

# HEMOPHILIA SUMMER CAMP

## Learning Through Fun & Games

### INTRODUCTION

Residential summer camp for children with hemophilia offers many benefits including increased social support and improved attitudes about their chronic health condition. PINECREST ADVENTURES CAMP has a strong Leaders in Training (LIT) program that has led to highly skilled and compassionate staff, who are well equipped to offer peer support. These credible role models create an environment conducive to campers developing self-management skills in a fun and creative manner.

### METHODS

The Hemophilia Nurse Coordinator (HNC), responsible for the specialized health care needs of children ages 5 to 15 with a bleeding disorder attending a 5-day residential camp, plans a structured educational session. This summer, each team was given a 35mm digital camera, a box of props and a bleeding emergency scenario. They were given 30 minutes to create a digital picture book that illustrates how they would manage the assigned situation. The two teams were informed that the digital images would be judged foremost on safety, followed by merit points for compassion, composition, creativity and team spirit.

## CREATION OF A DIGITAL PICTURE BOOK: TEAM ASSIGNMENT SCENARIOS

### SCENARIO A

Oliver is a 6-year-old boy with mild hemophilia B (factor IX 11%). He is in Grade 1 at a public elementary school and while outside at recess, he starts to cry. The school yard supervisor, Ms. Gertrude approaches Oliver and notices that his nose is bleeding.



Oliver realizes that his nose is bleeding.



Oliver's teacher, Ms. Gertrude is notified, and dons disposable gloves before administering first aid.



Ms. Gertrude offers tissues and instructs Oliver to pinch his nose just below the bridge to help his nosebleed to stop.



Ms. Gertrude contacts Oliver's parents to inform them of the situation and to seek advice regarding need for medical attention.



Oliver's parents come to school and bring along his supply of Cyklokapron®.



Oliver's nosebleed stops with first aid measures. The Hemophilia Treatment Centre is contacted to discuss need for follow-up care.



### PROPS



### SCENARIO B

Jack is a 13-year-old boy with severe hemophilia A (factor VIII <1%). He is on his Grade 8 overnight school trip at a wilderness lodge. Jack is independent in self-infusion and gave his last prophylaxis infusion of factor VIII yesterday morning. It is 22:00h and Jack trips over a friend's foot, injuring his right knee.



While playing a game, Jack trips on a friend's foot and falls.



A classmate applies an ice pack to his injured right knee.



Jack uses crutches to rest (R.I.C.E.) his right leg.



Jack prepares and administers a dose of factor VIII.



Jack asks a classmate to complete his infusion records.



Jack's friends help him treat his injury promptly and are excited to know that he does not need to go home early from their school trip.

### RESULTS

#### Step-by-step Pictures Illustrating How to Manage Epistaxis and Hemarthrosis

Within the allotted time, each team produced a series of images that demonstrated sound knowledge about self-care for nose bleed management and joint injury. All the props were used effectively. Team spirit was high as campers of all ages worked together to tell their team's story through pictures. The format of this learning activity generated a high level of active participation, cooperation and excitement amongst the campers. They relied on one another to problem solve how to manage the bleeding emergency. They did not defer to the HNC or senior volunteer camp staff for assistance.

We gratefully acknowledge Bayer for their financial support in the production of these teaching tools.

### CONCLUSION

Summer Camp is an ideal venue for HNCs to offer peer-supported learning opportunities to ensure that children with hemophilia acquire the necessary skills and techniques to become more responsible and increasingly independent in managing their bleeding disorder. This educational activity produced two picture books that will be used as teaching tools.

1. Epstein, I, Stinson, J., & Stevens, B. The Effects of Camp on Health-Related Quality of Life in Children with Chronic Illness: A Review of the Literature. *Journal of Pediatric Oncology Nursing*. 2005 22:89-103.  
2. Merryman, MB, Mezei, A., Bush, J. & Weinstein. The Effects of Summer Camp Experience on Factors of Resilience in High Risk Youth. *The Open Journal of Occupational Therapy*. 2012; Vol 1, Issue 1, Article 3 pages 1-33.