

Falconhurst School

Asthma policy



Revised in: January 2023

Next review due by: Spring Term 2027

Contents

Principles	2
Medication	2
Record Keeping	3
PE	3
School Trips and Outings	3
The School Environment	3
Age Appropriate Awareness	4
Supporting School Attendance and Progress	4
Asthma Attacks	4
Emergency Procedure	4

Principles

The school:

- Recognises that asthma is an important condition affecting many school children and welcomes all pupils with asthma
- Ensures that children with asthma participate fully in all aspects of school life including PE
- Recognises that immediate access to reliever inhalers is vital
- Keeps records of children with asthma and the medication they take
- Ensures the school environment is favourable to children with asthma
- Ensures that other children have an age appropriate awareness of asthma
- Ensures all staff who come into contact with children with asthma know what to do in the event of an asthma attack
- Will work in partnership with all interested parties including all school staff, parents, governors, doctors and nurses, and children to ensure the policy is implemented and maintained successfully

Medication

Immediate access to a reliever inhaler is vital. Children are encouraged to carry their inhaler as soon as their parents, carer, doctor, nurse or class teacher agree they are mature enough to manage their own medication. Children should always tell their class teacher or other class-based adult when they have had occasion to use their inhaler. The reliever inhalers of those who do not carry them personally, are kept within a designated PE style bag within the classroom.

All inhalers must be labelled with the child's name by the parent. School staff are not required to administer medication to children except in an emergency however many of our staff are happy to do this. **All school staff will let children take their own medication when needed under visual supervision.**

Record Keeping

At the point of initial registration and joining, parents are asked to inform the school if their child is asthmatic. All parents of children with asthma are required to complete a School Asthma Card ((Asthma UK) Appendix 3) and return it to the school. From this information the school keeps its asthma register which is displayed in the first aid room. If any changes are made to a child's medication it is the responsibility of the parents or carer to inform the school.

Falconhurst School holds an emergency inhaler and spacer as per 'Guidance on the use of Emergency Salbutamol inhalers in schools' March 2015. This medication can only be administered to children on the Asthma Register.

Parents of children with Asthma are sent a letter asking permission for the emergency inhaler to be used in the event that their own inhaler is not available. See Appendix 1 attached. Parents will be informed by letter if their child has used the emergency inhaler (Appendix 2).

Asthma inhalers for each child are regularly checked for expiry dates by a named member of staff – currently T.Fairley. Each child's inhaler is kept in their own classroom in the PE style bag and alongside a wallet containing their record book and asthma card. Children (or an adult where necessary) will record their inhaler usage and time for an adult to countersign in their record book.

All staff members are responsible for acquainting themselves with the triggers of a possible attack (allergies, colds, cough, cold weather) for each individual child in their care. All this information is found on their asthma card.

PE

Taking part in sports is an essential part of school life. Teachers are aware of which children have asthma from the asthma register. Children with asthma are encouraged to participate fully in PE. Teachers will remind children whose asthma is triggered by exercise to take their reliever inhaler before the lesson. Each child's inhalers will be labelled and kept in the grab-bag at the site of the lesson. If a child needs to use their inhaler during the lesson, they will be encouraged to do so.

School Trips and Outings

When a child is away from the school classroom on a school trip, club, outside sport or PE, their inhaler should accompany them and be made available to them at all times.

The School Environment

The school does all that it can to ensure the school environment is favourable to children with asthma. The school does not keep furry and feathery pets and has a non- smoking policy. Teachers will be aware of any child who has a fur or feather allergy and will act appropriately. As far as possible the school does not use chemicals in science and art lessons that are potential triggers for children with asthma. Children are encouraged to leave the room and go and sit in the break out area if particular fumes trigger their asthma.

Age Appropriate Awareness

The school ensures that all children understand asthma. Asthma awareness may be included in Key Stages 1 and 2 in science, design and technology, geography, history and PE. Children with asthma and their friends are encouraged to be aware of asthma and learn about its signs and how to respond in order to stay safe; information for children can be accessed from www.asthma.org.uk.

Supporting School Attendance and Progress

If a child is missing a lot of time from school because of asthma or is tired in class because of disturbed sleep and falling behind in class, the class teacher will initially talk to the parents. If appropriate, the teacher will then talk to the pastoral Assistant Head Teacher or Special Educational Needs and Disability Leader about the situation. Further contact, advice or support may be secured from the school nursing team or the paediatric respiratory department at Milton Keynes University Hospital. The school recognises that it is possible for children with asthma to have special education needs because of asthma.

