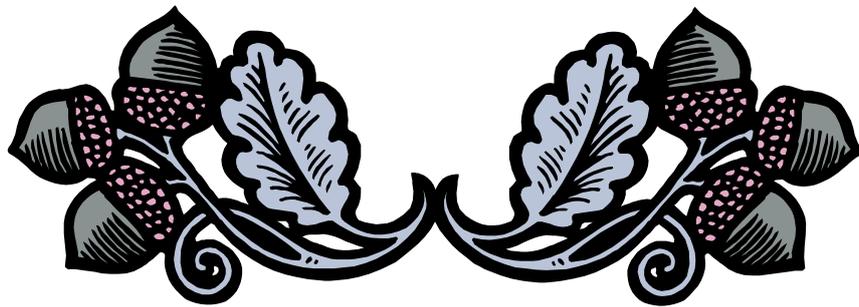


EDENDERRY PRIMARY SCHOOL

ASTHMA POLICY



SEPTEMBER 2019

Asthma Policy

This policy should be cross referenced with the policy Administration of Medication in School as many of the requirements are duplicated e.g. requests for consent and is designed to confirm the stance of the Board of Governors of Edenderry Primary School in relation to the support offered to pupils with Asthma in school in both routine and emergency situations in which a pupil has no access to their own inhalers/medication.

Responsibilities

Parent/Guardian/Carer

- Tell the school if their child has asthma – for new pupils this information should be included on Data Capture Form. For pupils enrolled in school this would be in response to reminders in school correspondence.
- Inform and provide the school with medication their child requires while taking part in visits and within school.
- Ensure that their child's reliever inhaler and spacer is clearly labelled.
- Provide the school with a spare emergency inhaler labelled with their child's name in the event of an asthma attack.
- Ensure that their child's medication is always within date.
- Keep their child at home if he/she is not well enough to attend school.

School Staff

All school staff have a responsibility to:

- Understand the Asthma Policy.
- Know what to do in an asthma attack.
- Tell parents/carers if their child has had an asthma attack.
- Ensure that pupils have their asthma medication with them on a school trip or take appropriate action if they do not.

School

- Recognise that asthma is a widespread, serious but controllable condition.
- Ensure that pupils with asthma participate fully in all aspects of school life.
- Recognise that pupils with asthma need immediate access to reliever inhaler at all times.
- Keep a record of all pupils with asthma.
- Ensure that all staff who come into contact with pupils with asthma know what to do.
- Ensure that all use of emergency medication is documented.
- Understand that pupils suffering from asthma may, on occasions, experience bullying and have procedures in place to deal with instances of inappropriate behaviour including bullying.

Pupils

Pupils have a responsibility to:

- Treat all pupils equally.
- Let any pupil having an asthma attack use their reliever inhaler and alert a member of staff to the situation.
- Treat all asthma medication with respect and not share medication with classmates or friends.
- Know how to take their own medication.
- Know how to gain access to their medication in an emergency.

Board of Governors

Governors have a responsibility to:

- Ensure an asthma policy is in place.
- Ensure that a school Asthma Register is maintained.
- Support the staff of the school through appropriate training.
- Monitor the ongoing implementation of the policy.

Use of Inhaler prescribed for named pupil

Pupils supported by staff will use inhalers (with spacer) prescribed for themselves in line with the protocol laid out in the Administration of Medication in School Policy.

Emergency Use of an Inhaler

Pupils will have access to an emergency salbutamol inhaler if they have failed to bring their own inhaler to school and their "second" inhaler held in school is broken, expired etc. Within Edenderry Primary School there will be two emergency asthma inhalers held to serve P3 – P7 and P1, P2 and LSC's. As additional kit will be located in the office for use on school trips.

The emergency kit will include:

- One/two Salbutamol metered dose inhaler
- Two plastic spacers compatible with the inhaler
- Instructions on using the inhaler and plastic chamber/inhaler
- Manufacturers information
- Checklist of inhalers identified by their batch number/expiry date with note of check
- Note relating to arrangements for replacing inhaler and spacers
- Asthma register

When an emergency Salbutamol Inhaler is used no serious harm should occur. Side effects may include child saying their heart is beating faster and they may breathe or appear shaky.

Record Keeping

The school will keep a register of pupils, identified by parents, as having asthma. In the first instance this information will be taken from medical information supplied by parents when completing the Data Capture form and then from reminders sent to parents in school correspondence. If an emergency inhaler is used in school parents be informed in writing to confirm where and when that attack took place, how much medication was given and by whom. A copy of this communication will be kept by school as a record.

