

APPROVED BY:	SIGNED:	REVIEW DATE:
The Full Governing Body 30 November 2020		29 November 2022



STILTON CHURCH OF ENGLAND PRIMARY ACADEMY

Asthma Policy

Stilton Church of England Primary Academy

Policy Statement

Asthma



Pupil Identification

A register of pupils with asthma will be kept in the school Medical Information file, which will be kept in the School Office.

Each child will have an asthma care card completed by parents / carers giving information on triggers of attacks, signs of attack and medication. These cards will be sent home for updating at the start of each academic year.

In serious cases, care plans will be drawn up in consultation with parents/carers and the school nurse. These children will be discussed annually at health staff meetings. To ensure these pupils receive appropriate care.

Storage of Medication

The asthma care card must be signed by the parent/ carer, who then has the responsibility to ensure that inhalers are changed regularly and are clearly marked with the child's name, dosage and frequency of dose.

Children named on the register should have access to inhalers at all times. Children in the Foundation Stage and Key Stage One should keep their inhalers in the classroom; pupils in Key Stage Two should be responsible for carrying their own inhalers in school.

Inhalers should be marked clearly and be accessible at break times: medication for asthmatic pupils should not be locked away.

Training and Procedure

Most children are able to lead a normal life by managing their asthma, and are aware of situations which could lead to an asthma attack. However, teachers need to be fully informed and able to cope with this potentially fatal disease.

All staff will receive training from the School Nurse Service annually. The training will cover what is asthma, signs to look for and what to do in an emergency. The

following is a checklist of actions for teachers to follow if a pupil has an asthma attack whilst in their care.

What To Do in the Event of an Asthma Attack

Signs: coughing, short of breath, wheezy breathing, unusually quiet, tightness of chest – some children call this tummy ache.

SERIOUS IF: not responding to inhaler, difficulty speaking, symptoms worsening, lips blue.

Sit the child up and ensure any tight clothing is loosened. Stay calm and offer reassurance. Listen to what the pupil is saying and to what s/he wants. Do not try to comfort the child by putting an arm, or hand around the shoulder as this can restrict breathing.

1 Help the pupil to take their inhaler +spacer.

- a. Shake inhaler
- b. Push into spacer
- c. Place in child's mouth, press inhaler once, child breathes in and out 5 times

Repeat steps a – c

Sit child and stay calm

Encourage child to take slow steady breaths

Do not leave child unattended.

2 Symptoms improved immediately?

	NO	YES
3	Continue to give 2 puffs of inhaler every 2 minutes. 10 puffs maximum.	Return to activities when completely well. Record event and medication given. Inform parents.
4	No improvement and /or you are worried, child too breathless to talk, blue lips. Call 999 and contact parent/carer. Record event and medication given.	
5	If no ambulance arrives in 10 minutes repeat step c. Always accompany child to hospital in ambulance. Record event and medication given.	

P.E.

Exercise is a common trigger for an asthma attack, but this should not be the reason for children not to participate in P.E. or games. Prolonged spells of exercise are more likely than short spells to induce asthma attacks. During P.E., all teachers should be particularly aware of pupils with asthma when working outside on cold, dry days, or when there is a strong wind. This also applies to playtime and lunchtime.

Asthmatic pupils are commonly allergic to grass pollen, so this should be considered, especially during the summer months. Swimming is a good form of exercise for asthmatic pupils, who are unlikely to suffer an attack unless the water is very cold, or heavily chlorinated. Teachers should become aware of competitive situations when pupils with asthma may over exert themselves.

Technology

Teachers should be particularly aware of asthma sufferers during activities which produce dust and fumes, for instance glue, paint, varnish. In food technology allergic reactions to foods such as milk, and eggs are possible, although rare.

Science

Particular care needs to be taken in the production of irritant gases and when burning materials. The issues relating to exercise apply in situations such as investigating the effect of exercise and pulse rate or measuring the output of the body. During field trips in science and other subjects, grass and pollen can present difficulties for asthmatic pupils.

Further information can be obtained from:

Asthma UK advice line: 0300 222 5800 Mon – Fri 9am – 5pm

Asthma UK website: www.asthma.org.uk

School Nursing Desk:

telephone: 0300 029 5050

email: ccs.cambs.hcp.schoolnursingdutydesk@nhs.net