



# NEWLAND SCHOOL FOR GIRLS

**Pride**   **Aspire**   **Excellence**

## SCHOOL ASTHMA POLICY

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**Name of School – Newland School for Girls**

**Name of Coordinator – Fiona Routh**

**Role of coordinator – Health & Child Protection Coordinator**

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## **Policy statement**

This policy has been written with advice from Asthma UK and the Department for Children, Schools and Families in addition to advice from healthcare and education professionals.

This school recognises that asthma and recurrent wheezing are important conditions affecting increasing numbers of school age children. This school welcomes pupils with asthma.

This school encourages all children to achieve their full potential in all aspects of life by having a clear policy and procedures that are understood by school staff, parents / carers and by pupils.

All staff who have contact with these children are given the opportunity to receive training from respiratory specialist nurses. Updates for training are offered at regular intervals and this school will ensure attendance by staff. This will take place at least every two years and more often if there are pupils within the school who have significant asthma symptoms, there are significant staff changes or there are significant changes to the management of asthma in children.

Developing and implementing an asthma policy is strongly recommended for all schools.

## **Indemnity**

School staff are not required to administer asthma medication to pupils except in an emergency. However, staff should be willing to assist with administering the inhaler at a set time when it has been recommended by an appropriate healthcare professional. School staff who agree to administer asthma medication are insured by relevant authorities when acting in agreement with this policy.

All school staff will allow pupils **immediate** access to their own asthma medication when they need it.

## **What is Asthma?**

Asthma is a common condition which affects the airways in the lungs. Symptoms occur in response to exposure to a trigger e.g. pollen, dust, smoke, exercise etc. These symptoms include cough, wheeze, chest tightness and breathlessness. Symptoms are usually easily reversible by use of a reliever inhaler but all staff must be aware that sufferers may experience an acute episode which will require rapid medical or hospital treatment.

## **Medication**

Only reliever inhalers should be kept in school. Usually these are blue in colour.

### **Immediate access to reliever inhaler is vital.**

Children aged 7 years and over who are considered sufficiently mature are encouraged to carry their own inhaler with them, at the discretion of the parent/carer and teacher. Otherwise the inhaler must be kept wherever the child is at any time e.g. class, hall, playground etc.

N.B. Inhalers should not be stored in the school office or similar as this will not allow quick enough access in an emergency.

As a guideline we would recommend that:

## **KEY STAGE 2, 3 and 4**

Pupils will carry their own inhalers with them at all times. Good practice indicates that a spare inhaler is kept in school by the teacher for use if the original runs out or is lost

**Children, who are able to identify the need to use their medication, should be allowed to do so, as and when they feel it is necessary.**

## **Record Keeping**

When a child with asthma joins this school, parents/carers will be asked to complete a form, giving details of the condition and the treatment required. Information from this form will be used to compile an "Asthma Register" which is available for all school staff. This register will be updated at least annually or more frequently if required using the information supplied by the parent/carer.

## **Physical Education**

Taking part in sports is an essential part of school life and important for health and well being and children with asthma are encouraged to participate fully.

Symptoms of asthma are often brought on by exercise and therefore, each child's labelled inhaler will be available at the site of the lesson.

Certain types of exercise are potent triggers for asthma e.g. cross country running and field activities. Any child who knows that an activity will induce symptoms will be encouraged to use their reliever inhaler prior to exercise, will carry it with them and will be encouraged to warm up prior to participating and cool down after. The inhaler must be readily available to the pupil throughout the P.E lesson/sports activity.

## **School Trips/Residential Visits**

No child will be denied the opportunity to take part in school trips/residential visits because of asthma, unless so advised by their GP or consultant.

The child's reliever inhaler will be readily available to them throughout the trip, being carried either by the child themselves or by the supervising adult in the case of Key Stage 1 children. For residential visits, staff will be trained in the use of regular controller treatments, as well as emergency management. It is the responsibility of the parent/carer to provide written information about all asthma medication required by their child for the duration of the trip. Parents must be responsible for ensuring an adequate supply of medication is provided.

Group leaders will have appropriate contact numbers with them.

## **Training.**

On a bi-annual basis, **all** staff will receive training on signs and symptoms of asthma and how to treat it.

## **Asthma Education for pupils**

It is recommended that all pupils should be educated about asthma. This could be through PSHE, drugs education, assemblies etc. Support for this may be available from your school nurse or the paediatric respiratory specialist nurse team.

## **Concerns**

If a member of staff has concerns about the progress of a child with asthma, which they feel may be related to poor symptom control, they will be encouraged to discuss this with the parent/carer and/or school nurse.

## **Storage of Inhalers**

The following good practice guidelines for the storage of inhalers will be followed:

1. Inhalers will **NEVER** be locked away or kept in the school office.
2. All children with asthma will have rapid access to their inhalers as soon as they need them
3. Devices will always be taken with the child when moving out of the classroom for lessons, trips or activities.
4. Staff will be aware of the location of all emergency inhalers and spacers (if the school have them).

## **N.B.**

**In the unlikely event of another pupil using someone else's blue inhaler there is little chance of harm. The drug in reliever inhalers is very safe and overdose is very unlikely.**

## **Colds/ Viruses**

When a child has a cold it is sometimes necessary for him/her to use their regular reliever inhaler for a few days. Therefore a parent/carer may ask you to administer the blue inhaler every lunchtime for approximately 1 week. The number of puffs will be advised by the parent/carer but may be anything between 4 and 8 puffs.

This does not replace using the inhaler as and when needed – it is in addition to this.

Children should not be taking their reliever inhaler every break/lunch time ‘just in case’ of symptoms. This is not a recommended practice.

However, if a parent requests this, the school should administer the dose as requested and ask the parent to seek written clarification from their GP/Practice Nurse regarding this.

