



2008 NACCHO / WYETH Cup Award Winning Program

“YOUR OWN TARGET”

The Program Goal:

1. For campers to learn more about target joints and life threatening bleeds
2. Start conversations with campers about joint disease prevention and physical therapy
3. Nurses able to assess campers knowledge about bleeding disorders, types and severity

The Program Objectives:

1. Campers must find the camp nurses in a scavenger hunt
2. Participant will unscramble and assemble the magnetic skeleton
3. Draw his/her skeleton using the magnetic skeleton as a model
4. Write his/her name, bleeding disorder and severity
5. Identify target joints and areas where target bleeds occur
6. Mount and display drawings at the infirmary or high traffic area at camp

Program Supplies Needed:

1. Magnetic Skeleton & Board

*****(Skeleton can be constructed with another visual medium other than magnetic pieces ie. puzzle pieces, photo copies of a skeleton, or biology skeleton set. . . get creative, there are many other alternatives.)

2. Colored Markers
3. Drawing/Copy Paper
4. Colored Construction Paper
5. Hole Puncher
6. Glue
7. Tape
8. String, Lanyard or Yarn
9. Nurse(s)

Time: 2 ½ hours / 50 campers with 2 nurses working the activity

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“YOUR OWN TARGET”

The summer of 2007 was the first year for camp in Tabasco, Mexico. With this in mind all of our programs were filled with high levels of energy defining the meaning of camp while empowering the campers with exciting educational lessons about their bleeding disorder, physical therapy and self-infusion. One of our most exciting programs took place at the interactive museum for children, *Museo Papagayo* in Tabasco, Mexico. These children rarely have the opportunity to attend field trips, so the thrill of magic was in the air and it was imperative that we educate and empower the campers during every activity throughout the camp week.

Our directors and nurses completed a site visit prior to the field trip to *Museo Papagayo* and developed an innovative educational program using the above goals, objectives and supplies made available through the museum and the camp.

The program **“Your Own Target”** starts out as an adventurous scavenger hunt to locate the camp nurses at their medical post within the museum or camp facility. On the quest they encounter numerous educational and scientific challenges and entertaining tasks. (Make up your own individual obstacle course or scavenger hunt. We used activities located in the museum to lead the campers to the nurses.) Once the nurses are located they will scramble up the skeleton pieces on a magnetic board and the campers challenge is to put the bones and joints in the correct order.

The camper challenge is to name the type and severity of bleeding disorder he/her has. After writing this information on a piece of paper he/she will draw his/her skeleton identifying target joints or locations for major bleeds.

Once the activity is complete, with the skeleton drawings, the campers name, bleeding disorder, severity and target joints labeled; the pictures are mounted and displayed on colorful construction paper and taped or strung on the walls of the infirmary or a high traffic area using tape, lanyard, yarn or string. This activity **“Your Own Target”** gives campers the ability to learn about his/her specific bleeding disorder and their co-campers disease. This program also fosters camp unity giving campers, staff and clinicians the cohesive understanding that other campers experience the same complications, made visible through art. This activity, when done at the beginning of the week, will grant the campers a stronger sense of trust with the nurses and open the door to relinquish the fear of infusion therapy, continuing medical education throughout the week. This is a colorful, fun and educational program that involves the nurses, staff and campers early in the camp week.



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