# Living Independently for Tomorrow

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## Introduction

The YRC Youth Rally Camp is a nationwide, nonprofit camp that provides a non-threatening environment for adolescents ages 11–17 years with bowel and/or bladder dysfunction. Counselors have similar medical conditions and many have been prior campers. At Rally, campers receive education and psychosocial support that encourages independent living. The role of the camp WOC nurse is to support and assist all camp attendees both physically and psychologically and conduct the Medical Education Session. The role of the Medical Education Session Coordinator is to design and facilitate a creative and interactive program on medical conditions, self-care, hygiene, and psycho-social adaptation.

## Purpose

- Create a 1 ½ hour teen-appropriate medical education session designed for campers ages 11 – 17 years old with multiple GI/GU diagnoses
- Provide helpful tips, information, and examples of self-care with ostomy pouching systems, catheters, skin care practices, and accessories
- Openly communicate diagnosis education, anatomy and physiology, hand-washing and hygiene, and self-esteem development in an appealing manner with camper, counselor, and nurse group participation

## Medical Education Session Coordinators

- Collaborated together prior to Rally to develop program base concept
- Presented session concept during pre-Rally counselor/nurse Orientation Day
- Identified counselor and WOC nurse leaders to participate in session
- Facilitated pre-session group responsibility delegation, program content, session rops/costumes, AV equipment, and room set-up

## Educational Basis: 'Modeling' Concept

"America's Next Top Model"
BeCoMeS
"Youth Rally's Next Top Model"

Based on the popular TV show, America's Next Top Model, session coordinators developed their own show, Youth Rally's Next Top Model. Counselor host 'Tyra Banks,' along with her panel of 3 counselor judges, evaluated the style and technique of 12 camper runway female model finalists. Headed by their group WOC nurse, each age group of female campers was broken down into an individual modeling group containing three camper 'models.' Each model was given a name to correlate with the product(s) and/or diagnosis she modeled. A concurrent slide show projection illustrated the product descriptions.

- Model Group 1: Urinary Catheters
- Model Group 2: Ostomy 2-Piece Pouching Systems
- Model Group 3: Ostomy Pouch Integrated Closures
- Model Group 4: Ostomy Accessories

## Educational Basis: 'Commerical' Breaks

To spice things up & encourage audience participation, 5 competitive & informative commercial breaks with follow-up commercial trivia were held between modeling rounds. Headed by their group WOC nurse, each age group of male campers was broken down into an individual 'actor' group. Based on their educational message, each group designed a script specific to their commercial topic. Campers & counselors laughed along during 5 innovative 2-minute commercial breaks between each modeling round as amateur male actors demonstrated proper versus improper methods of self-care:

- Commercial 1: Ostomy & Antifungal Powder
- Commercial 2: Hand & Catheter Washing
- Commercial 3: Dehydration
- Commercial 4: Ostomy Paste
- Commercial 5: Taking Medicine

## Educational Basis: 'Commerical' Trivia

Campers put their thinking caps on and giggled out loud as a quirky professor and 'unfashionable' teacher headed up a 5-minute commercial trivia game after each commercial break. Topics included anatomy & physiology, medical diagnoses, hygiene, self-care, self-esteem, and modern trivia:

- Anorectal Malformation
- Chronic Bowel Obstruction
- Iagille & Byler's Syndrome
- Posterior Urethral Valves
- GI Dysmotility
- Short Bowel Syndrome
- Polyposis Syndrome
- Duplicate Renal System
- Neurofibromatosis
- Crohn's Disease
- Cloacal Exstrophy
- Spina Bifida
- Bladder Exstrophy
- Hirschsprung's Disease
- Ulcerative Colitis
- Neurogenic Bowel and/or Bladder

## Competitive Motivation

- Judging criteria for models and commercial actor groups based on a scale of 1-10 using style, technique, and creativity
- Final winning female model groups chosen as 2007 Youth Rally Cover Girl. Points added to Olympic team groups.
- Final winning male commercial group chosen as 2007 Youth Rally Cover Dudes. Points added to Olympic team groups.
- Points obtained during commercial trivia added to Olympic team groups

## Session Wrap-Up

- Camp WOC nurses demonstrated creativity and ingenuity in designing a medical education session for a wide range of camper ages
- Using a popular television show with commercial breaks and adapting it to campers' GI/GU diagnoses fully enhanced audience learning
- Incorporating campers into active participation thru 'modeling' and 'acting' facilitated teamwork, responsibility, and self-awareness
- Costumes, antics, and lively performances vividly depicted products, care methods, and diagnoses in a friendly atmosphere

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