

Asthma Policy

This school:-

- Welcomes all pupils with asthma
- Will encourage and help children with asthma to participate in all aspects of school life
- Recognises that asthma is an important condition affecting many school children
- Recognises that immediate access to inhalers is vital
- Will do all it can to make sure that the school environment is favourable to children with asthma
- Will ensure that other children understand asthma so that they can support their friends, and so that children with asthma can avoid the stigma sometimes attached to this chronic condition
- Staff to have training and have an understanding of what to do in the event of a child having an asthma attack
- Will work in partnership with parents, school governors, health professionals, school staff and children to ensure the successful implementation of a school asthma policy.

Trigger factors which may cause an Asthma attack

- Exercise
- Colds and viral infections
- Damp, cold air
- Sudden changes in temperature
- Stress/anxiety
- Pollens/spores/moulds
- Chemicals
- House dust mite
- Dust and fumes
- Smoking (passive & active)

Management of Asthma in schools

Treatment of Asthma

Most children with asthma will use a combination of inhalers to keep their symptoms under control:

- **Preventer:** Usually in brown/orange devices, they need to be used regularly twice a day to gain control of symptoms. They take up to 10 days to be effective and therefore are of no benefit in the event of an attack for the immediate relief of symptoms. These inhalers would not normally be brought into school as they would usually be used in the home situation before and after the school day.
- **Relievers:** Usually in blue devices. These begin to work immediately and should last for up to 4 hours. However if a child needs to use it more frequently they should be allowed to do so, but it is important to let parents know. These inhalers are very important and should always be in school and immediately accessible to the child. Children under 10 should have been prescribed a spacer device by their GPs to accompany their reliever. Parents should be asked to provide a spacer device if the child brings a reliever to school.
- Any queries about inhalers or spacer devices can be answered by your School Nurse.

Recognising an Asthma Attack

During an asthma attack a child may:

- Have a persistent cough which does not settle
- Have noisy breathing (wheeze)
- Have difficulty breathing
- Have difficulty talking

In the event of a severe asthma attack always call for an ambulance if:

- There is no significant improvement in the child's condition 5-10 minutes after using their inhaler
- The child is distressed and gasping for breath
- The child has difficulty in speaking more than a few words at a time
- The child is showing signs of fatigue or exhaustion
- The child is pale, sweaty and blue around the lips
- The child is exhibiting a reduced level of consciousness
- There are any doubts about the child's condition

Whilst waiting for the Ambulance to arrive

- The child should, where possible, be given **10** individual puffs in a row from the Blue inhaler through the spacer device, if provided

(if more than 10 individual puffs are taken, the worst that will happen is that the child will feel very shaky, which will wear off after a short time)

- Ensure the child's next-of-kin is contacted