## **CALROSSY ANGLICAN SCHOOL**



## HEALTH, LEARNING & WELLBEING FORM

## CONFIDENTIAL MEDICAL CONSENT AND PROCEDURE FORM

- Calrossy Anglican School collects personal information, including sensitive information about students and parents or guardians before and during the course of a student's enrolment at the School. The primary purpose of collecting this information is to enable Calrossy Anglican School to provide schooling for your child.
- Some of the information we collect is to satisfy Calrossy Anglican School's legal obligations, particularly to enable the School to discharge its duty of care.
- Certain laws governing or relating to the operation of schools require that certain information is collected. These include Public Health and Child Protection laws.
- Health information about students is sensitive information within the terms of the National Privacy Principles under the Privacy Act. We ask you to provide medical reports about pupils from time to time.
- The School from time to time discloses personal and sensitive information to others for administrative and educational purposes. This includes to other schools, Government departments, medical practitioners, and people providing services to Calrossy Anglican School, including specialist visiting teachers, (sport, drama) coaches and volunteers.
- If we do not obtain the information referred to above, we may not be able to enrol or continue the enrolment of your child.
- Please refer to the Standard Collection Notice and the Calrossy Anglican School Privacy Policy for detailed information.
- In order to provide the best medical care for your child, it is essential that this medical form remain current.
- Please inform the Health Centre staff when any of your details change.

| OFFICE USE |  |
|------------|--|
|            |  |
|            |  |
|            |  |
|            |  |
|            |  |
|            |  |

#### ID Photo

Student's commencement date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Student Name: \_\_\_\_\_

| STUDENT DETAILS                                     |                          |                    |                         |
|---|--------------------------|--------------------|-------------------------|
| Full Name:  |                          |                    |                         |
| Address   |                          | I                  | Postcode                |
| Date of Birth                                       | Female                   | Male               |                         |
| Medicare Number                                     | Expiry Date              |                    | Position on Card        |
| Health Care Card Number                             | Expiry                   | v Date             |                         |
| Private Fund Name                                   | Type of Cover            | Member             | ship Number             |
|   | (e.g. Dental, Optical, I | Physiotherapy)     |                         |
| Is the student of Aboriginal or Torres Si           | trait Island Origin?     |                    |                         |
| No Yes, Torres Str                                  | ait Islander             | Yes, Aboriginal    |                         |
|   |                          |                    |                         |
| PARENT / GUARDIAN DETAILS                           | 5                        |                    |                         |
| Parent/Guardian 1 (Name)                            |                          |                    |                         |
| Address   |                          |                    | Postcode                |
| Telephone Home                                      | Business                 | 1                  | Fax                     |
|   | Email                    | ·                  |                         |
| Mobile  | LIIIdii                  |                    |                         |
| Parent/Guardian 2 (Name)                            |                          |                    |                         |
| Address   |                          |                    | Postcode                |
| Telephone Home                                      | Business                 | I                  | Fax                     |
| Mobile  | Email                    |                    |                         |
|   |                          |                    |                         |
| Emergency Contact In case of em                     | ergency, when neithe     | r parent can be re | eached, please contact: |
| Name  |                          |                    |                         |
| Address   | Dusiness                 |                    | Postcode                |
| <b>Telephone</b> Home<br>Relationship to your child | Business                 |                    | Mobile                  |
|   |                          |                    |                         |
|   |                          |                    |                         |
| Student Name  | :                        |                    | 2                       |

## SECTION 1 – MEDICAL HISTORY

IMMUNISATION RECORDS: Copy of the Blue Book or Records of Immunisation to be attached and returned with these forms. If we do not receive a vaccination record for your child, we consider they are not vaccinated.

\* We must advise that should an incident of a vaccine-preventable disease be diagnosed within the School, a student without vaccination protection would be required to be temporarily withdrawn until it was considered safe for that student to return to School.

#### ALLERGIES

| ) |
|---|
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- Please provide the School with an anaphylaxis ASCIA action plan signed by a doctor

- Please supply an EpiPen to the school which will be kept in the Health Centre.

- An Individual Care Plan will be sent to you to complete.

#### PLEASE NOTE THAT THE SCHOOL CANNOT GUARANTEE A NUT FREE ENVIRONMENT.

However, we do have educational programs for staff in anaphylaxis, and students are informed about the danger of anaphylaxis.

