



## Health Concerns and the Camper w/ Prader-Willi Syndrome Information for Camp Staff



The camper with Prader-Willi syndrome (PWS) may experience some unique health issues. It is important for camp staff to be aware of these in ensure that the camper has a safe, healthy camp experience. **Parents and caregivers are encouraged to fill in pertinent information and strategies for the individual camper.** Concerns and a few strategies are summarized below.

Camper's Name: \_\_\_\_\_ Camper's Date of Birth: \_\_\_\_\_  
 ALLERGIES: \_\_\_\_\_ Medical Conditions: \_\_\_\_\_

<b>Health Concern</b>	<b>Strategies</b>
<p><b><i>Altered Pain Threshold – Decreased Pain Sensitivity, High Pain Threshold</i></b></p> <ul style="list-style-type: none"> <li>▪ Pain may be diminished or absent even in severe injuries.</li> <li>▪ Fatigue or irritability may be a sign of illness.</li> <li>▪ Increased bruising and swelling is common.</li> </ul>	<ul style="list-style-type: none"> <li>▪ All injuries need to be assessed by an adult – even when injuries are severe.</li> <li>▪ Report all injuries or changes in behavior to the parent or caregiver.</li> <li>▪ May require examination by a health care professional to rule out fracture or other health problem.</li> <li>▪ Apply ice to injuries as needed.</li> </ul>
Please note any specific instructions or helpful hints for this camper:	
<p><b><i>Altered Temperature Regulation</i></b></p> <ul style="list-style-type: none"> <li>▪ Common to see unexplained high and low temperatures</li> <li>▪ Little or no fever may be present with illness.</li> <li>▪ Often experience low tolerance to high outside temperatures.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Assist in making sure the camper does not overheat.</li> <li>▪ If extreme redness of the face and sweating is noted, remove to cool area and encourage cool water and/or cooling measures.</li> <li>▪ If illness is suspected, notify parent. Fever may not be present.</li> </ul>
Please note any specific instructions or helpful hints for this camper:	
<p><b><i>Increased Food Drive/Low Metabolism</i></b></p> <ul style="list-style-type: none"> <li>▪ Because of an abnormality in the hypothalamus, campers with PWS do not register the feeling of fullness and have varying degrees of food seeking.</li> <li>▪ Many will sneak and/or steal food – often putting them at great risk for choking.</li> <li>▪ Can gain weight on ½ calories of others; require calorie restricted diet with supervision around all food.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Receive/follow prescription from health care professional for calorie restricted diet.</li> <li>▪ Supervise around all food sources. Keep food out of sight.</li> <li>▪ Do not use food as a reward or in camp activities.</li> <li>▪ It may be necessary to empty garbage cans that contain discarded food.</li> <li>▪ Staff should be trained in the Heimlich maneuver.</li> <li>▪ May need to have food served up for him/her to assist with portion control.</li> </ul>
Please note any specific instructions or helpful hints for this camper: <b>Calories Camper should receive daily:</b> _____	
<p><b><i>Severe Stomach Illness – Lack of Vomiting</i></b></p> <ul style="list-style-type: none"> <li>▪ Severe stomach illness has been noted in persons' w/PWS who have had a binge eating episode.</li> <li>▪ Symptoms: abdominal bloating, vomiting, pain may or may not be present, general feeling of not feeling well.</li> <li>▪ It is rare for a person with PWS to vomit.</li> </ul>	<ul style="list-style-type: none"> <li>▪ If symptoms of stomach illness are present, notify parent. Camper should be urgently evaluated by a health care professional.</li> <li>▪ Any incidence of vomiting should be reported to the parent.</li> <li>▪ Encourage the camper to share honestly if they have had a binge episode. He/she should not be punished if this has occurred.</li> </ul>
Please note any specific instructions or helpful hints for this camper:	

<b>Health Concern</b>	<b>Strategies</b>
<p><b><u>Behavior – Emotional Problems</u></b></p> <ul style="list-style-type: none"> <li>▪ <i>Persons with PWS have problems regulating their emotions.</i></li> <li>▪ <i>Most do not handle change well.</i></li> <li>▪ <i>Some exhibit obsessive-compulsive tendencies. exaggerated emotional responses and extreme anger may be seen.</i></li> <li>▪ <i>Some take medications to assist with mood stabilization.</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Minimize changes. When they do occur – foreshadow and prepare if possible.</li> <li>▪ Many benefit from a schedule put into writing.</li> <li>▪ Encourage ways to appropriately share feelings and emotions. Practice and reinforce these strategies frequently.</li> <li>▪ State behavior you want to see. Avoid using word “don’t”.</li> <li>▪ Make sure to administer medications at the appropriate times.</li> </ul>
<p>Please note any specific instructions or helpful hints for this camper:</p>	
<p><b><u>Skin Picking and Sun Sensitivity</u></b></p> <ul style="list-style-type: none"> <li>▪ <i>Common problematic behavior seen in person’s w/PWS of all ages. Open sores common.</i></li> <li>▪ <i>May pick at various openings of body</i></li> <li>▪ <i>Sensitive to sun</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Provide diversion activities – keep hands busy. Apply lotion.</li> <li>▪ Incentive program often needed to keep wound covered.</li> <li>▪ Encourage/teach self care of wound if able.</li> <li>▪ Apply mosquito repellent routinely.</li> <li>▪ Monitor frequent trips to bathroom. Time limits and supervision in bathroom may be needed.</li> <li>▪ Apply sunscreen; encourage wearing hat and sun glasses.</li> </ul>
<p>Please note any specific instructions or helpful hints for this camper:</p>	
<p><b><u>Daytime Sleepiness</u></b></p> <ul style="list-style-type: none"> <li>▪ <i>Common to see in campers. Often symptom of sleep apnea.</i></li> <li>▪ <i>May be result of weak chest muscles-poor air exchange.</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Get camper up and moving if fatigue is noted.</li> <li>▪ May require a rest time during the day.</li> <li>▪ Some use Continuous Positive Airway Pressure mask/machine at night.</li> </ul>
<p>Please note any specific instructions or helpful hints for this camper:</p>	
<p><b><u>Scoliosis and Other Spine Problems</u></b></p> <ul style="list-style-type: none"> <li>▪ <i>Common to see scoliosis and other spine deformities in persons’ w/PWS.</i></li> <li>▪ <i>May require bracing.</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Support and assist if brace is needed. Adaptive measures may be needed for some physical activities.</li> </ul>
<p>Please note any specific instructions or helpful hints for this camper:</p>	
<p><b><u>Dental Problems – Dry Mouth</u></b></p> <ul style="list-style-type: none"> <li>▪ <i>Common problems: thick, sticky saliva, teeth grinding, rumination, cavities</i></li> <li>▪ <i>Most have aversion to water.</i></li> </ul>	<ul style="list-style-type: none"> <li>▪ Make sure camper brushes and cares for teeth.</li> <li>▪ Encourage water. Most prefer flavored water – best if non-carbonated.</li> </ul>
<p>Please note any specific instructions or helpful hints for this camper:</p>	
<p><b><u>Other Health Issues:</u></b> Please list any other health issues the camper may have along with strategies to assist the counselor or nurse.</p>	