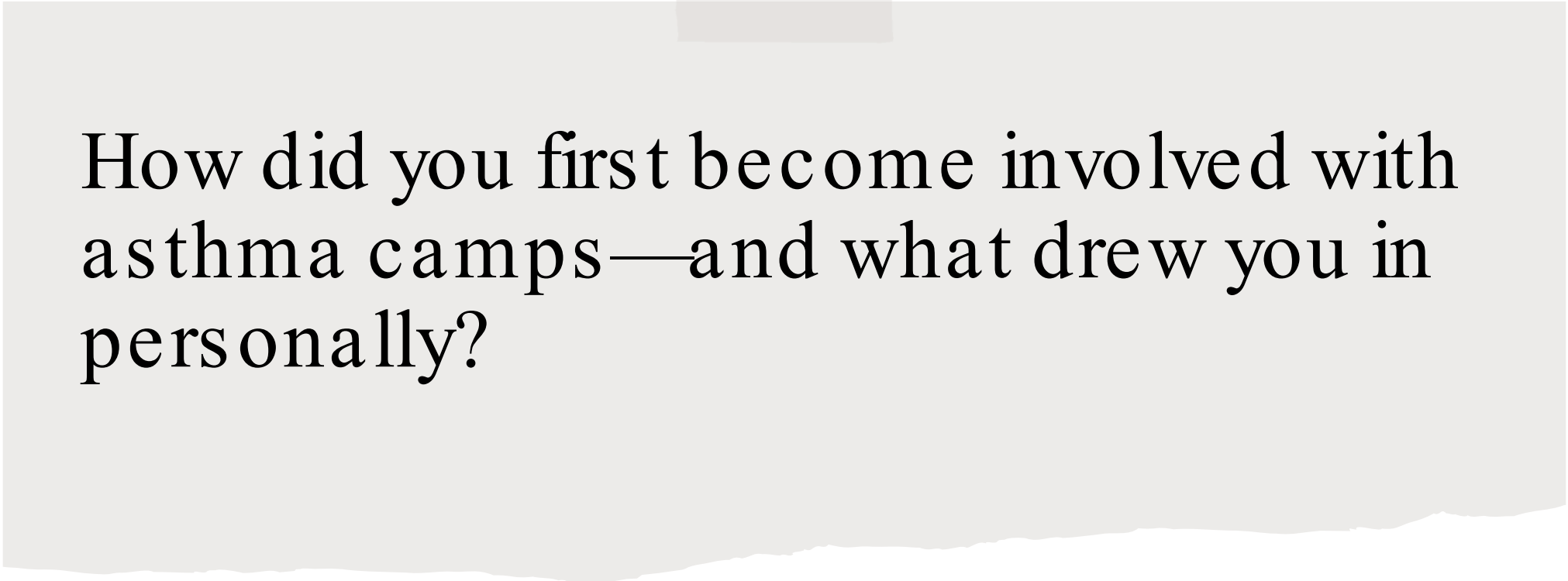




A Life-Changing Experience for Children with Asthma and Their Families



- A medically-supervised summer camp for children with asthma
- Founded to educate and empower kids aged 8–12 years
- Held annually in Alabama
- Low-cost (\$20) for families through sponsorships and community support



How did you first become involved with asthma camps—and what drew you in personally?



Health Education in Action



- Hands-on asthma education (inhaler use, triggers, prevention)
- Daily health monitoring by trained staff
- Builds confidence in managing asthma independently
- Encourages active lifestyles despite chronic illness

“What was the most surprising thing a camper taught you about living with asthma?”



Benefits



Peace of mind knowing kids are cared for by medical professionals

Strengthens child's independence and self-esteem

Connects families with support networks and resources

Reduces future ER visits and improves quality of life



Builds lifelong
friendships among
campers

Helps reduce stigma
and isolation

Community-based
management approach

“What’s your favorite
camp memory that still
makes you smile—or
laugh—today?”

