The goal of asthma management is to improve the quality of patient's life. For this goal we need to manage asthma symptoms but also help them to get normal life activities. But in many cases, we can see that asthma patients and their families put restrictions on their physical activities more than needs. Asthma camp may help them get rid of this kind of negative attitude. And the education of asthma can be achieved effectively by the education programs of the camp.

Children's asthma camp began in 1996 at Dankook University Hospital (DUH) in Chunan twice a year. Korea University Hospital (KUH) have held the another asthma camp in Seoul once a year since 1998. An asthma specialist pediatrician, a pediatric resident, a nurse and many volunteers from College of Medicine and College of Physical Education take part in DUH camp.

There are some differences between DUH camp and KUH's. The KUH camp is interested in educating the patients with asthma education programs by games or plays. DUH camp's focus is safe and proper exercises or sports for the children with asthma. In summer the main programs were swimming and playing in the water and these had to be done at the pool for fear of accidents. But this summer camp will be held at the river side under the safety guards' watching over. Next summer camp is planned to be held at the beach. DUH team have also ski camp in winter.

KUH camp is only for the children with asthma. But DUH camp is for the children with asthma and handicapped children, so children with asthma can have opportunity to think about other children with more difficulties helping and playing with them. In winter camp normal children participate too, so asthmatic children may gain self-confidence through the experiences of equal activities with normal children.

One of the most difficulties in management of the camp is that parents do not fully understand. They often worry about their children's asthma attack too much. And they hesitate to let their children join the camp. Actually there were few cases with severe asthma attack during the camps. Even in the winter ski camps in cold and dry weather, severe attack have not developed by thorough warming-ups and precautions against nocturnal asthma attack. After the camp most children and their parents were satisfied with the experiences of the camp. They have thought that the asthma camp helped them to understand their disease and to get positive attitude in their ordinary activities.