



Asthma Policy

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Section 1: School Asthma Policy

Background

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.

This school recognises that asthma is a widespread, serious but controllable condition affecting many pupils at the school. 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 who come into contact with pupils with asthma are provided with training on asthma from the school nurse who has had asthma training.

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 inhalers of younger children are kept in the classroom in an accessible location.

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 pupil's 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 at this school are happy to do this. School staff who agree to administer medicines are insured by the local education authority when acting in agreement with this policy. 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, parents/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 or asthma nurse to complete. Parents/carers are asked to return them to the school. From this information the school keeps its asthma register, which is available to all school staff. School Asthma Cards are then sent to parents/carers of children with asthma on an annual basis to update. Parents/carers are also asked 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 – PE and Games

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 and all PE teachers at the school are aware of which pupils have asthma from the school's asthma register.

Pupils with asthma are encouraged to participate fully in all PE lessons. PE 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. It is agreed with PE staff that each pupil's inhaler will be labelled and kept in a box at the site of the lesson. If a pupil needs to use their inhaler during a lesson they will be encouraged to do so.

Classroom teachers follow the same principles as described above for games and activities involving physical activity.

Out-of-Hours Sport

There has been a large emphasis in recent years on increasing the number of children and young people involved in exercise and sport in and outside of school. The health benefits of exercise are well documented and this is also true for children and young people with asthma. It is therefore important that the school involve pupils with asthma as much as possible in after school clubs.

PE teachers, classroom teachers and out-of-hours school sport coaches are aware of the potential triggers for pupils with asthma when exercising, tips to minimise these triggers and what to do in the event of an asthma attack. All staff and sports coaches are provided with training from the school nurse, who has had asthma training.

Out-of-School Activities, Trips and Outings

The school will consider asthma triggers when planning out-of-school activities and will ensure a trained member of staff is in attendance. Pupils must ensure they bring their correct inhaler, which must be labelled. Failure to do so will result in them not being allowed to attend.

School Environment

The school does all that it can to ensure the school environment is favourable to pupils with asthma. The school does not keep furry or feathery animals and has a definitive no-smoking policy. As far as possible the school does not use chemicals in science and art lessons that are potential triggers for pupils with asthma. Pupils with asthma are encouraged to leave the room and go and sit in the school office if particular fumes trigger their asthma.

Making the School Asthma-Friendly

The school ensures that all pupils understand asthma. Asthma can be included in the National Curriculum Key Stages 1 and 2.

When a Pupil is Falling Behind in Lessons

If a pupil is missing a lot of time at school or is always tired because their asthma is disturbing their sleep at night, the class teacher will initially talk to the parents/carers to work out how to prevent their child from falling behind. If appropriate, the teacher will then talk to the school nurse and special education needs coordinator about the pupil's needs.

The school recognises that it is possible for pupils with asthma to have special education needs due to their asthma.

Asthma Attacks

All 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 asthma attack the school follows the procedure outlined by Asthma UK in section 3 of the school asthma policy: What to do in an emergency.

Section 2: Roles and Responsibilities

Employers have a Responsibility to:

Ensure the health and safety of their employees (all staff) and anyone else on the premises or taking part in school activities (this includes pupils). This responsibility extends to those staff and others leading activities taking place off site, such as visits, outings or field trips.

Employers therefore have a responsibility to ensure that an appropriate asthma policy is in place. Make sure the asthma policy is effectively monitored and regularly updated

Report to parents/carers, pupils, school staff and local health authorities about the successes and failures of the policy

Provide indemnity for teachers who volunteer to administer medicine to pupils with asthma who need help.

Headteachers have a Responsibility to:

Plan an individually tailored school asthma policy with the help of school staff, school nurses, local education authority advice and the support of their employers

Plan the school's asthma policy in line with devolved national guidance

Liaise between interested parties – school staff, school nurses, parents/carers, governors, the school health service and pupils

Ensure the plan is put into action, with good communication of the policy to everyone

Ensure every aspect of the policy is maintained

Assess the training and development needs of staff and arrange for them to be met

Ensure all supply teachers and new staff know the school asthma policy

Regularly monitor the policy and how well it is working

Delegate a staff member to check the expiry date of spare reliever inhalers and maintain the school asthma register

Report back to their employers and their local education authority about the school asthma policy.

School Staff have a Responsibility to:

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 has had an asthma attack

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 the classroom

Ensure pupils who have been unwell catch up on missed school work

Be aware that a pupil may be tired because of night-time symptoms

Keep an eye out for pupils with asthma experiencing bullying

Liaise with parents/carers, the school nurse and special educational needs coordinators or

Learning Support & Special Educational Needs Department if a child is falling behind with their work because of their asthma.

PE Teachers have a Responsibility to:

Understand asthma and the impact it can have on pupils. Pupils with asthma should not be forced to take part in activity if they feel unwell. They should also not be excluded from activities that they wish to take part in if their asthma is well controlled

Ensure pupils have their reliever inhaler with them during activity or exercise and are allowed to take it when needed

If a pupil has asthma symptoms while exercising, allow them to stop, take their reliever inhaler and as soon as they feel better allow them to return to activity. (Most pupils with asthma should wait at least five minutes)

Remind pupils with asthma whose symptoms are triggered by exercise to use their reliever inhaler immediately before warming up

Ensure pupils with asthma always warm up and down thoroughly.

School Nurses have a Responsibility to:

Help plan/update the school asthma policy

If the school nurse has an asthma qualification it can be their responsibility to provide regular training for school staff in managing asthma

Provide information about where schools can get training if they are not able to provide specialist training themselves.

