



Leicestershire County and Rutland Community Health Services - Children

School Asthma Guidance for Non Nursing and Non Medical Staff

Date of Policy: September 2014

Based on Asthma UK: School Policy Guidelines 2006



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This is local guidance for Schools based on Asthma UK policy guidance
This document is for parents and staff and aims to:

Provide information about managing asthma in a school aged child.

Enable pupils with asthma to fully participate in all aspects of school life.

1. Rationale

- This school recognises that asthma is a widespread, serious but controllable condition affecting on average 1 in 10 pupils.
- The school positively welcomes all pupils with asthma.
- This school encourages 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 (the local education authority) and pupils.
- Supply teachers and new staff are also made aware of the policy.
- All staff that have contact with pupils with asthma can access training annually.

2. Asthma Medicines

- Asthma inhalers come in a variety of colours, usually only blue inhalers will be seen in school.
- Immediate access to reliever (blue) inhaler eg, Salbutamol is essential.
- Pupils with asthma are encouraged to carry their reliever (blue) inhaler as soon as they are mature enough.
- Parents/carers are asked to ensure that the school is provided with a labelled spare reliever (blue) inhaler. All inhalers must be labelled with the child's name by the parent/carer.
- Parents / carers are responsible for ensuring that their child's inhaler is in date and are welcomed into school to check this.



3. 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 admission form/ updating health form.
- Asthma UK recommend each pupil with asthma receive from school a *School Asthma Card* to be completed by their doctor or asthma nurse and returned to the school. From this information the school keeps its asthma register, which is available to all school staff. In the absence of this it is the parents responsibility to keep the school informed and up to date with any medical developments.

4. Exercise and activity – PE/Games

- Exercise is one asthma trigger to be managed not avoided.
- Pupils with asthma are encouraged to participate fully in all PE lessons.
- If exercise and physical activity makes a pupil's asthma worse, always ensure that they use their reliever inhaler (usually blue) immediately before they warm up.
- Always make sure they have their reliever inhaler with them.

5. School Environment

- The school does all that it can to ensure the school environment is favourable to pupils with asthma by being aware of potential triggers, eg, furry or feathery animals, some chemicals in science and art lessons.

6. Asthma attacks

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



Common Signs of an Asthma Attack

- Coughing
- Shortness of breath
- Wheezing
- Feeling tight in the chest
- Being unusually quiet
- Difficulty speaking in full sentences
- Tummy ache (sometimes in younger children)

These signs may not all be present

- In the event of an asthma attack the school follows the procedure outlined by Asthma UK in its *School Asthma Pack* available from www.asthma.org.uk



7. WHAT TO DO IN AN ASTHMA ATTACK

- Keep calm.
- Encourage the child / young person to take their reliever inhaler (blue) immediately (2 -10 puffs)
- Encourage the child or young person to sit up and slightly forward. Ensure tight clothing is loosened.
- Reassure the child.

If there is no immediate improvement or if

- The child or young person's symptoms do not improve.
- The child or young person is too breathless or exhausted to talk.
- The child or young person's lips are blue.
- You are in doubt.

CALL 999 or a Doctor urgently and

- Continue to make sure the child or young person takes one puff of reliever inhaler every minute until help arrives or their symptoms improve.
- Ref: www.asthma.org.uk 'Asthma Awareness for School Staff'

'Emergency care pack Asthma UK' Aug 2007
British Thoracic Guidelines (BTS)



Important Things to Remember in an Asthma Attack

- Never leave a pupil having an asthma attack.
- If the pupil does not have their inhaler and/or spacer with them, send another teacher or pupil to get their spare inhaler/ spacer.
- In an emergency situation school staff are required under common law, duty of care, to act like any responsible parent.
- Reliever medicine is very safe. During an asthma attack do not worry about a pupil overdosing.
- Send another pupil/adult to get another teacher/adult if an ambulance needs to be called.
- Contact the pupil's parents or carers immediately after calling the ambulance/doctor.
- A member of staff should always accompany a pupil taken to hospital by ambulance and stay with them until their parent or carer arrives.
- Generally staff should not take pupils to hospital in their own car. However, in some situations it may be the best course of action.
- Another adult should always accompany anyone driving a pupil having an asthma attack to emergency services.

After a Minor Asthma Attack

- Minor attacks should not interrupt the involvement of a pupil with asthma in school.
- When the pupil feels better they can return to school activities.
- The parents/carers must always be told if their child has had an asthma attack.