



ASTHMA POLICY

1 RATIONALE

- 1.1 This policy outlines Redland Green School's general statement of commitment to ensuring students who have asthma are supported in school.
- 1.2 In this policy Redland Green School means the 11-16 years students component plus the North Bristol Post 16 Centre within Redland Green School. Redland Green School is an Academy; Claremont School (secondary level) is co-located on the campus, and is a Local Authority (LA) maintained school with its own management and administration of medicines policies and procedures.

2 INTRODUCTION

- 2.1 Students with asthma are welcome in Redland Green School. The school encourages them to take a full part in all activities. Asthma is a common condition, but its severity varies considerably. People can be affected to greater and lesser degrees. For any one individual the occurrence of the condition can be episodic. This means that children can be well for long periods of time and then have sudden acute and at times severe relapses.
- 2.2 The major principle underlying this policy is immediate access for all children to reliever medication. Therefore, every asthmatic child should carry their own inhaler, both in school, during PE activities (on-site and off-site) and on school trips.
- 2.3 Inhalers and spacer devices should have the children's names clearly marked on them.
- 2.4 In the event of an inhaler being lost parents are asked to bring in a spare which will have the child's name clearly marked.
- 2.5 **This policy refers only to relievers.**

3 AIMS

- 3.1 All teaching and support staff are asthma aware and receive training.
- 3.2 All students with asthma who have provided us with an inhaler have access to their emergency relief inhaler.
- 3.3 Records are kept of the students with asthma.
- 3.4 Parents are encouraged to communicate between home and school.

4 ROLES & RESPONSIBILITIES

4.1 THE PARENT'S RESPONSIBILITY

- Notify the school if their child has asthma
- Read the policy, sign and return the Parent Asthma Agreement (Appendix 2)
- Inform the school if there are any changes in their child's asthma or medication
- Provide a spare in date relief inhaler to be kept in the medical room (if this is deemed necessary)

- Ensure any preventer inhalers (*inhaled steroids, as opposed to relief inhalers*) will be administered at home. Preventer inhalers will not be accepted in school

4.2 **THE STAFF'S RESPONSIBILITY**

- Understand the symptoms of an asthma attack and know what to do (Appendix 1)
- Be able to identify the students in their class who are asthmatic
- Check that asthmatic students have emergency relief inhalers when going off-site
- Ensure spare inhalers provided by parents are easily accessible
- Support students to take their inhaler in an emergency

4.3 **THE STUDENT'S RESPONSIBILITY**

- Understand their personal triggers and symptoms and know what to do should they experience an asthma attack (Appendix 1)
- Be responsible for carrying their own emergency relief inhaler at ALL times
- Be responsible for returning their spare inhaler to the medical room
- Take their PREVENTER INHALER in the morning and/or evening where prescribed

5 **EXERCISE & ACTIVITY**

- 5.1 We encourage all students to take part in sport and other in school and enrichment activities.
- 5.2 PE teachers, supply staff and sports coaches will be aware of students with asthma in their group.
- 5.3 All students **MUST** bring their emergency relief inhalers with them to any enrichment activity in order to take part. Spare ones are also kept in the medical room.
- 5.4 Students with exercise triggered asthma should take their inhaler 10 minutes prior to exercise and all students will be encouraged to warm up and down thoroughly.
- 5.5 Students with symptoms who need to use their inhaler will be allowed to re-join the group as soon as they have recovered.

6 **ATTENDANCE**

- 6.1 If it is thought that asthma may be affecting the student's academic progress or attendance then the parent will be asked to attend an asthma review appointment at the GP surgery.
- 6.2 The school may also ask for the advice and support of the School Health Nurse and the Asthma Clinical Specialist.

7 **TYPES OF TREATMENT**

- 7.1 There are two types of treatment for asthma:

'RELIEVERS'

Every child with asthma should have access to a reliever in school. The reliever inhaler is commonly blue, but may come in different colours, and they come in different shapes and sizes. It is the parents' responsibility to provide the correct reliever inhaler. These treatments give immediate relief and are called bronchodilators because they cause the narrowed air passages to open up by relaxing the airway muscle. They do not however reduce the inflammation.

