



Stour Valley Educational Trust

Asthma Policy

1. Aim

Asthma is the most common chronic childhood disease in the U.K. and it is increasing. It is a treatable condition but unless the correct action is taken an asthma attack can prove fatal. Trust schools recognises that immediate access to reliever inhalers is vital so keep records of students with asthma and their prescribed medication. The sufferer must be in a position to administer medication and adults must be aware of the action to take when a severe attack occurs.

2. Purpose

To allow students with asthma to be involved in normal school activities with minimal absence in a secure, safe and caring environment. This document will give clear guidelines to members of staff and others in the school on the procedures to be adopted when treating a student. Working in partnership with parents is encouraged to enable their children to cope with, and overcome, their difficulties and any embarrassment they have in dealing with their asthma.

3. Asthma Management

- Parents must inform school if their child is asthmatic and give details of medication and respiratory conditions;
- Children are encouraged to take responsibility for their own reliever inhaler;
- School will publish a list of diagnosed students with asthma on the medical board. This will be updated regularly and is displayed in an area confidential to members of staff;
- Training will be provided to keep staff updated on managing asthma in school;
- The school will ensure the school environment is favourable to children with asthma;
- Staff will use opportunities to educate other children to understand asthma;
- All staff will be informed of procedures for managing student asthma attacks before a first aider arrives;
- On educational visits students will be reminded to ensure that they have their inhalers. On residential visits inhalers will be checked by a first aider before departure.

4. 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;
- complain of a tight chest.

5. Recommended Actions

The following guidelines are suitable for both children and adults and are the recommended steps to follow in an asthma attack:

- Student to take their reliever inhaler (usually blue), immediately;
- Student to sit down and ensure that any tight clothing is loosened. Student should not lie down;
- Student should not be left alone since the attack may quickly worsen;
- Another student (or adult) should be sent to reception to get a first aider;
- If no immediate improvement during an attack, the student should continue to take one puff of their reliever inhaler every minute for five minutes or until symptoms improve;
- If symptoms do not improve or appear to be getting worse within 5-10 minutes, the student is too breathless to speak, is exhausted or looks blue then an ambulance should be called;
- The student should take one puff of their reliever inhaler every minute until help arrives. School staff are not required to administer medication but would do so in an emergency. Staff would administer their own, or other students', inhalers in an emergency situation. *“In an emergency situation when a pupil is having a severe asthma attack, using another child’s reliever inhaler is preferable to being unable to give any medicines.”*

(www.asthmauk.org)

6. Physical Education

Taking part in physical activity is an essential part of school life. Students with asthma are encouraged to participate fully in PE. During games and physical activities teachers will be aware of students with asthma who need to use an inhaler either before or during exercise. Students will be encouraged to use their medication if they become wheezy during lesson time and will be allowed time to recover if necessary. The teacher will remind the student to take their inhaler to the pool or sports field. It is the student’s responsibility to ensure that they carry relevant inhalers and bring them to the lesson.

Any teacher who feels a student is becoming over-reliant on their reliever inhaler, or has poorly controlled asthma, must report their feelings to either the parent or the school first aider(s), who will take appropriate action.

7. Monitoring and review

The Trust will be responsible for monitoring the effectiveness of this policy annually. Any changes will be made in line with legislation.

Ratified by Full Trustees	SVET
Date	14 July 2021