Physical Activity/P.E./ Sports

Taking part in sports, P.E., games and physical activities is an essential part of school life for all pupils. It has many well documented health benefits for children. All teachers should know which children in their class have asthma and should take the necessary pre activity and activity precautions for those pupils. This information should be passed on to other teachers/coaches responsible for clubs/team and afterschool pursuits. Pupils with asthma should be encouraged to participate in such activities bringing clearly labelled inhalers with them and being encouraged to use the inhaler when required during the activity.

Asthma Medication

Immediate access to reliever medication is essential.

In Edenderry Primary School pupils from P4 – P7 with asthma are responsible for carrying their own inhaler during the school day. Parents are asked to send in a clearly labelled spare inhaler which will be kept by the teacher. For pupils in classes P1 – P3 and in LSC 's the class teacher will keep the inhaler in a secure, but not locked, place within the class. The location of this depository must be shared with teaching colleagues and assistants in adjacent classes.

The Board of Governors would ask all parents with pupils on the Asthma register to ensure that the school is supplied with in date medication for their child and to collect medication that is out of date or to be returned to parents at the end of the school year when requested by the teacher.

Pupils on the Asthma Register who have no inhaler in school will not be permitted to leave school for educational, cultural or sporting activities.

As with all medication staff administer medication on a voluntary basis.

Appendix 1

Triggers, Signs & Symptoms

A trigger is anything which starts your asthma symptoms or makes asthma symptoms worse. You may find, for example, that being around cats or dust sets your symptoms off. Or it might be pollen, cold weather, or being near someone who's smoking. What triggers your asthma symptoms may be different to what triggers someone else. It's possible to have several triggers and sometimes it's difficult to work out what your triggers are. If your asthma symptoms are caused by more than one trigger at the same time, it could cause a stronger reaction – for example, if you have a cold and you come into contact with a cat. This could explain why sometimes triggers do cause symptoms and why sometimes they don't.

Reliever inhaler needs to be used if pupils are:

- Coughing
- Wheezing
- Gasping for air
- Feeling tightness in their chest
- Having trouble speaking in short sentences
- Saying their chest or tummy hurts

Appendix 2

Asthma Attacks

You're having an asthma attack if any of the following happens:

- Your reliever isn't helping or lasting over four hours.
- Your symptoms are getting worse (cough, breathlessness, wheeze or tight chest)
- You're too breathless or it's difficult to speak, eat or sleep
- Your breathing is getting faster and it feels like you can't get your breath in properly
- Children may complain of a tummy ache

What to do in an asthma attack

The following guidelines are suitable for both children and adults and are the recommended steps to follow in an asthma attack:

1. Sit up straight – don't lie down. Try to keep calm.
2. Take one puff of your reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs.
3. If you feel worse at any point while you are using your inhaler or you don't feel better after 10 puffs or you are worried at any time, **call 999 for an ambulance.**
4. If the ambulance is taking longer than 25 minutes you can repeat step 2.

What to do if a child is having an asthma attack

- 1 Help them sit up straight and keep calm.
- 2 Help them take one puff of their reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs.
- 3 Call 999 for an ambulance if:
 - their symptoms get worse while they're using their inhaler – this could be a cough, breathlessness, wheeze, tight chest or sometimes a child will say they have a 'tummy ache'
 - they don't feel better after 10 puffs
 - you're worried at any time.
- 4 You can repeat step 2 if the ambulance is taking longer than 15 minutes.

(Use a spacer if you have one)

IMPORTANT! This asthma attack information is not designed for children using a SMART or MART regime. If they do not have a reliever inhaler, call an ambulance. Then speak to their GP or asthma nurse to get the correct asthma attack information for the future.

asthma Any asthma questions?
Call our friendly helpline nurses
0300 222 5800

Appendix 3

Use of Emergency Inhaler

Dear _____

I am writing to inform you that _____ used the emergency salbutamol inhaler today ___/___/___ under the supervision of _____ (staff member) following an asthma attack in _____ (e.g. playground, classroom etc.).

Whilst under the supervision of _____ he/she used the inhaler on _____ occasions over the course of _____ hours.

I would ask that this information be shared with your G.P.

Yours sincerely

Class Teacher

A copy of this correspondence will be kept by school as a record.