'PREVENTERS'

Preventers are a group of treatment that are designed to prevent the narrowing and inflammation of the airway passages. The ultimate objective is to reduce asthma attacks of any kind. These medicines should be taken regularly usually morning and evening. There is therefore no indication for them to come to school with the child.

7.2 Even if they are taken during an attack, they will not have an immediate effect.

Agreed by Staff	Agreed by Pupils	Agreed by Governors	Review Schedule	Date Reviewed	Date Reviewed	Date Reviewed	Date Reviewed
13 APR 2015	13 APR 2015		3 YEARS				
Date Reviewed	Date Reviewed	Date Reviewed	Date Reviewed	Date Reviewed	Date Reviewed	Date Reviewed	Date Reviewed

APPENDIX 1 – WHAT TO DO IN THE EVENT OF AN ASTHMA ATTACK

Students – what to do in the event of an asthma attack

The following guidelines are the recommended steps to follow in an asthma attack:

- Take one to two puffs of your reliever inhaler (usually blue), immediately
- Sit down and try to take slow, steady breaths
- If you do not start to feel better, take two puffs of your reliever inhaler (one puff at a time) every two minutes. You can take up to ten puffs
- If you do not feel better after taking your inhaler as above, or if you are worried at any time, call 999
- If an ambulance does not arrive within 10 minutes and you are still feeling unwell, repeat step 3 (take two puffs of your reliever inhaler (one puff at a time) every two minutes. You can take up to ten puffs

Staff – What to do if a student has an asthma attack

If an asthmatic student in your class becomes breathless or wheezy or starts to cough:

- Keep calm, it's treatable. If the treatment is given at an early stage the symptoms can be completely and immediately reversible
- Let the child sit in a position they find most comfortable. Many children find it most comfortable to sit forwards with their arms crossed on the table
- Ensure the child has 2 puffs of their usual reliever
- If the pupil has forgotten their reliever inhaler or their device is out of date or empty then:
 - Give 2 puffs of the school reliever inhaler provided by the parents
 - **Stay with the child.** The reliever should work in 5 – 10 minutes
 - If the symptoms disappear, the pupil can return to the lesson as normal
- If symptoms have improved but not disappeared then:
 - Give 1 puff of the reliever inhaler every minute for 5 minutes
 - **Stay with the child**
- If the student's condition continues to deteriorate or:
 - The reliever has no effect after 5-10 minutes
 - The child is either distressed or unable to talk
 - The child is getting exhausted
 - You have any doubts about the child's condition
 - **Stay with the child**

STAY WITH THE CHILD

- 1) Call 999 or send someone else to call 999 immediately – Inform them the child is having a SEVERE ASTHMA ATTACK AND REQUIRES IMMEDIATE ATTENTION.
- 2) Using the child's reliever (and spacer device if available) give one puff into the spacer. Allow the child to breathe the medicine from the spacer. If the spacer device is an aero-chamber and it whistles ask the child to breathe more slowly and gently. After one minute give another puff and allow the child to breathe the medicine. Repeat at not more than one minute intervals until the ambulance arrives.

APPENDIX 2 – STUDENT & PARENT ASTHMA AGREEMENT

Student Name:

Mentor Group:

Student Agreement

- I have read the school asthma policy
- I will bring a named inhaler to school every day for use both at school, during PE activities (both on-site and off-site) and school trips
- I will take my reliever inhaler prior to physical activity if my condition is diagnosed as exercise induced
- I will take my preventer inhaler morning and evening at home where prescribed

Student Name:

Signed: Date:

Parent Agreement

- I have read the school asthma policy and, if required, agree to provide the school with an emergency relief inhaler and a spacer device (if used)
- I will inform the school immediately if there is any change to circumstances and medications prescribed
- I accept that school staff will, in an emergency, give help to my child according to the school asthma policy
- I will ensure that my child knows how to use their inhaler correctly
- I give permission for my child to use their inhaler as required and for school staff to help when necessary
- I will ensure that the spare inhaler is in date and will replace before expiry date is reached

Parent Name:

Signed: Date: