



Title:	Asthma Policy
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EQUALITY AND DIVERSITY STATEMENT

Astley Park School is committed to the fair treatment of all in line with the Equality Act 2010. An equality impact assessment has been completed on this policy to ensure that it can be implemented consistently regardless of any protected characteristics, and all will be treated with dignity and respect.

POLICY REVIEW

To ensure that this policy is relevant and up to date, comments and suggestions for additions or amendments are sought from users of this document. To contribute towards the process of review, please contact the author of the policy.

ASTHMA POLICY

Asthma is the most common chronic childhood condition, affecting 1 in 11 children. Whilst asthma deaths are thankfully rare, children with poorly controlled or severe asthma are more likely to miss school, with research studies suggesting asthma is responsible for 18% of school absences.

Having asthma can affect a pupil's schooling and learning. They may need to be supported to help them manage their asthma and prevent missing time engaging in the school day. Having appropriate asthma care is important for the pupil to ensure their immediate safety, long-term wellbeing, and optimal academic performance.

Schools already have a legal duty to look after children with medical conditions and ensure children and young people at school with medical conditions are supported so they have full access to education, including school trips and physical education.

This duty is set out in the following documents:

Children, Schools and Families Act 2010

Children and Families Act 2014

Supporting pupils with medical conditions at school

**Guidance on the use of emergency salbutamol inhalers in schools
March 2015**

At Astley Park School, we recognise that asthma is a widespread, serious, but controllable condition. We welcome all pupils with asthma and aim to support these children and young people in participating fully in school life.

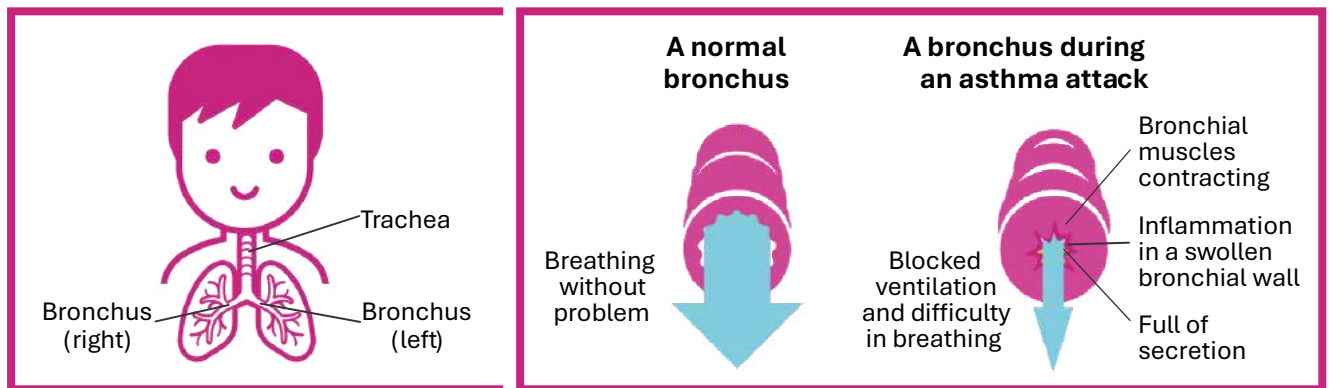
We endeavour to do this by ensuring:

- We have an up-to-date asthma register, which is regularly reviewed.
- We have up-to-date asthma policy, which is regularly reviewed.
- We have a named asthma lead - Michelle Miller.
- All pupils with asthma have immediate access to their reliever inhaler at all times.
- All pupils with asthma have an up-to-date asthma action plan, which is reviewed at least annually.
- We have an emergency salbutamol inhaler and spacer, located in the Reprographics Corridor.
- All staff have regular asthma training.

What is asthma?

Asthma is a condition that affects small tubes (airways) that carry air in and out of the lungs. When a child with asthma is exposed to something that irritates their airways (an asthma trigger), the muscles around the walls of the airways tighten so that the airways become narrow and inflamed. Sticky mucus or phlegm also builds

up, which can further narrow the airways. These reactions make it difficult to breathe, leading to symptoms of asthma.



The most common day-to-day symptoms of asthma are:

- Dry cough
- Wheeze (a 'whistle' heard on breathing out) often when exercising
- Shortness of breath when exposed to a trigger or exercising
- Tight chest
- Tummy ache in younger children

Common asthma triggers include:

- Exercise
- Colds and viruses
- Pollution
- Mould
- Allergies such as pollen, animal fur, dust
- Cigarette smoke
- Chemicals
- Cleaning products
- Stress

Asthma Register

Michelle Miller, our Asthma Champion, is responsible for ensuring that we have a register of pupils in school who have asthma. This is updated annually, or as and when a pupil with asthma leaves or joins the school.

It is the responsibility of parents/carers to inform the school if/when their child is diagnosed with asthma or has been prescribed a reliever inhaler so that they can be added to the register. Parents/carers should provide school with a copy of their child's Personalised Asthma Action Plan (PAAP) which they should receive from the GP or Asthma Nurse supporting their child. Parents/carers should also ensure that the reliever inhaler is sent into school, and that it is in date and not empty.

Parents/carers will be informed of this responsibility as part of our induction processes when their child joins the school.

Pupils who are registered in school with asthma should have a:

- Personalised Asthma Action Plan (PAAP)
- Individual Healthcare Plan
- Their reliever inhaler and spacer in school or Maintenance and Reliever Therapy (MART).
- Consent from their parent/carer to use an emergency inhaler if required, if their own is lost, broken, out of date, or empty.

Asthma Champion

Michelle Miller, our Asthma Champion, holds responsibility for updating the asthma policy and ensuring that measures are in place so that pupils have immediate access to their inhalers.

The Asthma Champion will also communicate to parents/carers regarding their child's Individual Healthcare Plan and any deterioration in their child's condition whilst at school (this may be delegated to other members of staff where appropriate).

The Asthma Champion is responsible for ensuring that regular training is provided to staff, training records are maintained, and that the policy remains up to date and is regularly reviewed.

Designated First Aiders

Our designated first aiders, Dawn Mahood, Elizabeth McGowan and Andrea Hand, are responsible for managing the emergency salbutamol inhalers and spacers (as per the Department of Health Guidance on the use of emergency salbutamol inhalers in schools, March 2015).

Medication

Asthma medication supplied by parents or carers for the pupil's use in school must be labelled with the pupil's name, prescriber's instructions for administration, including dose and frequency, and the medicine expiry date. Parents/carers must also complete the school's medicines consent form.

All pupils with asthma must have immediate access to their reliever (usually blue) inhaler and spacer. The reliever inhaler is a fast-acting medication that opens up the airways and makes it easier for the child to breathe.

We encourage all pupils to carry and administer their own inhaler when their parents and health care provider determine they are able to start taking responsibility for their condition. However, we will always continue to provide support to those pupils where needed as many children have poor inhaler technique or are unable to take the inhaler themselves.

If we have any concerns over a pupil's ability to use their inhaler, we will advise parents or carers to arrange a review with their GP/nurse. Please refer to the medicines policy for further details about administering medicines.

Where pupils are unable to carry and administer their own inhaler, a member of staff in class will be responsible for ensuring they know the location of the medication, and it will always travel with the member of staff around school and in the community.

Medication and off-site visits and activities

Staff attending off site visits must be aware of any pupils on the visit with asthma, have brought their medication, and be trained what to do in an emergency.

Some pupils will also have a preventer inhaler, which is usually taken morning and night, as prescribed by the doctor or nurse. This medication needs to be taken regularly for maximum benefit. Pupils should not need to bring their preventer inhaler to school as it should be taken regularly as prescribed by their doctor/nurse at home. If the pupil is going on a residential trip, we are aware that they will need to take the inhaler with them so they can continue taking their inhaler as prescribed.

Recognising an asthma attack

Staff are trained to recognise an asthma attack and know how to respond.

Asthma can sometimes get worse for a short time – this is known as an asthma attack. It can happen suddenly, or gradually over a few days.

The most common symptoms of an asthma attack are:

- Wheezing (a whistling sound when breathing)
- Breathlessness
- A tight chest
- Coughing
- Tummy or chest ache – be aware that younger children often complain of tummy ache when it is their chest causing them discomfort
- May not be able to talk in full sentences
- Lethargic

Treatments for asthma

Asthma is usually treated using an inhaler.

