Summer 2017

Can Summer camp Improve Childhood Asthma Management? Outcomes from Augusta Area Asthma Camp

Follow this and additional works at: <https://digitalcommons.georgiasouthern.edu/jgpha>

Part of the [Public Health Commons](#)

Recommended Citation

Flakes, Terrill M. (2017) "Can Summer camp Improve Childhood Asthma Management? Outcomes from Augusta Area Asthma Camp," *Journal of the Georgia Public Health Association*: Vol. 7 : No. 1 , Article 53. DOI: 10.21633/jgpha.7.154

Available at: <https://digitalcommons.georgiasouthern.edu/jgpha/vol7/iss1/53>

This conference abstract is brought to you for free and open access by the Journals at Digital Commons@Georgia Southern. It has been accepted for inclusion in Journal of the Georgia Public Health Association by an authorized administrator of Digital Commons@Georgia Southern. For more information, please contact digitalcommons@georgiasouthern.edu.

Can summer camp improve childhood asthma management? Outcomes from Augusta Area Asthma Camp

Terrill M. Flakes, BS

Augusta University

Corresponding author: Terrill M. Flakes • Augusta University • 1120 15th Street, Augusta, GA 30912 • 706-360-0640 • tflakes@augusta.edu

Background: Childhood asthma is the most common chronic condition in the U.S., affecting 8.6% of children.¹ Asthma is particularly an issue in Georgia where 16.2% of children have been diagnosed with this condition.² Research suggests an association between pediatric asthma education and a decrease in emergency room visits and hospitalizations, and improved quality of life (QOL).^{3,4} The Augusta Area Asthma Camp, a free week-long educational day camp, was created to address a critical need for asthma education in the community by increasing parent and child knowledge and self-management of asthma symptoms while providing typical summer camp activities in a safe environment. Yet camp effectiveness has not been evaluated. This study explored differences in parent and child related asthma outcomes before and after attending Asthma Camp.

Methods: In summer 2016, children attending Asthma Camp along with their parents/legal guardian were consented and asked to complete pre- and post-camp surveys that collected information about asthma control, education, self-management of symptoms, and physical activity. Paired samples t-tests were used to determine pre- and post-camp differences.

Results: Children (n=43) ranged from 6-13 years (M=8.53, SD=1.80) with the majority Black (65.1%), male (62.8%), from single parent (41.5%), low-income (73.1%), and nonsmoking households (84.65%). Child asthma education scores were low both before (65%, SD=0.22) and after (69%,SD=0.11) camp. Children reported a significant increase in the number of physically active days/week pre (M=3.66, SD=1.99) to post (M=5.48,SD=1.33) camp $t(28)=-4.14, p=0.00$. While we noticed slight improvement in child symptoms (preM=5.38,SD=1.30; postM=5.66,SD=1.24), activity limitations (preM=5.90,SD=1.16; postM=6.01,SD=1.13), emotional function (preM=5.57,SD=1.68; postM=5.68,SD= 1.84), and total QOL (preM=5.47,SD=1.25; postM=5.76,SD=1.24) and parent management strategies (preM=3.19,SD=0.52; postM=3.31,SD=0.92) and support (preM=0.50,SD=0.57; postM=0.55,SD=0.59), differences were not statistically significant.

Conclusions: Asthma camp can increase child physical activity and shows promise for improving asthma education, self-management, and parental support. A larger sample and more sensitive measures may improve our ability to detect changes in the participants.

Key words: child asthma, physical activity, self-management, education

<https://doi.org/10.21633/jgpha.7.154>

© Terrill M. Flakes. Originally published in jGPHA (<http://www.gapha.org/jgpha/>) December 20, 2017. This is an open-access article distributed under the terms of the Creative Commons Attribution Non-Commercial No-Derivatives License (<http://creativecommons.org/licenses/by/4.0/>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work ("first published in the Journal of the Georgia Public Health Association...") is properly cited with original URL and bibliographic citation information. The complete bibliographic information, a link to the original publication on <http://www.gapha.jgpha.org/>, as well as this copyright and license information must be included.