

Medication Activities



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Goals



To understand the function and benefits of asthma medications.



To have the opportunity to express their thoughts and feelings about their asthma medications.



To receive peer validation through the sharing of commonalties and differences.

Asthma Adventures

Asthma Camp Activities Manual

was developed for the
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Ideal Medicine

Age 6-12

Activity Objective:

Children have the opportunity to fantasize and design the ideal asthma medication. By doing so a sense of control is gained, something he or she often does not feel with asthma. This activity also communicates likes and dislikes about individual present asthma medicines.

Instructions:

- The group leader instructs the participants to create or design the perfect medicine for their asthma. The design will include product name, taste, cost, size, shape, method and rate of administering and effect it has on their asthma.
- Participants share their product ideas and designs.

Materials Needed:

- Drawing paper
- Markers or pencils



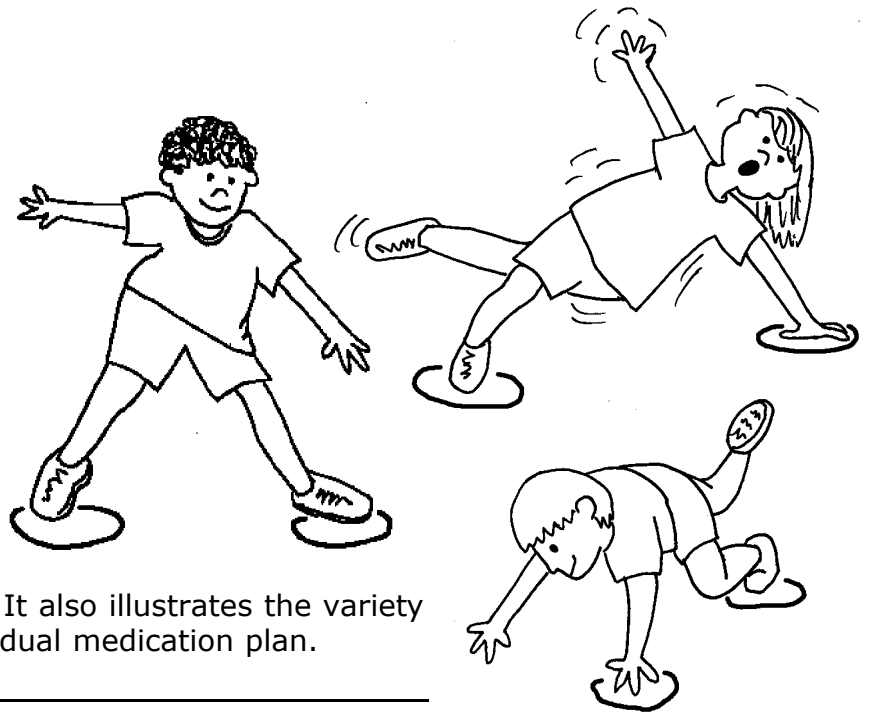
Medication

Twister

Age 6-14

Activity Objective:

This activity challenges and affirms awareness of their asthma medication and ability to be in control of his or her own treatment. It also illustrates the variety and uniqueness of each child's individual medication plan.



Instructions:

- Place a "regulation" Twister mat on the floor. If one is not available, cut-out six large circles of each color (red, yellow, green and blue) and affix them in color-specific rows to the floor or outside ground.
- Have a color spinner with designated body parts or (as an alternative to the spinner) colors on index cards with specified body parts. Example: red – right hand.
- 4-5 players per game. Multiple games can be played at the same time.
- Group leader will ask questions (see page 30 for list of questions) prior to players participating on the Twister board. For each round the same question is asked to each player.
- Group leader should comment on the similarities and differences between everyone's answers, always validating each person's response.
- Game is completed when a person loses their balance and falls from their designated spot.

Example: Spin Spinner, Red and right foot are selected, answer question, place right foot on a red circle.

