



Asthma Policy

A school of excellence which nurtures and inspires all, where success is our achievement.

OVERVIEW

This policy has been written with advice from the Department for Education & Skills, Asthma UK, the local education authority, local healthcare professionals, the school health service, parents/carers, the governing body and pupils.

Rack House Primary School recognises that asthma is a widespread, serious but controllable condition affecting many pupils in school. Rack House Primary School positively welcomes any child with asthma. We 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, their employers and pupils. Supply teachers and new staff are made aware of the policy. All members of staff who come into contact with pupils with asthma are provided with training on asthma from the school nurse. Training is updated annually.

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 and class teacher agree they are mature enough. The reliever of younger children is kept ***in the teacher's stock room out of reach of the children.***
- Parents/carers are asked to ensure that the school is provided with a labelled spare reliever inhaler. The class teacher will hold this separately in case the pupils own inhaler runs out, or is lost or forgotten. 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 many of the staff in this school are happy oversee 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, parent/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 an Asthma UK School Asthma Card to give to their child's doctor, asthma nurse and carer to complete. Parents/carers are asked to return them to school. From this information the school keeps its asthma register which is available to all school staff. Parents/carers of children with asthma are required on an annual basis to update or exchange the card for a new one if their child's medicines, or how much they take, changes during the year.

Exercise and activity

- 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.
- Pupils with asthma are encouraged to participate fully in all PE lessons. Teachers 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. If a pupil needs to use their inhaler during the lesson they will be encouraged to do so.
- All children who have asthma will be required to take their inhaler with them on any off site activities e.g. school trip, swimming lesson. For younger children the teacher in charge will ensure the inhalers are taken along.

Asthma attacks

- All members of 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 attack the school follows the procedure outlined by the Asthma Chart.
- Common triggers for asthma attacks are: colds and flu, exercise, cigarette smoke, pollen, house-dust mite, fur and feathers, pollution, emotions such as stress and some chemical fumes.
- ***The procedure for dealing with an asthma attack is visibly displayed in the staffroom and every classroom and is as follows:***

What to do if someone has asthma attack.

Someone who is having an asthma attack should:

- 1. Take two puffs of their reliever inhaler (usually blue)**
- 2. Sit up and loosen any tight clothing**
- 3. Keep taking one puff of their reliever inhaler every minute for five minutes or until they feel better.**
- 4. If they don't feel better in five minutes, or are worried, call 999 for an ambulance or a doctor.**
- 5. Continue to take one puff of reliever inhaler every minute until help arrives.**

School Staff will:

- **Understand the school asthma policy**
- **Know which pupils they come into contact with have asthma**
- **Know what to do in an asthma attack allow pupils with asthma immediate access to their reliever/inhaler**
- **Tell parents/carers if their child is using more reliever inhaler than they usually would**
- **Ensure pupils have their asthma medicines with them when they go on a school trip or out of classroom**
- **Keep an eye out for pupils with asthma experiencing bullying**

- **Liaise with parents/carers, the school nurse and Inclusion leader if a child is falling behind with their work because of asthma.**

What to do in asthma attack

It is essential for people who work with children and young people with asthma to know how to recognise the signs of an asthma attack and what to do if they have an attack. Where possible a spacer is the best form of delivery.

Step 1 What to do

- Encourage the child or young person to sit and slightly bend forward – do not lie them down.
- Make sure the child or young person takes 2 puffs of reliever inhaler (blue) immediately – preferably through a spacer
- Ensure tight clothing is loosened
- Reassure the child
- If symptoms do not improve in 5 – 10 minutes go to step 2

Step 2 If there is no immediate improvement in symptoms:

- Continue to make sure the child or young person takes one puff of reliever inhaler (blue) every minute for four minutes (4 puffs). Children under the age of 2 years – 2 puffs. If symptoms do not improve in 5 – 10 minutes go to step 3.
- Continue to reassure the child

Step 3 Call 999:

- Continue to make sure the child or young person takes one puff every minute of reliever inhaler (blue) until the ambulance arrives.
- Call parents/carer
- Keep child or the young person as calm as possible.

If the child/young person has any symptoms of being too breathless or exhausted to talk, lips are blue, being unusually quiet or reliever inhaler not helping you may need to go straight to step 3. If you are ever in doubt at any step call 999.

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This policy will be revised on an annual basis.

Adopted by the Governing Body in Autumn 2018