Kearsley West

Asthma Policy

Rationale

This school welcomes all pupils with asthma, recognising that asthma is a condition affecting many school children. We will encourage and help children with asthma to participate fully in all aspects of school life. There is nothing to stop children with asthma achieving their full potential

Asthma Attacks

Parents of children with asthma are required to provide a medically agreed asthma plan, supplied by their GP or asthma nurse. Staff will follow the asthma plan for individual children. If a member of staff gives a child their inhaler during the day they will complete an inhaler use form, this will be sent home to parents at the end of any day where an inhaler has been used.

If a pupil with asthma becomes breathless and wheezy or coughs continually school staff will take the following action:

1. Stay calm and reassure the child
2. Let the pupil sit down in the most comfortable position for them; do not make them lie down. They may want to hold your hand but do not put your arm around them as it is restrictive. Loosen tight clothing and offer a drink of water.
3. Keep a crowd away from them
4. Let the pupil use their reliever inhaler as appropriate
5. If the symptoms cease the pupil can go back to class after a short interval
6. If the symptoms have improved but not completely disappeared, continue to use inhaler as directed on asthma action plan.

IF THE RELIEVER INHALER HAS NO EFFECT (THE CHILD IS UNABLE TO TALK, IS DISTRESSED OR EXHAUSTED) THEN STAFF WILL TAKE THE FOLLOWING ACTION:

1. Contact an ambulance URGENTLY
2. Contact the parents/carer
3. Reliever medication may be given continually one puff at a time whilst waiting for the ambulance via a spacer if one is available.

STORAGE AND ADMINISTRATION OF INHALERS AND OTHER MEDICATION.

Storage and Monitoring

Inhalers are stored in the classroom in a box and are clearly marked with the child's name. Because of the coordination needed to use a spray inhaler, children under 12 years find it difficult to use without a spacer. Parents will be asked to provide a spacer if needed.

The use and dosage of inhaler medication is discussed with parents/carers when inhalers are first brought to school. Any concerns arising from monitoring will be brought to the attention of parents/carers by the Classteacher.

Inhalers will be returned to parents at the end of each year to be checked and replaced as necessary.
An emergency inhaler will be kept in the staffroom with two spacers. All children with asthma will be asked to complete a consent form for use of the emergency inhaler (see Appendix 1). Children using the

emergency inhaler will take a letter home informing their parents (Appendix 2), and also the spacer used to prevent cross infection. It is the duty of the class teacher to alert the medical lead so that a replacement spacer can be sought.

PE

Physical activity is encouraged for all children. If a child suffers from exercise induced asthma they may need to use their reliever inhaler/initial inhaler before they exercise. A member of staff will take reliever inhalers out to the field with, if applicable, a spacer device for emergency treatment (the school will follow advice from parents/carers). Children should be encouraged to warm up.

SCHOOL OUTINGS

In the event of a school visit or trip a member of staff will take the inhalers for children to use if required.

EDUCATION OF THE WHOLE SCHOOL COMMUNITY

All school staff, including teaching and non-teaching, are kept up to date on asthma management. A list of children with asthma is provided in class for supply teachers and temporary staff and the school asthma policy is available in school.

All children understand asthma and it is discussed as part of the Foundation stage and Key Stage 1 curriculum.

THE SCHOOL ENVIRONMENT

We do all we can to ensure the school environment is favourable to children with asthma. We do not keep furry or feathery pets and we have a no smoking policy. Winnie, the school dog, is hypoallergenic and therefore should not trigger any asthmatic reactions. As far as possible we do not use resources that are potential triggers for children with asthma.

Written by:
Jackie Fitton

Date 19.03.26

Review date: October 2028

Kearsley West Primary School

CONSENT FORM:
USE OF EMERGENCY SALBUTAMOL INHALER

Child showing symptoms of asthma / having asthma attack

1. I can confirm that my child has been diagnosed with asthma / has been prescribed an inhaler [delete as appropriate].

2. My child has a working, in-date inhaler, clearly labelled with their name, which they will bring with them to school every day.