Materials Needed:

- Twister mat
- Twister spinner / ten large circle shapes of each color red, yellow, green, & blue
- Asthma questions

Medication Twister Questions

You can proceed once you answer the following:

- 1) Do you take a bronchodilator? What is its name?
- 2) Do you use an inhaled steroid? What is its name?
- 3) Do you take a combination long-acting bronchodilator and an inhaled steroid?
- 4) Do you take a Leukotriene Receptor Antagonist? What is its name?
- 5) Do you use a spacer?
- 6) Do you rinse your mouth out after using your inhaled steroid?
- 7) Do you take your bronchodilator prior to exercise?
- 8) Do you take your asthma medication according to your asthma plan?
- 9) Do you use a dry powder inhaler?
- 10) When you inhale your asthma medication do you hold your breath for at least 8 seconds so the medication can travel to your lungs?
- 11) How do you remember to take your asthma medication?
- 12) Have you ever had to use a nebulizer?
- 13) What is the hardest part about taking asthma medication?
- 14) Where is the best place to keep your asthma medication?
- 15) How many times a day are you supposed to take your medication? How often do you have to take your asthma medication?

Capture The Asthma Flag

Ages: 8-14

Activity Objective:

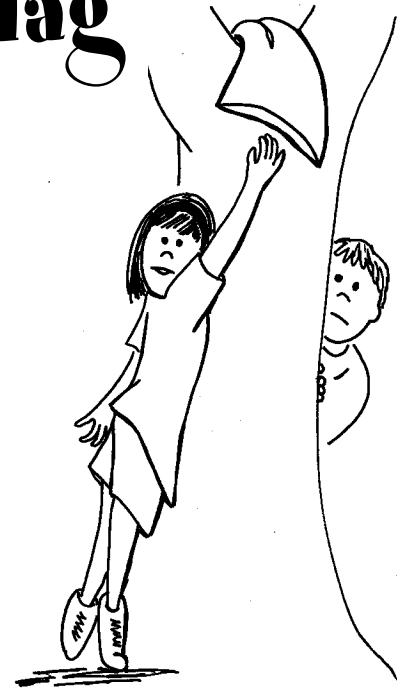
This activity helps to clarify and educate children about quick relief and long term control medication categories.

Instructions:

- Counselor reviews, in discussion format, the medication categories of quick relief and long-term controllers.
- Group is divided in half.
- Each group receives an environmental control pillowcase encasing (real or simulated) and is given either the category of quick relief medication or long-term controllers.
- Each group is instructed to creatively design their team flag (pillowcase encasing). The design needs to reflect information about their asthma medication category. They are also informed that at the end of the game the other team will need to decipher their flag and explain what message the flag is trying to communicate.

Materials Needed:

- Markers
- Paper
- Pen
- 2 environmental control pillowcase encasings
- Flashlights (if played in the evening)
- Material to declare boundaries (rope, cones, chairs, chalk)



- The object of the game is to find the opposing team's hidden flag and then reveal its message.
 - Parameters are defined regarding where the flag can be hidden, where each team's territory and jail are.
- **Can be played at night in the woods.
- A 5-minute time frame is set to hide the flags.
 - If a player gets caught and tagged by an opponent in their own territory they are sent to jail. They can be set free if a teammate tags them.
 - Once the opposing team's flag is found they must decipher the flag and explain the asthma category and flag's message.
 - A meeting time and location for the conclusion of the game should be predetermined.
 - The first team to find a flag and decipher it correctly wins. Both flags should be deciphered, thus allowing for a tie. Different point structure could be used, awarding one point for deciphering and 2 points for capturing the flag.

Treasure Hunt

Ages 7-13

Activity Objective:

Group members are educated about the role of long-term controllers and quick-relief medications. They will receive the opportunity to classify their asthma medications according to those categories in a creative and experiential manner.



Instructions:

- Each child lists aloud their asthma medications. The list is written on a small strip of poster board that has a magnet on the back.
- The group leader, along with the group sorts the medication into a category of either long-term controller, quick-relief medication or both.
- Group leader then takes away or covers the category heading and rearranges the medication (out-of-order).
- A yellow object (a small rubber superball or some other type of small colored object) represents the quick relief medications. A green object represents long term control medications. The colored objects are hidden inside a sand box or sand filled area, along with other small objects of your choice. Make sure that you have enough of the yellow and green objects based on the number of medications specified. (other material in which items can be buried besides sand could be rice, jello, shaving cream, rocks or dirt).
- Participants take turns searching for buried treasure by plunging hands into the sandbox to search for either yellow or green objects.
- Once the colored items are found, campers place them next to the corresponding medication.
- The medication lists are then rearranged under the category of either long term controller or quick relief medication. This will reinforce the learning about medication types.

Materials Needed:

- Sandbox
- Sand (Other material i.e. rice, jello, shaving cream, rocks, dirt or mucus recipe on page 21)
- Magnets
- Poster board
- Markers
- Yellow and green small objects (i.e. superball) and other small objects (asthma related)

Medication Scavenger Hunt

Ages 9-14

Activity Objective:

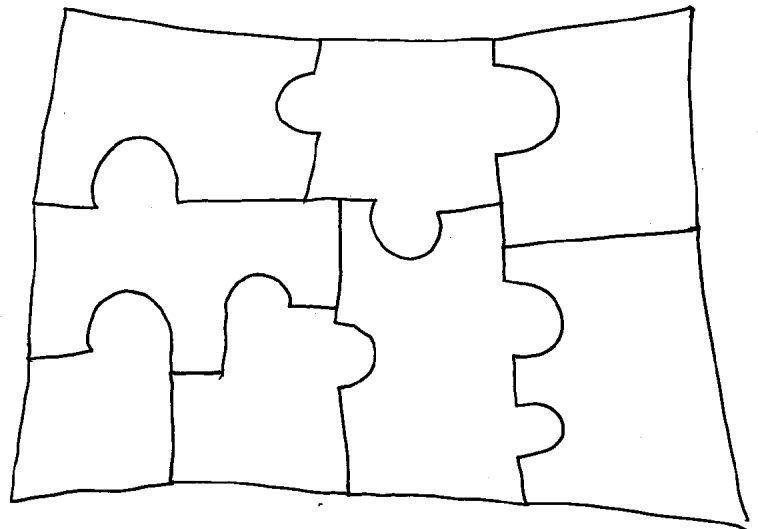
To gain understanding of the various asthma medications, side effects, actions, forms and categories.

Instructions:

- Group is divided in half and given a team color.
- Each team is given 8 cards that have a list of information about a type of asthma medication. They need to pick a card and guess what type of medication it is. (see game cards on page 34)
- Puzzle pieces are hidden throughout camp. Written on each piece is the answer.
- They then are given a list of clues, which direct them to the location where the puzzle piece is hidden.
- At each location there are 2 puzzle pieces; one for each team. They are color-coded for each team as well.
- The finished puzzle can be a picture of an inhaler, lung, respiratory system, or could be a message, ie. Stay in charge of your asthma, Asthma medication keeps you in control, etc.
- Each team can begin at any place.
- Designate a meeting time and place for finish of game.
- Each team puts their puzzle pieces together at final hunt location.
- The first team that puts their puzzle together successfully and identifies the puzzle wins.

Materials Needed:

- Puzzle pieces
- Game cards
- Scavenger locations
- Puzzle design



1. Puzzle Piece Answer:
Theophylline

Game Card 1

Medication action – Relaxes smooth muscle bands around bronchial tubes, long-acting bronchodilator, a long-term control medication.

Medication form – liquid, tablet, capsule

Brand names – Aerolate, Quibron, Respid, Slobid, Slophylline, Theodur, Theolair, Theo 24 Uniphyll

5. Puzzle Piece Answer: Oral
Corticosteroid

Game Card 5

Medication action – Decreases inflammation of airways; long-term controller (may also be considered a rapid reliever in special circumstances i.e..emergency room).

Medication form – oral, syrup, tablet

Brand names – Decadron, Deltasone, Dexamethasone, Liquid Pred, Medrol, Orasone, Pediapred, Prednisolone, Prednisone, Prelone

2. Puzzle Piece Answer:
Beta2 Agonist (Short –Acting)

Game Card 2

Medication action – Relaxes smooth muscle bands around bronchial tubes; short-acting bronchodilator; quick-relief medication.

Medication form – liquid, tablet and MDI inhaler

Brand names – Albuterol, Alupent, Brethine, Bronkosol, Maxair, Proventil, Tornalate, Ventolin, Xopenex

6. Puzzle Piece Answer:
Inhaled Corticosteroid

Game Card 6

Medication action – Decreases inflammation of the airways; a long-term control medication.