## **Emergency Procedures**

A flow chart is issued with this policy outlining the action to be taken in an emergency. Good practice suggests that copies are printed and displayed in the school office, staff room and relevant locations including classrooms where a pupil is known to have severe asthma.

## **Emergency Inhalers**

There are 2 ways to obtain emergency inhalers for the school.

Inhalers and spacers can be purchased by the school for emergency use as recommended in *Guidance on the use of emergency salbutamol inhalers in schools (DoH September 2014)*. See appendix 1 at end of policy for a sample letter.

In Hull and East Yorkshire schools, the local charity (Reg charity No. 1164031 ) Breathe for Cameron raise funds to supply, free of charge, inhalers and spacers for emergency use in schools. These can be obtained by emailing the charity at:  
info@breathecharity.org.uk

In an **emergency**, where a child, who is a **known asthmatic and on the school asthma register is experiencing significant symptoms** and has not got their own blue inhaler with them or it is found to be empty, broken or out of date, it is acceptable to use the schools emergency inhaler and spacer (if one is available within the school). Emergency inhalers will be kept in appropriate locations on the school site, where staff can access one with ease and will be used as per the asthma flow chart.

If the school has not subscribed to having an emergency inhaler, then, in a situation where a child who is on the asthma register, is having severe symptoms, it is acceptable to borrow a reliever inhaler and spacer from another child.

This should then be recorded in the child's records and parent/carer informed.

## **Cleaning of the emergency inhaler and spacer**

Following use, the spacer should be cleaned by either:

a). Putting it into a dishwasher if available and leaving it to dry thoroughly before putting it away

or

b) Washing it thoroughly in hot soapy water and leaving it to air dry thoroughly before putting away.

The casing of the inhaler can also be cleaned by removing the aerosol from the casing, wash and dry the casing and lid thoroughly before replacing the aerosol. Spray to check the inhaler is working effectively and replace the lid.



# **Responsibilities**

## **Parents/Carers have a responsibility to:**

- Tell the school that their child has asthma.
- Ensure the school has complete and up to date information regarding their child's condition.
- Inform the school about the medicines their child requires during school hours.
- Inform the school of any medicines their child requires while taking part in visits, outings or field trips and other out of school activities.
- Inform the school of any changes to their child's medication.
- Inform the school if their child is or has been unwell which may affect the symptoms e.g. symptoms worsening or sleep disturbances due to symptoms.
- Ensure their child's inhaler (and spacer where relevant) is labelled with their child's name.
- Provide the school with a spare inhaler labelled with their child's name.
- Regularly check the inhalers kept in school to ensure there is an adequate amount of medicine available and that it is in date.
- Provide appropriate clothing for cold weather, in particular a scarf.

## **All school staff (teaching and non-teaching) have a responsibility to:**

- Understand the school asthma policy.
- Know which pupils they come into contact with have asthma.
- Know what to do in an asthma attack.
- Allow pupils with asthma immediate access to their reliever inhaler.
- Inform parents/carers if a child has had an asthma attack.
- Inform parents if they become aware of a child using more reliever inhaler than usual.
- Ensure inhalers are taken on external trips/outings.
- Be aware that a child may be more tired due to night time symptoms.
- Liaise with parents/carers, school nurse, SENCO, etc. if a child is falling behind with their work because of asthma

# Signs of Asthma Attack

## Signs & Symptoms

Cough  
Wheezing  
Tight Chest  
Shortness of Breath  
Tummy ache (younger child)

## Signs of Asthma Attack

**NB Not all symptoms need to be present for a child to be having an asthma attack**

↓  
Administer 2 puffs of **blue Reliever** medication

STAY CALM

**NEVER LEAVE A CHILD UNATTENDED**

↓  
After 4-5 minutes

↙  
Improved

If, at any stage, the symptoms appear to be worsening i.e. more breathless, difficulty in speaking, more distressed, change of skin colour **dial 999** for an ambulance immediately. Continue to use the **blue inhaler** whilst waiting for help.

↘  
No Improvement

↓  
Return to normal activities

↓  
Administer up to a further 8 puffs of **blue reliever** medication (through spacer device) giving 1 puff every minute

↙  
Improved

↓  
No Improvement/  
Difficulty Talking/ Obvious Distress/Pale Skin/Dusky/  
Collapse  
**DIAL 999 IMMEDIATELY**

↓  
Document episode in child's medical record.  
Dose may be repeated if symptoms return.  
Inform parent/carer at end of day.

↓  
Contact Parent/Carer

↓  
Remain with child reassure and keep calm. If the ambulance takes over 15 mins to arrive then administer a further 10 puffs of reliever inhaler via the spacer as above

Further Information can be obtained from:

**Asthma UK**

www.asthma.org.uk

**Paediatric Respiratory Specialist Nurse Team**

The Craven Building

Hull Royal Infirmary

Anlaby Road

Hull

HU3 2JZ

Tel: 01482 675544

Mobile: 07964686783

Email: [daryl.perkins@hey.nhs.uk](mailto:daryl.perkins@hey.nhs.uk)

## APPENDIX 1

### Sample Letter

Newland School for Girls  
Copttingham Road  
Hull  
HU6 7RU

Boots the Chemist  
Newland Avenue  
Hull

Dear Pharmacist

Please can I place an order for the following items to be used as emergency treatment in the management of asthma as per School Asthma Policy January 2017 and in line with: *Guidance on the use of emergency salbutamol inhalers in schools (DoH September 2014)*.

Spacer with mask- but will need to stipulate child or adult mask (or both) (number required)

Salbutamol Metered Dose Inhaler 100mcgs (number required)

Yours Sincerely

*Signature*

Vicky Callaghan  
Head Teacher