The main asthma treatments are:

- Reliever inhalers – used when needed to quickly relieve asthma symptoms for a short time.
- Preventer inhalers – used every day to prevent asthma symptoms happening
- Maintenance and Reliever Therapy (MART) inhalers – this is a combination inhaler of preventer and reliever medication
- Tablets

Emergency Medications

As a school we are aware of the guidance 'The use of emergency salbutamol inhalers in schools from the Department of Health' (March, 2015) which gives guidance on the use of emergency salbutamol inhalers in schools.

As a school we have purchased salbutamol inhalers and spacers from community pharmacists without a prescription. Emergency reliever inhalers are readily available to identified pupils who require them at all times during the school day when they are on the school site. Where pupils are off site, and their reliever inhaler is damaged or empty, staff should dial 999 and state that a pupil with asthma is having an asthma attack and their reliever inhaler is unavailable.

Consent must be obtained from parents/carers for Emergency Inhaler use when the school is notified that a pupil has Asthma. Once consent is gained, we will use the Salbutamol Emergency Inhaler during the onset of breathing difficulties in the absence of the pupil's own inhaler or if the pupil cannot use their own inhaler on that occasion (such as a breath actuated inhaler). This will always be used with a spacer.

If the Emergency Inhaler is used, parents will be informed and the spacer will be disposed of. Replacement spacers will be ordered as required.

Our Asthma Champion will ensure that the name(s) of the pupils on the Asthma Register is stored with the Emergency Inhalers.

Our Designated First Aiders, Dawn Mahood, Elizabeth McGowan and Andrea Hand, will ensure that:

- On a weekly basis the inhaler and spacer are present and in working order, and the inhaler has a sufficient number of doses available. Records of these checks will be maintained.
- Replacement inhalers are obtained when expiry dates approach.
- Replacement spacers are obtained when the Emergency Inhaler has been used.
- Inhalers that have been used and need to be disposed of should be taken to a community pharmacy for safe disposal.

The emergency medication kit contains:

- A salbutamol metered dose inhaler
- At least two spacers compatible with the inhaler
- Instructions on using the inhaler and spacer
- Instructions on cleaning and storing the inhaler
- Manufacturers information
- A checklist of inhalers, identified by their batch number and expiry date, with monthly checks recorded
- A note of the arrangements for replacing the inhaler and spacers
- A list of pupils permitted to use the emergency inhaler

- A record of administration

We will ensure that the emergency salbutamol inhaler is only used by pupils who have asthma or who have been prescribed a reliever inhaler, and for whom written parental consent has been given.

Emergency inhalers will be taken outside in the event of a fire evacuation in school in case any pupils require these.

Personalised Asthma Action Plan

Asthma UK evidence shows that if someone with asthma uses a personalised asthma action plan, they are four times less likely to be admitted to hospital due to their asthma.

As a school, we recognise that having to attend hospital can cause stress for our pupils and their families. Therefore, we believe it is essential that all pupils with asthma have a personalised asthma action plan to ensure asthma is managed effectively within school to prevent hospital admissions.

A Personalised Asthma Action Plan (PAAP) is used to help them, and others know what to do to manage their Asthma and how to escalate care when their Asthma is worsening. A Personalised Asthma Action Plan should be completed by a healthcare professional in partnership with Children/Young People and their parents/carers. Children should have their PAAP's reviewed at their Annual Asthma Review, which usually happens at their GP practice. A copy of their PAAP should be given to school, by the child or young person's parent/carer, so staff are aware of each pupils needs. If a PAAP is not available a whole school action plan can be used.

Exercise and activity

Taking part in sports, games and activities is an essential part of school life for all pupils. All staff will know which pupils in their class have asthma.

Pupils with asthma are encouraged to participate fully in all activities. It is agreed with staff that pupils who are able to will carry their inhaler with them, and those who cannot will have their inhaler and spacer labelled and kept in a box or bag (non-plastic) at the site of the lesson. If a pupil needs to use their inhaler during a lesson, they will be encouraged to do so.

Training

All staff will receive training annually and the Asthma Champion will keep a record of which staff have been trained.

Policy

This policy will be reviewed annually by the Asthma Champion and Governors.