become available in January. Campers report feeling better after meeting other children with IBD. Health-related quality of life has been shown to improve in children after attending this camp (Shepanski, et al. 2005).

Confirm that parents understand:
- Space at camp is limited, so apply early
- Need-based scholarships are available, so they should ask about these, as needed
- Families of newly-diagnosed patients can reach out to others in the CCFA chapter to find out more about Camp Oasis from the patient perspective (chapter staff can arrange an introduction to experienced families)
- Campers have access to 24 hour per day medical supervision by pediatric GI physicians, nurses, and nurse practitioners—many of whom the youngsters may know as their own

TIP #2: Nurse volunteers are needed to staff Camp Oasis—offering yourself to work in this capacity may expand your understanding of life with IBD in a richer context than could occur in other care-giving interactions, such as clinical settings. Learn more about the opportunity.

TIP #3: Review your patients’ charts and make sure they are up-to-date on vaccines, endoscopies, colonoscopies, and other general health maintenance tasks. Use the below CORNERSTONES CHECKLIST in January (and on a regular basis throughout the year) to remind yourself—and your patients—of the important tasks that must be accomplished on a timely basis to promote health and well-being with IBD.

Resources:
Camp Oasis Information page: http://www.ccfa.org/get-involved/camp-oasis/

Reference: