

## Goals of CHS-MC Family Camp

Year after year, families return to CHS-MC Family Camp to enjoy a week full of bonding, education, and fun. Family Camp offers children with bleeding disorders and their families a chance to experience camp activities. Our families can explore all that camp has to offer with the security of a nurse, with extensive bleeding disorders experience on-site. CHS-MC Family Camp typically has 45 people attending (12 to 14 families) with one full time nurse and two to three days with the Manitoba Bleeding Disorders pediatric physiotherapist. The education program for camp is developed in conjunction with the Manitoba Bleeding Disorders Program and has included sessions for both the children and the parents.

Families who have previously attended CHS-MC Family Camp met in December of 2021 to review the goals of the program.

### Education

- Opportunity to have individualized education for both parents and a child with bleeding disorder
  - Develop independence administering medication
  - Update infusion/self-infusion skills
  - Private problem solving with the nurse or physiotherapist, issues with bleeding disorder management
- Opportunity for younger children to witness:
  - How older children behave for treatments
  - How other families manage bleeding episodes
  - Older children managing their medication independently
- Opportunity for group education
  - Group seminar for all camp attendees
  - Group seminar for children with bleeding disorders (Divided into age groups depending on age range of attendees)

### Psychosocial Support

- Peace of mind for parents
  - Having an experienced nurse available relieves the anxiety usually present when their children do a lot of physical activities
  - Having an experienced nurse available means not having to go to an unfamiliar Emergency Department for most bleeding episodes
- Relationship building with health care providers
  - Building a relationship outside of the hospital with the nurse and physiotherapist benefits all parties. The children become more familiar with their care providers as “people”. The health care providers report that the enhanced relationship with both the children and parents allows them to provide better care for their patients.
- Developing a support peer group for:
  - Children with inherited bleeding disorders
  - Siblings of children with inherited bleeding disorders
  - Parents of a child(ren) with inherited bleeding disorders
- Opportunity for adults to witness:
  - What other families allow their children to do in terms of activity
  - How other families manage their child’s behaviour related to the bleeding disorder
  - Other families’ strategies for success