Individual Doctor/Asthma Nurses have a Responsibility to:

Complete the school asthma cards provided by parents/carers

Ensure the child or young person knows how to use their asthma inhaler (and spacer) effectively
Provide the school with information and advice if a child or young person in their care has severe asthma symptoms (with the consent of the child or young person and their parents/carers)
Offer the parents/carers of every child a written personal asthma action plan. Every young person should also be offered a written personal asthma action plan themselves.

Pupils have a Responsibility to:

Treat other pupils with and without asthma equally
Let any pupil having an asthma attack take their reliever inhaler (usually blue) and ensure a member of staff is called
Tell their parents/carers, teacher or PE teacher when they are not feeling well
Treat asthma medicines with respect
Know how to gain access to their medicine in an emergency
Know how to take their own asthma medicines.

Parents/Carers have a Responsibility to:

Tell the school if their child has asthma
Ensure the school has a complete and up-to-date school asthma card for their child
Inform the school about the medicines their child requires during school hours
Inform the school of any medicines the child requires while taking part in visits, outings or field trips and other out-of-school activities such as school team sports
Tell the school about any changes to their child's medicines, what they take and how much
Inform the school of any changes to their child's asthma (for example, if their symptoms are getting worse or they are sleeping badly due to their asthma)
Ensure their child's reliever inhaler (and spacer where relevant) is labelled with their name
Provide the school with a spare reliever inhaler labelled with their child's name
Ensure that their child's reliever inhaler and the spare is within its expiry date
Keep their child at home if they are not well enough to attend school
Ensure their child catches up on any school work they have missed
Ensure their child has regular asthma reviews with their doctor or asthma nurse (every six to 12 months).
Ensure their child has a written personal asthma action plan to help them manage their child's condition.

Section 3: What to Do In An Emergency

MEDICATION

Medication to treat the symptoms of asthma, come in the form of inhalers. Some children will have a 'preventer inhaler (brown),' these are children who have moderate to severe asthma. This type of inhaler is used daily to try and reduce the amount of 'asthma attacks.'

All children will have a 'reliever' (blue). Reliever inhalers work by relaxing the muscles surrounding the airways, therefore making breathing easier. Reliever inhalers are essential for treating children who have asthma during an 'attack'.

SYMPTOMS

The usual symptoms of asthma are coughing, wheezing, shortness of breath and tightness in the chest.

DURING AN ASTHMA ATTACK

- * Sit the child down and loosen any clothing.
- * Get them to take 2 puffs of their 'reliever inhaler' immediately.
- * If no improvement, ask them to continue to take 1 puff of the reliever inhaler every minute for 5 minutes.
- * Inform a member of the leadership/management team.
- * If symptoms do not improve or become worse get the office staff to call 999 and parents.
- * After an attack children should go home and rest for the day and visit the GP within 48 hours.

Policy updated September 2021

Parent/Carer Asthma Medication Permission Form

DETAILS OF PUPIL

Surname :

Forename:

M/F :

Date of Birth:

Class :

Address :

You Accept Responsibility To:

- Ensure your child has a written personal asthma action plan to help them manage their condition, including a completed and up-to-date school asthma card (see below; PDF version available from the Policies and Procedures section of our website).
- Inform the school of any changes to your child's medication.
- Inform the school of any changes to your child's asthma (for example, if their symptoms are getting worse or they are sleeping badly due to their asthma)
- Ensure your child's reliever inhaler (and spacer where relevant) is labelled with their name.
- Provide the school with a spare reliever inhaler labelled with their name.
- Ensure that their reliever inhaler and the spare is within its expiry date.
- Keep your child at home if they are not well enough to attend school
- Ensure your child has regular asthma reviews with their doctor or asthma nurse (every six to 12 months)

I understand that I must deliver the medication personally to the office and accept that this is a service which the school is not obliged to undertake.

CONTACT DETAILS

Name:

Relationship to pupil:

Address:

Daytime telephone number:

Signed:

Date:

School Asthma Card

To be filled in by the parent/carer

Child's name _____

Date of birth **D D D** _____

Address _____

Parent/carer's name _____

Telephone-home _____

Telephone-mobile _____

Email _____

Doctor/nurse's _____

name :
 Doctor/nurse's telephone _____

This card is for your child's school. **Review the card at least once a year and remember to update or exchange it for a new one if your child's treatment changes during the year.** Medicines and spacers should be clearly labelled with your child's name and kept in agreement with the school's policy.

Reliever treatment when needed

For shortness of breath, sudden tightness in the chest, wheeze or cough, help or allow my child to take the medicines below. After treatment and as soon as they feel better they can return to normal activity.

Medicine	Parent/carer's signature

If the school holds a central reliever inhaler and spacer for use in emergencies, I give permission for my child to use this.

Parent/carer's signature _____ Date _____

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Expiry dates of medicines

Medicine	Expiry	Date checked	Parent/carer's signature

Parent/carer's signature _____ Date _____

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What signs can indicate that your child is having an asthma attack?

Does your child tell you when he/she needs medicine?

Yes No

Does your child need help taking his/her asthma medicines?

Yes No

What are your child's triggers (things that make their asthma worse)?

- Pollen Stress
 Exercise Weather
 Cold/flu Air pollution

If other please list _____

Does your child need to take any other asthma medicines while in the school's care?

Yes No

If yes please describe

Medicine	How much and when taken

Date card checked

Date	Name	Job title	Signature/ Stamp

To be completed by the GP practice

What to do if a child is having an asthma attack

- 0 Help them sit up straight and keep calm.
- 0 Help them take one puff of their reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs.
- 9 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 anytime.
- 0 You can repeat step 2 if the ambulance is taking longer than 15 minutes.

Any asthma questions?



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(Monday - Friday, 9am - 5pm)

www.asthma.org.uk