#### **MEDICAL CONDITIONS**

Has your child ever had, or does he/she currently have any of the following conditions:

| Epilepsy  | Yes | No | Heart Disease   | Yes | No | Diabetes | Yes | No |
|-----------|-----|----|-----------------|-----|----|----------|-----|----|
| Arthritis | Yes | No | Glandular Fever | Yes | No | Cancer   | Yes | No |
| Migraine  | Yes | No | Headaches       | Yes | No | Other    | Yes | No |

If **yes** to any of the above, please give details and/or any other medical information relating to the condition.

#### Any other medical concerns?

If yes, please give details.

| Does your child have any prior concerns and/or relevant information which could experience such as:   | impact their   | educational |
|---|----------------|-------------|
| Anxiety, depression, eating disorders, self-harm  | Yes            | No          |
| If yes, please give details.  |                |             |
| Has your child ever received counselling/treatment?   | Yes            | No          |
| If yes, please give details.  |                |             |
| Any relevant family medical history?  | Yes            | No          |
| If yes, please give details.  |                |             |
| MEDICATIONS<br>Does your child take medication?<br>Please list all prescription and over-the-counter medications below including vitamins, her  | bal products a | nd creams.  |
| DIET<br>Has your child been placed on a special diet?   | Yes            | No          |
| If yes, please give details.  |                |             |
| ASTHMA<br>Does your child suffer from Asthma (sports-induced or seasonal asthma)?   | Yes            | No          |
| If yes -Has your child been to hospital due to asthma in the past two years?<br>-Has your child been treated with oral cortisone in the past 12 months?<br>-Please have your doctor complete the enclosed Asthma Management Plan.<br>-Please ensure your child has his/her own asthma medication and a spacer.<br>-Primary/Prep asthma medications to be held in the Health Centre. | Yes<br>Yes     | No<br>No    |
| SPEECH<br>Does your child have language and/or speech difficulties?   | Yes            | No          |
| If yes, please give details.  |                |             |

| HEARING<br>Has your child had a hearing t | oct2                             |                       | Yes           | No |
|---|----------------------------------|-----------------------|---------------|----|
| Is there a history of hearing o           |                                  |                       | Yes           | No |
| If yes, please give details.              |                                  |                       | 103           | NO |
| n yes, pieuse give detuiis.               |                                  |                       |               |    |
|   |                                  |                       |               |    |
|   |                                  |                       |               |    |
| VISION<br>Have your child's eyes been te  | acted?                           |                       | Yes           | No |
|   | contact lenses or need any visio | n aids?               | Yes           | No |
| Any past history of sight probl           | -                                |                       | Yes           | No |
| If yes, please give details.              |                                  |                       |               |    |
| ,, p 0                                    |                                  |                       |               |    |
|   |                                  |                       |               |    |
| is there any other personal or            | medical information of which s   | taff should be aware? | Yes           | No |
|   | medical mormation of which s     | an should be aware:   | 105           | NO |
| If yes, please give details.              |                                  |                       |               |    |
|   |                                  |                       |               |    |
|   |                                  |                       |               |    |
| Do any of the following apply             | to your child?                   |                       |               |    |
| Snoring                                   | Sleep Talking                    | Bed Wetting           | Sleep Walking |    |
|   |                                  |                       |               |    |
| SPORT                                     |                                  |                       |               |    |
| Does your child have any spec             | ial requirement for playing spor | t?                    | Yes           | No |
| If yes, please give details.              |                                  |                       |               |    |
|   |                                  |                       |               |    |
|   |                                  |                       |               |    |
| Please indicate your child's sw           | imming ability.                  |                       |               |    |
| Can't swim                                | Can swim 25 metres               | Can swim 50 r         | netres        |    |
|   |                                  |                       |               |    |
|   |                                  |                       |               |    |
|   |                                  |                       |               |    |
|   |                                  |                       |               |    |

