

Asthma Policy

This policy should be read in conjunction with the School's Medication Policy

Rationale:

The Moat Primary School recognises that asthma is a widespread, serious but controllable condition. The school ensures that all staff are trained every two years in order to support the child with asthma and what to do in the event of an asthma attack occurring so that the pupil can participate fully in all aspects of school life, including PE, trips and after school activities. This policy has been written with advice from Asthma UK. The school will ensure the plan is put into action, with communication to all stakeholders. The school will monitor and review the policy every two years.



School Environment

The school seeks to ensure the school environment is favourable to pupils with asthma. The school has a definitive no-smoking policy. The school refrains from using known chemicals that may trigger asthma.

Responsibility of Staff:

- Recognise that pupils with asthma need immediate access to reliever inhalers and spacers at all times
- Ensure they call a senior member of staff or First Aider, if they are unsure of what to do.
- Keep a record of pupils with asthma and the medication taken.
- Work in partnership with interested parties including EA/ Trust, school nurses, parents/carers, doctors
- Watch out for the pupil using copious amounts of the **blue inhaler** (reliever) who may need to be taking more of their **brown inhaler** (preventer). Teachers should inform parents.
- Meet with parents where a pupil is missing school or is always tired because their asthma is disturbing sleep at night. If appropriate, contact the school nurse and Principal.

Responsibility of Parents

When the pupil joins school, parents indicate any medical conditions (including asthma) on the data capture form. Parents send an inhaler and spacer to be kept in school (Pupils in P1-3). Pupils in P4-7 keep one in their schoolbags at all times. Parents are reminded about this at least twice a year in monthly newsletters. Parents **MUST** keep school notified of any changes to medication or asthma triggers.

Recordkeeping

A list of all medical needs is compiled by Mrs Ritchie. Teachers are informed of pupils with asthma. A form is kept in the office of medicines administered to pupils (see Medication Policy).

Use of Medication (Inhalers)

Immediate access to reliever medication is essential. Pupils with asthma are encouraged to have their blue reliever inhaler in school at all times.

Years 1-3: Parents are asked to ensure that the school is provided with a labelled reliever inhaler at the beginning of the year. These are stored in the child's classroom and taken to PE lessons and on trips.

Years 4-7: Pupils are encouraged to have their own inhaler/spacer in their school bag and are reminded to take them to PE lessons and on trips. All inhalers are sent home at the end of the school year.

PE/ Games/ Trips/ After Schools Activities

Taking part in sports, activities and trips is an essential part of school life. Teachers remind pupils (especially those where asthma is triggered by exercise) to take their reliever inhaler before the lesson, and to thoroughly warm up and cool down before and after the lesson. Pupils can bring their inhalers to the PE lesson. Teachers bring inhalers on trips for pupils in P1-3; P4-7 carry their own inhalers.

In the Event of an Asthma Attack

Asthma attacks rarely happen out of the blue. For around 80 per cent of people, asthma symptoms get gradually worse for a few days or more before an asthma attack.

The school follows the procedure outlined by Asthma UK. This procedure is visibly displayed **in the staffroom** inside the First Aid Cupboard and on the staff noticeboard.

The Child with an Asthma Attack

Recognising an Asthma Attack

• The blue inhaler isn't helping	• Breathing hard and fast	• Coughing or wheezing a lot
• Can't walk or talk easily	• They may also complain of a tummy ache	

Always call 999 immediately if you don't have a reliever inhaler with you.

STEPS TO FOLLOW

1. **SIT** the child on a chair. **LOOSEN** clothing around the neck. Remain **COOL, CALM** and **COLLECTED**.

Listen to what the child is saying. Is he/she able to finish a sentence?

2. **Take 1 puff** of **BLUE** inhaler or **INHALER & SPACER** (*placed over nose and mouth*) every 30-60 seconds up to a **maximum of 10 puffs**. (*Shake inhaler before each puff*)

3. **CALL 999 and PARENTS**

a) If the symptoms get worse while using the inhaler- this could be a cough, breathlessness, wheeze, tight chest or they say they have a tummy ache

b) They don't feel better after 10 puffs

c) You are worried at any time, even if they haven't had 10 puffs

4. **Repeat 2 above** if the ambulance is taking longer than 15 minutes. Always reassure and remain calm.

If the child didn't need to go to hospital, inform the parent and ask that they bring their child to the GP or asthma nurse that same day.