Medication form – MDI inhaler

Brand names – Aerobid, Azmacort, Beclovent, Flovent, Pulmicort turbuhaler, Vanceril

3. Puzzle Piece Answer:
Beta2 Agonist (Long-Acting)

Game Card 3

Medication action – Relaxes smooth muscle bands around bronchial tubes; long-acting bronchodilator.

Medication form – MDI inhaler and Diskus

Brand names – Serevent

7. Puzzle Piece Answer:
Leukotriene Receptor Antagonist

Game Card 7

Medication action - Long-term control medication, inflammation in the bronchial tubes is treated and prevented.

Medication form - tablet, chewable tablet

Brand names - Singulair, Accolate

4. Puzzle Piece Answer: Beta2 Agonist
(Short –Acting & Long-Acting)

Game Card 4

Medication action – Relaxes smooth muscle bands around bronchial tubes; short-acting & long-acting bronchodilator.

Medication form – Dry powder inhaler

Brand names – Foradil

8. Puzzle Piece Answer:
Corticosteroid & Beta2 Agonist

Game Card 8

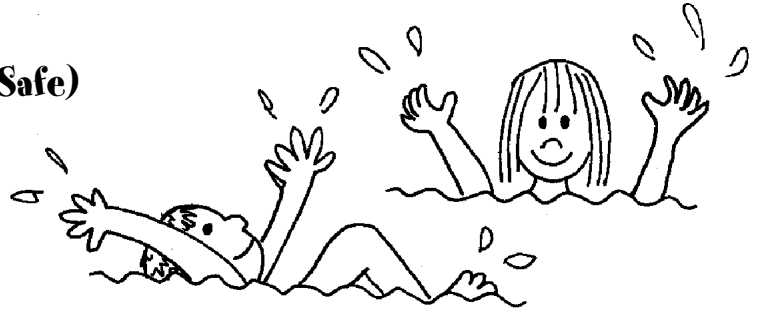
Medication action – Decreases inflammation in the airways and is a long-acting bronchodilator; a long-term controller.

Medication form – Diskus inhaler

Brand name – Advair

Silly Swim (Swim Safe)

Ages 7-14



Activity Objective:

Through swim activities, children's knowledge of asthma medication and terms are enhanced and reinforced. Each swim activity symbolically demonstrates and is representative of the asthma term.

Instructions:

- Divide group in half to form 2 teams
- The swim style for each race will represent a medication action or an asthma related term.
- Crazy and creative swim strokes will be integrated as well as swim toys.
- Designate a short race distance.
- As kids are swimming explain why the asthma term relates to the swim style.
- See list of medication categories/asthma terms and suggested style of swim below.

Medication Categories/Asthma Terms & Suggested Swim Strokes

- **Inflammation** = Blow up inflatable arm float, secure tightly on arm and swim backward using back stroke.
- **Smooth Muscle Band** = Swim distance with inner tube at waist.
- **Spacer Relay** = Swim with spacer one length, pass to teammate who will swim distance and repeat relay.
- **Quick-relief Medication** = Swim with kickboard quickly 3/4th of length and last 1/4 float.
- **Long-term controller** = swim side stroke whole way.
- **Rapid-reliever & long-term controller** = swim fast 3/4 and swim moderately fast last 1/4.
- **Inhaler** = Swim crawl stroke
- **Asthma Episode Relay** = Put on a wet t-shirt and swim distance, take it off and give it to teammate, who puts it on and swims back.
- **Nebulizer** = one team member sits in inner tube which has a rope tied to it. Another team member holds rope and pulls team member the distance.
- **Bronchodilator** = 3 hula hoops are held along the distance path and swimmer is instructed to swim through hoops.
- **Dry Powder Inhaler** = Hold spoon in mouth with a ping pong ball and walk the distance.
- **Pulmonary Function Test** = Throw 3 pennies (other object) on the bottom of pool for swimmer to find.
- **Sneezing** = "Belly Flop" diving contest.

Materials Needed:

Listed with each individual swim strokes

Fun Frisbee Fairway

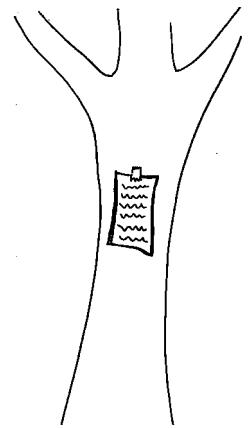
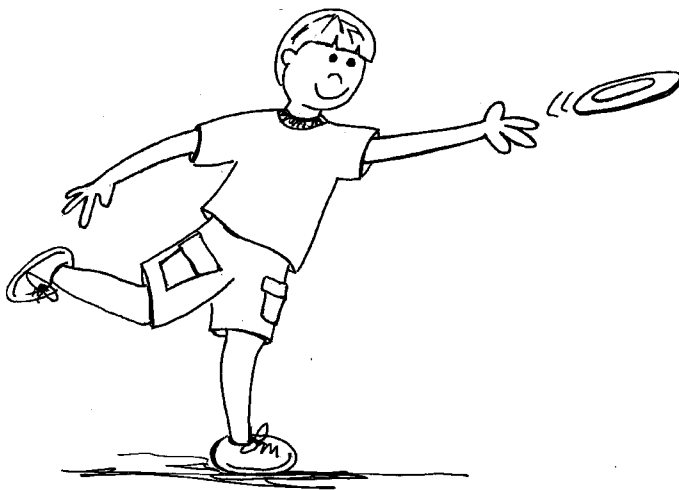
Ages 7-14

Activity Objective:

This active activity challenges and affirms participant's awareness and knowledge of medication terms and devices.

Instructions:

- This game resembles Frisbee Golf with an educational twist.
- Pick fun and creative targets throughout camp.
- Questions are taped to each target (see questions on page 40 and question cards on page 41-42).
- Using masking tape, label frisbee with team player's name.
- An optional map could be given to each player.
- The first person or people to hit target with frisbee and get question correct receives a sticker.
- Place stickers on Frisbee as a scoring mechanism.
- The winner is determined by who has the most stickers.
- Winner keeps frisbee.



Materials Needed:

- Frisbees
- Scotch tape
- Marker
- Questions cards

Questions for Fun Frisbee Fairway

- 1) Demonstrate proper use of inhaler technique.
- 2) Demonstrate proper use of dry powder inhaler technique.
- 3) Demonstrate proper use of a peak flow meter.
- 4) Name one thing you should do in using a nebulizer.
- 5) Demonstrate proper use of a nasal inhaler.
- 6) Where do you put a spacer?
- 7) What should you do after you take your inhaled steroid?
- 8) How long should you wait before taking your second puff of an inhaler?
- 9) When should you notify your asthma doctor?
- 10) What should you do if you are in your yellow peak flow zone?
- 11) What is a bronchodilator?
- 12) Does a Leukotriene Receptor Antagonist relieve or prevent your asthma symptoms?
- 13) If you have exercise induced asthma when should you take your bronchodilator, if it is a short-acting beta agonist?
- 14) What is the difference between quick-relief and long-term controllers?
- 15) Name the medications you take and which one is the long-term controller.
- 16) What is the difference between Serevent and Foradil?

Question Cards for Fun Frisbee Fairway Game

Just copy the cards below and cut on dotted lines

Demonstrate proper use of inhaler technique

Demonstrate proper use of a nasal inhaler

Demonstrate proper use of dry powder inhaler technique

Where do you put a spacer?

Demonstrate proper use of a peak flow meter

What should you do after you take your inhaled steroid?

Name one thing you should do in using a nebulizer

How long should you wait before taking your second puff of an inhaler?

Question Cards for Fun Frisbee Fairway Game

Just copy the cards below and cut on dotted lines

What should you do if you are in your yellow peak flow zone?

If you have exercise induced asthma when should you take your bronchodilator, if it is a short-acting beta agonist?

When should you notify your asthma doctor?

What is the difference between quick-relief and long-term controllers?

What is a bronchodilator?

Name the medications you take and which one is the long-term controller.

Does a Leukotriene Receptor Antagonist relieve or prevent your asthma symptoms?

What is the difference between Serevent and Foradil?