

Asthma Policy

May 2022

Great Doddington Primary School



Agreed: May 2022

Next review: Summer 2024

HOW TO RECOGNISE AN ASTHMA ATTACK

The signs of an asthma attack are

- Persistent cough (when at rest)
- A wheezing sound coming from the chest (when at rest)
- Difficulty breathing (the child could be breathing fast and with effort, using all accessory muscles in the upper body)
- Nasal flaring
- Unable to talk or complete sentences. Some children will go very quiet.
- May try to tell you that their chest 'feels tight' (younger children may express this as tummy ache)

CALL AN AMBULANCE IMMEDIATELY AND COMMENCE THE ASTHMA ATTACK PROCEDURE WITHOUT DELAY IF THE CHILD

- Appears exhausted
- Has a blue/white tinge around lips
- Is going blue
- Has collapsed

WHAT TO DO IN THE EVENT OF AN ASTHMA ATTACK

- Keep calm and reassure the child
- Encourage the child to sit up and slightly forward
- Use the child's own inhaler – if not available, use the emergency inhaler
- Ring 999 if you do not have parental permission to administer the emergency inhaler
- Remain with the child while the inhaler and spacer are brought to them
- Immediately help the child to take two puffs of salbutamol via the spacer
- If there is no immediate improvement, continue to give two puffs at a time every two minutes, up to a maximum of 10 puffs
- Stay calm and reassure the child. Stay with the child until they feel better. The child can return to school activities when they feel better
- If the child does not feel better or you are worried at ANYTIME before you have reached 10 puffs, CALL 999 FOR AN AMBULANCE
- If an ambulance does not arrive in 10 minutes give another 10 puffs in the same way

Background

This school recognises that asthma is a widespread, serious but controllable condition affecting pupils at the school. The school positively welcomes all pupils with asthma. We also encourage pupils with asthma to achieve their potential in all aspects of school life by having a clear policy that is understood by school staff, parents, governors and pupils. Supply teachers and new staff are also made aware of the policy. All staff who come into contact with pupils with asthma are provided with information and guidance and first aid team members receive training on asthma.

Asthma Medicines

Immediate access to reliever medicines is essential.

Pupils with asthma are encouraged to carry their reliever inhaler as soon as the parent/carer, doctor or asthma nurse agree they are mature enough.

- The reliever inhalers of pupil's are stored by their teacher in their classroom.
- All inhalers must be labelled with the child's name by the parent/carer.
- School staff are not required to administer asthma medicines to pupils (except in an emergency), however named staff (first aiders) at this school are able to do this.
- All school staff will let pupils take their own medicines when they need to.

Record Keeping

- At the beginning of each school year or when a child joins the school, parents/carers are asked if their child has any medical conditions including asthma on their enrolment form.
- All parents/carers of children with asthma are consequently sent a medical consent form
- If a child has severe and/or complex medical needs, Parents/carers are asked to complete and return to the School Office an Individual Health Care Plan (see Supporting Pupil with Medical Needs policy).
- Using the above information, the school maintains a register of medical needs, which includes details of pupils diagnosed with asthma, and is available to all school staff.
- The forms are then sent to parents/carers of children with asthma on an annual basis to update. Parents/carers are also asked to update or exchange the form for a new one if their child's medicines, or how much they take, changes during the year.

Exercise and Activity- PE and games

Taking part in sports, games and activities is an essential part of school life for all pupils. All teachers know which children in their class have asthma and all PE teachers at the school are aware of which pupils have asthma from the school's medical needs register.

- Pupils with asthma are encouraged to participate fully in all PE lessons. PE teachers and sports coaches will remind pupils whose asthma is triggered by exercise to take their reliever inhaler before the lesson, and to thoroughly warm up and down before and after the lesson.

- It is agreed with PE staff that, where necessary, each pupil's inhaler will be labelled and kept in a box at the site of the lesson. If a pupil needs to use their inhaler during a lesson they will be encouraged to do so.
- Classroom teachers follow the same principles as described above for games and activities involving physical activity.

Out-of-hours sport

There has been a large emphasis in recent years on increasing the number of children and young people involved in exercise and sport in and outside of school. The health benefits of exercise are well documented and this is also true for children and young people with asthma. It is therefore important that the school involve pupils with asthma as much as possible in after school clubs.

Teachers and sports coaches are aware of the potential triggers for pupils with asthma when exercising, tips to minimise these triggers and what to do in the event of an asthma attack. All staff and sports coaches are provided with appropriate advice and guidance.

Asthma Attacks

All staff who come into contact with pupils with asthma know what to do in the event of an asthma attack.

In the event of an asthma attack the school follows the procedure outlined by Asthma UK. This procedure is visibly displayed in the staffroom and every classroom (see appendix 2).

Spare Emergency Kit Inhalers

- Spare inhalers with spacers are kept in the School Office in case a child or member of staff requires an inhaler, but does not have theirs with them.
- Emergency Inhalers should be clearly labelled to avoid confusion with a child's inhaler.
- A Spare inhaler is to be taken on activities that take place off site as part of the First Aid kit.
- School Office staff are responsible for checking on a monthly basis that the emergency inhalers and spacers are present and in working order. They will ensure that replacement inhalers are obtained when the expiry dates approach.
- A child may be prescribed an inhaler for their asthma which contains an alternative reliever medication to salbutamol (such as terbutaline). The salbutamol inhaler should still be used by these children if their own inhaler is not accessible – it will still help to relieve their asthma and could save their life.

Associated policies and other documentation

- [Videos on how to administer an inhaler](#)
- [Supporting Pupil with Medical Needs policy](#)
- [Asthma Awareness in schools guidance \(Asthma UK\)](#)