| EDUCATION<br>Does your chi<br>emotional? |              |           | ability e.g. be | ehaviour  | al, autism, iı | ntelle | ctual, physical, healt | h, hearing, vi | sion or |
|--|--------------|-----------|-----------------|-----------|----------------|--------|------------------------|----------------|---------|
|  |              |           |                 |           |                |        |                        | Yes            | No      |
| lf yes, please ន្                        | give details | 5.        |                 |           |                |        |                        |                |         |
|  |              |           |                 |           |                |        |                        |                |         |
| Name of disal                            | oility       |           |                 |           |                |        |                        |                |         |
| Diagnosed by                             |              |           |                 |           |                |        |                        |                |         |
| Date of Diagn                            | osis         |           |                 |           | Report ava     | ilable | for the School         | Yes            | No      |
| SUPPORT<br>Does your chi<br>occupational |              | ••        | -               | .g. tutor | ing, psychol   | ogist, |                        | Yes            | No      |
| If yes, which s                          | ervices are  | involved  | e.g. Royal Fai  | r West, N | ISWCER, ASF    | PECT?  |                        |                |         |
| Did your child<br>What support           |              |           | •               | ous setti | ng?            |        |                        | Yes            | No      |
| Behaviour                                | Yes          | No        | Learning        | Yes       |                | No     | Emotional issues       | Yes            | No      |
| Does your chi                            | ld require   | particula | r supervision   | or suppo  | ort?           |        |                        |                |         |
| To and from s                            | chool        |           |                 | Yes       | No             |        |                        |                |         |
| In the classroo                          | om           |           |                 | Yes       | No             |        |                        |                |         |
| Moving betwe                             | en classro   | oms       |                 | Yes       | No             |        |                        |                |         |
| In the playgro                           | und          |           |                 | Yes       | No             |        |                        |                |         |
| Participation i                          | n sport      |           |                 | Yes       | No             |        |                        |                |         |
| Excursions                               |              |           |                 | Yes       | No             |        |                        |                |         |
| Has your child                           | l ever had   | a probler | n with school   | attenda   | nce?           |        | Yes                    | No             | )       |
| lf yes, please န                         | give details | 5.        |                 |           |                |        |                        |                |         |
|  |              |           |                 |           |                |        |                        |                |         |
|  |              |           |                 |           |                |        |                        |                |         |
|  |              |           |                 |           |                |        |                        |                |         |

| MOBILITY   |  |                               |                            |                  |    |     |    |
|--|--|-------------------------------|----------------------------|------------------|----|-----|----|
| Are there any issu                                       | ies that need to b                     | e addressed by                | the School?                |                  |    | Yes | No |
| <b>Does your child re</b><br>Access the classro          |  | <b>resources or eq</b><br>Yes | <b>uipment to do</b><br>No | o the following? |    |     |    |
| Access the playgro                                       | ound                                   | Yes                           | No                         |                  |    |     |    |
| Access toilet facili                                     | ties                                   | Yes                           | No                         |                  |    |     |    |
| Access general sch                                       | nool facilities ie. Fa                 | arm, Boarding Ho              | ouse                       | Yes              | No |     |    |
| Does your child ha                                       | ave any muscular-                      | skeletal disorder             | s?                         | Yes              | No |     |    |
| If yes, please give                                      | details.                               |                               |                            |                  |    |     |    |
| COMMUNICATIO<br>Does your child co<br>Does your child re | ome from a non-E<br>equire devices for | effective comm                | unication?                 |                  |    | Yes | No |
| (ie hearing aids, a                                      | coustic considerat                     | ions, glasses, vis            | ion aids, scribe           | es, tutors)      |    | Yes | No |
| If yes, please give                                      | details.                               |                               |                            |                  |    |     |    |
|  |  |                               |                            |                  |    |     |    |
|  |  |                               |                            |                  |    |     |    |
| PERSONAL CARE<br>Can your child ma                       |  | re needs indepe               | ndently?                   |                  |    |     |    |
| Toileting  | Yes                                    | No                            |                            |                  |    |     |    |
| Dressing   | Yes                                    | No                            |                            |                  |    |     |    |
| Eating   | Yes                                    | No                            |                            |                  |    |     |    |
| If no, please provi                                      | de further informa                     | ation.                        |                            |                  |    |     |    |
|  |  |                               |                            |                  |    |     |    |
| <b>ADDITIONAL INF</b><br>How do you rate y               |  | with the followi              | ng?                        |                  |    |     |    |
| Pain   |  |                               |                            |                  |    |     |    |
| Illness  |  |                               |                            |                  |    |     |    |
| Compliance   |  |                               |                            |                  |    |     |    |
| Diet   |  |                               |                            |                  |    |     |    |
| Separation   |  |                               |                            |                  |    |     |    |
| Anxiety  |  |                               |                            |                  |    |     |    |
|  |  |                               |                            |                  |    |     |    |

Student Name: \_\_\_\_\_

## **SECTION 2 - MINOR ILLNESSES**

#### **PRESCHOOL:**

- \* The Director of the Preschool will assess the child and make a report.
- \* Parent / Guardian will be contacted if further treatment is required.

#### **PRIMARY & SECONDARY STUDENTS:**

- \* Student to report to William Cowper Campus or Brisbane Street Campus Health Centre where their attendance will be recorded.
- \* Nurse on duty will assess and treat the student as required.
- \* Parent /guardian of day students will be contacted if further care is required.
- \* Boarders will be referred to appropriate health professionals if further care is required and parents/guardian notified.

#### **MINOR INJURIES**

- \* Students to report to William Cowper Campus or Brisbane Street Campus Health Centre where assessment and first aid will be administered.
- \* If injured while playing sport, the student should report to their coach/teacher and an accident / injury form filled out

## **SECTION 3 - SERIOUS ILLNESS/INJURY REQUIRING DOCTOR OR HOSPITAL**

- \* The parent/guardian will be contacted, if possible, according to the information available on the medical form.
- \* Staff will assess the student and, if required, the student will be transported to the doctor/hospital.
- \* In an emergency or on the advice of an attending doctor, the student will be taken by ambulance or other suitable vehicle to the nearest available hospital.
- \* In the event of accident or sudden illness, there may be times when it is not possible to contact parents/guardian. In such circumstances the School Principal or senior staff member should obtain medical advice and authorise medical treatment, including the administration of anaesthetic for operation or if medical advice indicates it is necessary, for the health and wellbeing of the student.
- \* Students may be sent home if diagnosed with an infectious or communicable disease such as head lice, mumps, whooping cough, impetigo, ringworm, gastritis or chickenpox.

### SECTION 4 – MEDICATION PROCEDURES

#### **Prescription and Restricted medications:**

#### Medication procedures apply to THE WHOLE SCHOOL.

- \* It is imperative that parents inform designated staff/nurse of all medication taken by students.
- \* All medication taken during the day must be stored at the Health Centre.
- \* Assistance will be given by the staff/nurse to administer prescription medication when documentation is received from parent/guardian.
- \* All prescription medication will be administered only if the container states student's name, doses, time of administration and is labelled in the original container.
- \* All medication administered by school staff/nurse will be recorded.
- \* Medications to be held at the Health Centre at parent or parents' request are: e.g. EpiPen, Glucagon injection, Ritalin, Ventolin, short term medications e.g. antibiotic
- \* Written individual health care plans are put in place for students who have epilepsy, Type 1 diabetes, severe asthma, mental health, allergies and anaphylaxis.
- \* No medications are to be kept in the boarding houses by students without the approval of the nursing staff. **NON-PRESCRIPTION "over the counter" MEDICATIONS**
- \* **NO** medication may be given to students unless authorised by parents in writing.
- \* Any other medication will need to be supplied (in original container) to the staff with the students' name and instructions for use in writing by parent/guardian.

| <b>PREP STUDENTS</b><br>Please give details of s  | specific medication to be held at  | t the preschool/prep:  |  |
|---|--|--|--|
|   |  |  |  |
|   | Signature of Parent / Guardian   |  | Date   |
| conditions and illnesse   | escription medication and lotion s.  | ns are in the first aid centre for th  |  |
| * Please SIGN beside th   | he MEDICATION which you authors  | orise staff to administer to your  | child if required:   |
| PANADOL (PARACETAN  | MOL)   | RID  |  |
|   | Signature  |  | Signature  |
| BETADINE  |  | STINGOSE   |  |
|   | Signature  |  | Signature  |
| Please give details o   | f a specific medication to be held   | d at the Health Centre.  |  |
| S   | ignature of Parent/Guardian  |  | Date   |
| colds, fever and period<br>* The following list is fo   | escription medications are held  | in the Health Centre for the relie<br>r to your child if required.   | f of minor pain, coughs,   |
| Paracetamol<br>Zaditen eye drops<br>Calamine Lotion<br>Naprogesic<br>Sudafed<br>Kwells<br>Throat Gargles<br>Telfast 60mgs<br>Telfast 120gms | Dry cough mixture<br>Chesty cough mixture<br>Bonjela Gel<br>Eno<br>Hydrolyte<br>Demazine<br>Aqua Ear Drops<br>Cerumol Ear Drops<br>Anti-Inflammatory Gel | Aloe Vera gel<br>Stingose<br>Ventolin<br>Betadine<br>Vicks<br>Hydrogen Peroxide 3%<br>Hirudoid cream<br>Solosite gel<br>SOOV | Antifungal Cream<br>Burn aid<br>Vitamin C<br>S.M. 33 Liquid<br>Lanolin<br>Sunscreen<br>Imodium<br>Buscopan |
| Parent Name   |  | Parent Signature   |  |
| Child's Doctor  |  |  |  |
| Address   |  | Telephone  |  |
| Child's Dentist   |  |  |  |
| Address   |  | Telephone  |  |
| S   | tudent Name:   |  |  |

## MEDICAL CONSENT AND ENROLMENT AGREEMENT FORM

#### For my/our child while he/she is at the School, on excursion or involved in any School activity.

- I/we acknowledge all the School medical and health policies and shall uphold them.
- I/we agree to inform the School of any changes to information contained in this form as and when necessary amendments are required.
- I/we agree to keep the School informed, in writing, of any current court orders relating to the custody/access/residence of my child.
- I/we agree that School staff may administer authorised medications to my/our child, with (our) written consent.
- I/we agree that School staff may administer first aid to my/our child.
- I/we acknowledge responsibility for notifying the School if my/our child has an infectious or communicable disease.
- I/we give authority for the School to seek urgent medical, dental, hospital and/or ambulance services for my child.
- I/we understand this consent shall remain valid unless withdrawn and notified (by myself/us) in writing to the School.

Signature of Parent/Guardian

Signature of Parent/Guardian

Date

Date

## **Students with allergies**

This form is to be completed by the parent/guardian of a student with an allergy and returned to the school. The purpose of collecting this information is to identify students who are at risk of a severe allergic reaction. Information provided on this form will be used to assist the school in determining what action needs to be taken in relation to a student with an allergy.

#### (Student Name)

has an allergy/allergies to

Please complete the questions below and return to the school.

1. A doctor has diagnosed my child with an allergy to:

Insect sting/bite (Provide details below.)

Medication (Provide details below.)

#### Food:

|          | 1000.   |     |      |
|----------|---|-----|------|
|          | Peanuts   | Yes | No   |
|          | Nuts. Please specify:   | Yes | No   |
|          | □ Fish  | Yes | No   |
|          | Shellfish   | Yes | No   |
|          |   | Yes | No   |
|          | Sesame  | Yes | No   |
|          | Wheat   | Yes | No   |
|          | □ Milk  | Yes | No   |
|          | □ Egg   | Yes | No   |
|          | Other. Please specify:  |     |      |
|          | Latex   | Yes | No   |
|          | Other. Please specify:  | Yes | No   |
| 2.       | My child has been hospitalised with a severe allergic reaction  | Yes | No   |
| 3.       | My child has been prescribed an adrenaline autoinjector (EpiPen® or Anapen®)                            | Yes | No   |
| 4.       | My child has an ASCIA Action Plan for Anaphylaxis <sup>6</sup> (please attach this and return the form) | Yes | No   |
| Comp     | leted by  |     |      |
|          | Parent/Guardian Name  |     | Date |
| <u>.</u> |   |     |      |

Signature:

<sup>&</sup>lt;sup>6</sup> Each time your child is prescribed a new adrenaline autoinjector the doctor will issue an updated ASCIA Action Plan for Anaphylaxis. It is important that this is the plan provided to the school