3. In the event of my child displaying symptoms of asthma, and if their inhaler is not available or is unusable, I consent for my child to receive salbutamol from an emergency inhaler held by the school for such emergencies.

Signed:

Date: ……

Name (print)……

Child's name: ……

Class: ……

Parent's address and contact details:

……

……

……

Telephone: ……

E-mail:
……

Kearsley West

Asthma Policy

1 My every day asthma care

I need to take my preventer inhaler every day.

It is called:

.....

and its colour is:

.....

I take ..... puff/s of my preventer inhaler in the morning and ..... puff/s at night. I do this every day even if my asthma's OK

Other asthma medicines I take every day:

.....

My reliever inhaler helps when I have symptoms.

It is called:

.....

and its colour is:

.....

I take ..... puff/s of my reliever inhaler when I wheeze or cough, my chest hurts or it's hard to breathe.

If I need my reliever inhaler (usually blue) when I do sports or activity, I need to see my doctor or my asthma nurse.

2 My asthma is getting worse if...

- I wheeze, cough, my chest hurts, or it's hard to breathe **or**
- I need my reliever inhaler **(usually blue)** three or more times a week **or**
- I'm waking up at night because of my asthma (this is an important sign and I will book a next day appointment with my GP or nurse).

If my asthma gets worse, I will:

- Take my preventer medicines as normal
- And also take ..... puff/s of my reliever inhaler **(usually blue)** every four hours if needed
- See my doctor or nurse within 24 hours if I don't feel better.

URGENT!
If your reliever inhaler is not lasting four hours, you need to take emergency action now (see section 3)

Remember to use my spacer with my inhaler if I have one.
If I don't have one, I'll check with my doctor or nurse if it would help me.

Other things my doctor or nurse says I need to do if my asthma is getting worse (e.g. check my peak flow)

3 I'm having an asthma attack if...

- My reliever inhaler isn't helping or I need it more than every four hours **or**
- I can't talk, walk or eat easily **or**
- I'm finding it hard to breathe **or**
- I'm coughing or wheezing a lot or my chest is tight/hurts.

If I have an asthma attack I will:

1. Call for help. Sit up – don't lie down. Try to keep calm.
2. Take one puff of my reliever inhaler (with my spacer, if I have it) every 30 to 60 seconds, up to a total of 10 puffs.
3. If I don't have my reliever inhaler, or it's not helping, or if I am worried at any time, **call 999 for an ambulance**.
4. If the ambulance has not arrived after 10 minutes and my symptoms are not improving, repeat step 2.
5. If my symptoms are no better after repeating step 2, and the ambulance has still not arrived, **contact 999 again immediately.**

Even if I start to feel better, I don't want this to happen again, so I need to see my doctor or asthma nurse today.

My asthma triggers

List the things that make your asthma worse so you can try to avoid or treat them.

Always keep your reliever inhaler (usually blue) and your spacer with you. You might need them if your asthma gets worse.

Last reviewed and updated 2021; next review 2024.

Asthma and Lung UK, a charitable company limited by guarantee with company registration number 01863814, with registered charity number 326730 in England and Wales, SC038415 in Scotland, and 1177 in the Isle of Man

I will see my doctor or asthma nurse at least once a year (but more if I need to)

Date my asthma plan was updated:

Date of my next asthma review:

Doctor/asthma nurse contact details:

Parents and carers – get the most from your child's action plan

- Take a photo and keep it on your mobile (and your child's mobile if they have one)
- Stick a copy on your fridge door
- Share your child's action plan with their school

Learn more about what to do during an asthma attack **asthma.org.uk/child-asthma-attacks**

ASTHMA QUESTIONS?
Parents and carers ask our respiratory nurse specialists
Call **0300 222 5800**
WhatsApp **07378 606 728**
(Monday-Friday, 9am-5pm over 16 only)

ASTHMA+ LUNG UK

CHILD ASTHMA ACTION PLAN

Fill this in with your GP or nurse

Name and date: