

Trail Ridge Camp

Standing Orders: Infirmary

Precautions

Open Wounds

Wear rubber gloves when treating any open sore or wound, especially when body fluids are present.

Injuries

Abrasions/Scratches/Cuts

Clean with soap and water, or hydrogen peroxide, and flush with water. Apply Triple Antibiotic Ointment, Band-Aid and/or dressing as needed. Tetanus toxoid is indicated if the wound is severe, dirty, or if there is no history of tetanus vaccine in 5 years. If excessive bleeding occurs, apply pressure, elevate affected part and take to E.R. for further evaluation and care.

Burns

Remove any clothing in contact with the injury; however, do not remove any adhered particles of charred clothing. Apply ice or cold water immediately to affected area. Apply Triple Antibiotic Ointment if mild in degree. If second degree or greater, apply dry sterile dressing and take to E.R. for further evaluation and care. Administer fluids if alert.

Foreign Body in the Eye

Flush with water. If particle does not come out take to E.R. for further evaluation and care. If foreign body is lodged in the cornea or over iris, place sterile compress (eye pad), held in place by a light bandage or adhesive tape over eye until seen by MD.

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Head Injuries

If severe head or neck injury is suspected, call emergency services STAT and do not move victim until emergency help arrives. With any head or neck injury the family should be called.

Sprains/Strains/Fractures

Ice, Compression, Elevation. Apply ice immediately (20 minutes on/20 minutes off, and then repeat). Wrap with ace bandage to compress and immobilize part PRN. If pain or swelling is severe, keep extremity elevated. Apply heat after 48 hours for comfort. Splint suspected fracture as necessary and take to E.R. for further evaluation and care.

Illnesses

(Follow recommendation on label of all OTC Medications)

Abdominal Pain

Tylenol (liquid or tabs) PRN. If severe tenderness or rigidity present, if bowel sounds absent, take to E.R. for further evaluation and care. Keep patient quiet and monitor vital signs.

Allergies/Hay fever

Parents should give specific directives for medication.

Anaphylactic Shock

Use Epi-pen or Epi-pen Jr. for adult or child respectively. Call emergency services STAT.

Cold/Cough

Robitussin expectorant or suppressant (Robitussin DM) PRN. If temp > 102.0, take to E.R. for further evaluation and care.

Constipation

MOM — PRN. Encourage to get exercise and drink plenty of fluids. If problem > 24 hours, or if pain increases, take to E.R. for further evaluation and care.

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Diabetic Hypoglycemia

Glucose STAT. Sugar, Jelly, Juice or Soda (NOT DIET) may also be used. Monitor response. If problem persists, take to E.R. for further evaluation and care.

Diarrhea

Restrict dairy products. Encourage good hand washing. May have popsicles and clear beverages. If febrile have ER evaluation.

Earache

Tylenol (liquid or tabs) PRN. Restrict swimming. If persistent or temp > 102.0, take to E.R. for further evaluation and care.

Fever

Tylenol (liquid or tabs) PRN. Rest and isolation as needed. If temp > 102.0, or > 101.0 for over 12 hours take to E.R. for further evaluation and care.

General Discomfort

Tylenol (liquid or tabs) PRN.

Headache

Tylenol (liquid or tabs) PRN.

Heatstroke/Heat Exhaustion

Remove victim to cool shaded area. Apply cool sponge bath. If no response to cool washes, take to E.R. for further evaluation and care.

Indigestion/Bloating

Maalox tabs.

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Insect Bites/Poison Ivy

Wash affected area with soap and water. Cover area with Calamine Lotion or Hydrocortisone Cream. If excessive persistent swelling or itching give Benadryl. If Poison Ivy get additional medical help to keep from spreading on patient and to other campers.

Menstrual Cramps

Tylenol or Ibuprofen (liquid or tabs) PRN. Ibuprofen should not be given to patients with asthma.

Nausea and/or Vomiting

White soda, cracker or other snack food to settle stomach. If persists > 24 hours, take to E.R. for further evaluation and care.

Nosebleed

Head upright, apply ice or cold washcloth to nose. Packing as needed. Apply pressure by pinching nose closed for 5 minutes. If bleeding is excessive or persistent, take to E.R. for further evaluation and care.

Rash

Wash affected area with soap and water. Apply Calamine Lotion to affected area as needed for itching.

Sore Throat

Throat lozenges PRN. If reddened, persistent and/or accompanied with temp > 101.0, call parent or guardian to pick up camper.

Sunburn

Solarcaine to affected area. Give fluids. If excessive burn or blistering take to E.R. for further evaluation and care.

Toothache

Tylenol (liquid or tabs) PRN.

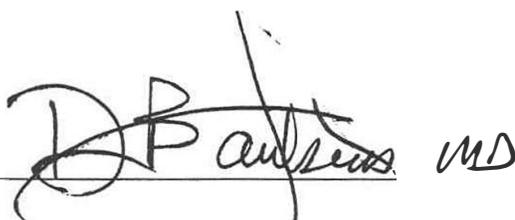
Med Room Items

Benadryl
Calamine Lotion
Epi-Pen — Adult
Epi-Pen Jr. — Children Glucose
Hydrocortisone Cream Hydrogen Peroxide Ibuprofen
— Tablets & Liquid
(Ibuprofen should not be given to people with asthma) Maalox
MOM — Milk of Magnesia
Robitussin DM — Expectorant/Suppressant
Sore Throat Lozenges Solarcaine
Sudafed

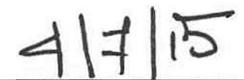
Triple Antibiotic Ointment Tylenol — Tablets &
Liquid

Med Room Supplies

4x4 Gauze
4x4 Sterile Dressings
Ace Wraps Alcohol Wipes
Band-Aids — various sizes
Ice Packs Rubber Gloves
Scissors
Tape — various kinds



Physicians' Signature



Date