# My Asthma Action Plan

| When my asthma is<br>WELL CONTROLLED  | When my asthma is<br>GETTING WORSE   | When my asthma is<br>SEVERE  | How to recognise<br>LIFE-THREATENING ASTHMA  |
|---|--|--|--|
| <ul> <li>No regular wheeze, or cough or chest tightness at night time, on waking or during the day</li> <li>Able to take part in normal physical activity without wheeze, cough or chest tightness</li> <li>Need reliever medication less than three times a week (except if it is used before exercise)</li> <li>Peak Flow* above</li> </ul> | <ul> <li>At the first sign of worsening asthma symptoms associated with a cold</li> <li>Waking from sleep due to coughing, wheezing or chest tightness</li> <li>Using reliever puffer more than 3 times a week (not including before exercise)</li> <li>Peak Flow* between <ul> <li>and</li> </ul> </li> </ul> | <ul> <li>Need reliever puffer every 3 hours or more often</li> <li>Increasing wheezing, coughing, chest tightness</li> <li>Difficulty with normal activity</li> <li>Waking each night and most mornings with wheezing, coughing or chest tightness</li> <li>Feel that asthma is out of control</li> <li>Peak Flow* between <ul> <li>and</li> </ul> </li> </ul> | <ul> <li>Dial 000 for an ambulance and/or 112<br/>from a mobile phone if you have any of<br/>the following danger signs:</li> <li>extreme difficulty breathing</li> <li>little or no improvement from<br/>reliever puffer</li> <li>lips turn blue</li> <li>and follow the Asthma First Aid Plan below<br/>while waiting for ambulance to arrive.</li> <li>A serious asthma attack is also<br/>indicated by:</li> <li>symptoms getting worse quickly</li> </ul> |
| What should I do?   | What should I do?  | What should I do?  | <ul> <li>severe shortness of breath or difficulty<br/>in speaking</li> </ul>   |
| Continue my usual treatment as follows:<br>Preventer  | Increase my treatment as follows:  | Start oral prednisolone (or other steroid)<br>and increase my treatment as follows:  | <ul> <li>you are feeling frightened or panicked</li> <li>Peak Flow* below</li> <li>Should any of these occur, follow the</li> </ul>  |
|   |  |  | Asthma First Aid Plan below.<br>Asthma First Aid Plan  |
|   |  |  | 1 Sit upright and stay calm.   |
| Reliever  |  |  | 2 Take 4 separate puffs of a reliever<br>puffer (one puff at a time) via a spacer<br>device. Just use the puffer on its own if<br>you don't have a spacer. Take 4 breaths<br>from the spacer after each puff.  |
|   |  |  | <ol> <li>Wait 4 minutes. If there is no<br/>improvement, take another 4 puffs.</li> </ol>  |
| Combination Medication  | See my doctor to talk about my asthma<br>getting worse   | See my doctor for advice   | 4 If little or no improvement <b>CALL AN</b><br><b>AMBULANCE IMMEDIATELY (DIAL 000</b><br>and/or <b>112</b> from mobile phone) and<br>state that you are having an asthma<br>attack. Keep taking 4 puffs every<br>4 minutes until the ambulance arrives.   |
| Always carry my reliever puffer   | Parent/Carer   |  | See your doctor immediately after a serious asthma attack.   |

Name:....

## My Asthma Action Plan

This written Asthma Action Plan will help you to manage your asthma. Your Asthma Action Plan should be displayed in a place where it can be seen by you and others who need to know. You may want to photocopy it.



Australian Government
Department of Health and Ageing

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#### What happens in asthma?

Asthma inflames the airways. During an asthma attack, the air passages (airways) of the lungs become inflamed, swollen and narrowed. Thick mucus may be produced and breathing becomes difficult. This leads to coughing, wheezing and shortness of breath.

#### Asthma Triggers

Common asthma triggers are house dust mite, pollens, animal fur, moulds, tobacco smoke, and cold air. It is unusual but some foods may trigger asthma attacks.

Exercise is a common asthma trigger but can be well managed with pre-exercise medication and warm-up activities.

| My known asthma triggers are:  |
|--|
|  |
|  |
|  |
|  |
| Before exercise I need to warm up properly and take the following asthma medication: |
|  |
|  |
|  |
|  |

#### **Useful telephone numbers**

- Asthma Foundation 1800 645 130 for information and advice about asthma management
- My pharmacy:

#### How your preventer medicine helps

Your preventer medicine reduces the redness and swelling in your airways and dries up the mucus. Preventers take time to work and need to be taken every day, even when you are well.

Preventer medications are: Qvar (beclomethasone), Flixotide (fluticasone), Intal Forte CFC-Free (sodium cromoglycate), Pulmicort (budesonide), Singulair (montelukast) and Tilade CFC-Free (nedocromil).

#### How your **reliever** medicine helps

Your reliever medicine relaxes the muscles around the airways, making the airways wider and breathing easier. It works quickly to relieve asthma symptoms, so it is essential for asthma first aid.

Reliever medications are: Airomir, Asmol, Epaq and Ventolin (all brands of salbutamol) and Bricanyl (terbutaline).

#### How your symptom controller helps

Symptom controllers can help people who still get symptoms even when they take regular preventer medicines. If you need a symptom controller, it should be taken with your preventer medication. It should not be taken instead of a preventer.

Like your reliever medicine, your symptom controller helps widen the airways. But while your reliever works for around 4-6 hours, symptom controllers work for up to 12 hours at a time. However, they are not good for quick relief of symptoms so they should not be used for asthma first aid.

Symptom controllers are: Foradile and Oxis (both brands of eformoterol), and Serevent (salmeterol).

There are **combination medications** that combine a symptom controller and a preventer in one puffer.

Combination medications are: Seretide (fluticasone and salmeterol) and Symbicort (budesonide and eformoterol).

Your GP can advise you on the availability under the Pharmaceutical Benefits Scheme of the drugs mentioned above.

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Preventer

Reliever

Symptom Controller

**Combination Medication** 

| Other Comments |  |  |  |
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