



Stour Valley Educational Trust

Asthma Policy

Asthma Policy
Date approved: **July 2024**
Next review date: **July 2025**

1. Aim

Asthma is the most common chronic childhood disease in the UK 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 age appropriately and based on their abilities. For primary age pupils these will be kept in classrooms with a record book and their asthma plan and staff will support the pupils in accessing and correctly taking their inhalers.
- 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. For primary aged pupils these will remain in the care of the adults attending.

4. Recognising an Asthma Attack (per NHS guidance)

During an asthma attack a child may display:

- Severe wheezing when breathing both in and out.
- Coughing that won't stop.
- Very rapid breathing.
- Chest tightness or pressure.
- Tightened neck and chest muscles, called retractions.
- Difficulty talking.
- Feelings of anxiety or panic.
- Pale, sweaty face.

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5. Recommended Actions

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

1. Student to take their reliever inhaler (usually blue), immediately – one puff every 30 – 60 seconds up to 10 puffs;
2. Student to sit straight and ensure that any tight clothing is loosened. Student should not lie down, and should try to remain calm;
3. Student should not be left alone since the attack may quickly worsen;
4. Another student (or adult) should be sent to reception to get a first aider;
5. If symptoms do not improve or appear to be getting worse after 10 puffs, the student is too breathless to speak, is exhausted or looks blue then an ambulance should be called;
6. If the ambulance has not arrived after 10 minutes and the student’s symptoms are not improving, repeat step 1;
7. If the student’s symptoms are no better after repeating step 1, and the ambulance has still not arrived, contact 999 again immediately;
8. 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, for primary age pupils staff will ensure they have access to their inhalers. It is the student’s responsibility to ensure that they carry relevant inhalers and bring them to the lesson for secondary aged pupils, for primary aged pupils the staff supervising the pupils have this responsibility.

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.

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| Ratified by Full Trustees | TRUST BOARD |
| Date | 10 July 2024 |