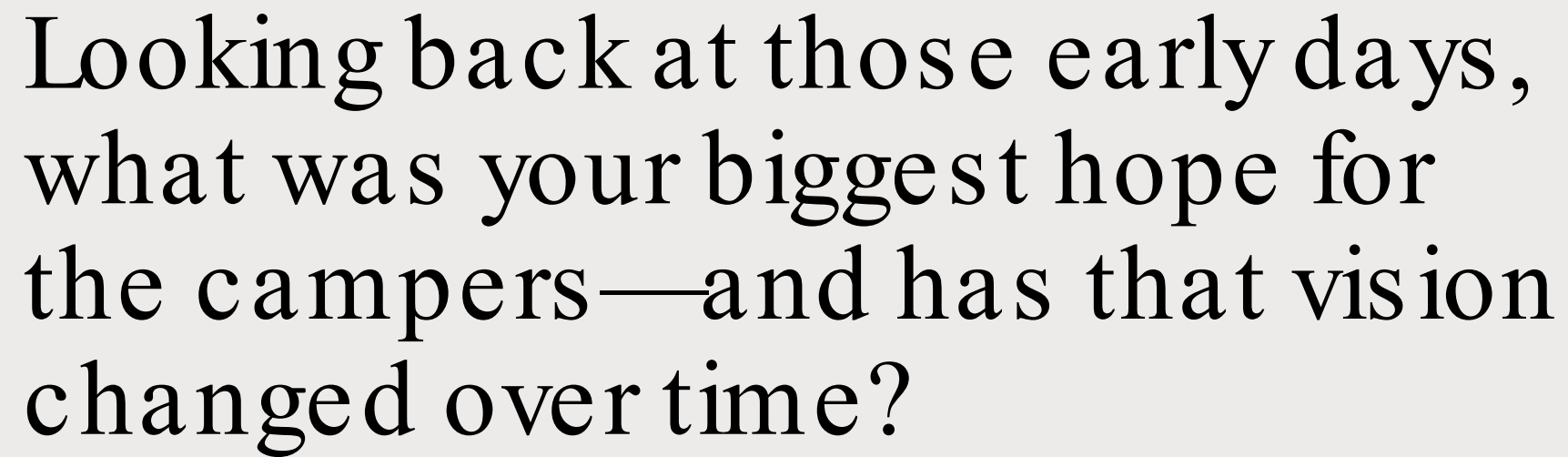




Legacy of the Young Teen Asthma Camp

- 2002-2010 – 4-day in-person with Full Camp Activities & ASME
- 2020-2024 – Week-long virtual ASME camp & wellness activities
- 2021-2024 – Week-long School-based virtual ASME/wellness/LIT activities
- 2025-Family/Community based programs with Virtual Home Visits





Looking back at those early days,
what was your biggest hope for
the campers—and has that vision
changed over time?

YTAC at Camp Winnataska 2002-2010

Asthma education with
UABSON students, RNs,
faculty, colleagues, CW
leaders & program staff



Campers enjoy the Smokeless Campfire

Curriculum: Power Breathing for Teens (AAFA)

“I control my Asthma – Asthma doesn’t control me!”

Normalizing Asthma Activities



Asthma Self-Management



PEF, Spacers, Individual Asthma Action Plans

Asthma Action Plans by MDs, NPs, and Asthma Educators (AE-C)



ASTHMA ACTION PLAN

Name: _____ Date: _____
 Emergency Contact: _____ Relationship: _____
 Cell phone: _____ Work phone: _____
 Health Care Provider: _____ Phone number: _____
 Personal Best Peak Flow: _____

GREEN ZONE:

Doing Well

- ✓ No coughing, wheezing, chest tightness, or difficulty breathing
- ✓ Can work, play, exercise, perform usual activities without symptoms
- OR
- ✓ Peak flow _____ to _____ (80% to 100% of personal best)

Take these medicines every day for control and maintenance:

Medicine	How much to take	When and how often

YELLOW ZONE:

Caution/Getting Worse

- ✓ Coughing, wheezing, chest tightness, or difficulty breathing
- ✓ Symptoms with daily activities, work, play, and exercise
- ✓ Nighttime awakenings with symptoms
- OR
- ✓ Peak flow _____ to _____ (50% to 80% of personal best)

CONTINUE your Green Zone medicines PLUS take these quick-relief medicines:

Medicine	How much to take	When and how often

Call your doctor if you have been in the Yellow Zone for more than 24 hours.

Also call your doctor if: _____

RED ZONE:

Alert!

- ✓ Difficulty breathing, coughing, wheezing not helped with medications
- ✓ Trouble walking or talking due to asthma symptoms
- ✓ Not responding to quick relief medication
- OR
- ✓ Peak flow is less than _____ (50% of personal best)

FOR EXTREME TROUBLE BREATHING/SHORTNESS OF BREATH GET IMMEDIATE HELP!


Take these quick-relief medicines:

Medicine	How much to take	When and how often

CALL your doctor NOW.

GO to the hospital/emergency department or CALL for an ambulance NOW!

This information is for general purposes and is not intended to replace the advice of a qualified health professional. For more information on asthma, visit www.aaaai.org. © 2011 American Academy of Allergy, Asthma & Immunology

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- If we could design an ‘Asthma Camp All-Stars’ reunion today, what would be your top 3 must-have activities?
-

Virtual Young Teen Asthma & Wellness Camp 2020-2024



Curriculum:
Asthma Blues® Music with a
Message that Matters®
Exercise & Healthy Cooking Classes



Thank you all for participating



HEAL Grant (AAFA) Alabama Innovation Site

Steps 1 & 2 Assessment & Education

- CHW Relationships with families
- Baseline Survey of Triggers, Medications, Asthma Control
- Professional review & priorities
- Toolkit/Box of Asthma Tools & Educational Materials
- Asthma Action Plan
- Asthma Blues® Music with a Message that Matters®

Step 3 & 4 Virtual Home Environmental Assessment & Remediation

Publications

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- Gibson-Young, L., Waldrop, J., Lindahl, B., & Buckner, E.B. **(2020)**. School nurses perceptions on managing asthma in Alabama schools. *Journal of School Nursing*. 1-9. <https://doi.org/10.1177/1059840520924455>
- Buckner, E., Copeland, D., Miller, K., & Op't Holt, T. **(2018)** School-based Interprofessional Asthma Self -Management Education Program for Middle School Students: A Feasibility Trial. *Progress in Community Health Partnerships: Research Education in Action*, 12 (2), 9, 45-59.
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