



A Typical Day for a Camp Nurse at TEC

A day in the Health Center starts at 7:30 am. The supplies are stocked, the med room & exam rooms are prepared for the day and ice is obtained from the dining hall. Campers will start to come to the medication window at breakfast for their daily medications.

Medications are dispensed 4 times a day; breakfast, lunch, dinner, and bedtime. Campers will come to the "med window" for their prescribed medications. TEC utilizes a company called "Camp Meds", which pre-packages medications into unit doses. This system is very organized & makes medication times run smoothly.

There is a physician on site 24 hours a day. Campers with illnesses or injuries are seen by appointment. When a camper is ill, their counselor will make an appointment for them to see the physician. Appointment times generally run for a few hours in the morning, a few hours after lunch and a few hours before dinner. Acute injuries and illnesses are always seen right away. All campers are accompanied by a counselor when coming to the health center. Our goal is to provide an optimal level of health care for all campers and staff members. The hours are as follows:

Nursing staff works 3 different shifts:

Split shift

7:30 am to 11:00 am and 5:30 pm to 10:00 pm

Daylight shift

8:00 am to 5:30 pm

Evening shift

5:30 pm until 7:30 am. This person is "on call" and sleeps in the health center in the Nurse's Room that night.

There are always 2 or 3 nurses working together, in addition to a physician. This allows for a safe environment, & provides excellent health care to campers and staff. The schedule also allows for some free time to enjoy camp life and the beautiful Pocono Mountains.