Asthma Attacks

All staff who come into contact with children with asthma should know what to do in the event of an asthma attack. The school follows the following procedure:

1. **Ensure that the reliever inhaler is taken immediately.**
2. **Stay calm and reassure the child.**
3. **Help the child to breathe by ensuring tight clothing is loosened.**

After the attack

Minor attacks should not interrupt a child's involvement in school. When they feel better they can return to school activities.

The child's parents **must** be informed about the attack in the same process as adopted for headbumps.

Emergency Procedure

If the pupil does not feel better or you are worried **at any time** before reaching 10 puffs from the inhaler, **call 999 for an ambulance**.

If the ambulance has not arrived after 10 minutes, give an additional 10 puffs as detailed above.

In the event of an ambulance being called, the pupil's parents or carers must always be contacted.

In the event of a pupil being taken to hospital by ambulance, they should always be accompanied by a member of staff until a parent or carer is present.



Appendix 1

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 and has been prescribed an inhaler
2. My child has a working, in-date inhaler, clearly labelled with their name, which is kept at school.
3. In the event of my child displaying symptoms of asthma, and if their inhaler is not available or is unusable, I do/ do not consent for my child to receive salbutamol from an emergency inhaler held by the school for such emergencies.

Signed:

Date:

Parent/Carer Name: (print)

Child's Name:

Class:

Parent's address and contact details:

.....
.....
.....

Telephone:

E-Mail:

Please return to the School Office as soon as possible.



Appendix 2

Emergency Salbutamol Inhaler Use Form

Child's name: _____

Class: _____ Date: _____

Dear Parent/Carer,

This letter is to formally notify you that _____ has had problems with his/her breathing today. This happened when:

- a) They did not have their own asthma inhaler with them, so a member of staff helped them to use the emergency asthma inhaler containing salbutamol. They were given ___ puffs.
- b) Their own asthma inhaler was not working, so a member of staff helped them to use the emergency asthma inhaler containing salbutamol. They were given _____ puffs.

Although they soon felt better, we would strongly advise that you have your child seen by your own doctor as soon as possible if you are concerned.

School Asthma Card

To be filled in by the parent/carer

Child's name

Date of birth

Address

Parent/carer's name

Telephone - home

Telephone - mobile

Email

Doctor/nurse's name

Doctor/nurse's telephone

This card is for your child's school. **Review the card at least once a year and remember to update or exchange it for a new one if your child's treatment changes during the year.** Medicines and spacers should be clearly labelled with your child's name and kept in agreement with the school's policy.

Reliever treatment when needed

For shortness of breath, sudden tightness in the chest, wheeze or cough, help or allow my child to take the medicines below. After treatment and as soon as they feel better they can return to normal activity.

Medicine	Parent/carer's signature
<input type="text"/>	<input type="text"/>

If the school holds a central reliever inhaler and spacer for use in emergencies, I give permission for my child to use this.

Parent/carer's signature Date

Expiry dates of medicines

Medicine	Expiry	Date checked	Parent/carer's signature
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Parent/carer's signature Date

What signs can indicate that your child is having an asthma attack?

Does your child tell you when he/she needs medicine?

Yes No

Does your child need help taking his/her asthma medicines?

Yes No

What are your child's triggers (things that make their asthma worse)?

Pollen Stress

Exercise Weather

Cold/flu Air pollution

If other please list

Does your child need to take any other asthma medicines while in the school's care?

Yes No

If yes please describe

Medicine	How much and when taken
<input type="text"/>	<input type="text"/>

Dates card checked

Date	Name	Job title	Signature / Stamp
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

To be completed by the GP practice

What to do if a child is having an asthma attack

- 1 Help them sit up straight and keep calm.
- 2 Help them take one puff of their reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs.
- 3 Call 999 for an ambulance if:
 - their symptoms get worse while they're using their inhaler - this could be a cough, breathlessness, wheeze, tight chest or sometimes a child will say they have a 'tummy ache'
 - they don't feel better after 10 puffs
 - you're worried at any time.
- 4 You can repeat step 2 if the ambulance is taking longer than 15 minutes.



Any asthma questions?
 Call our friendly helpline nurses
0300 222 5800
 (Monday-Friday, 9am-5pm)
www.asthma.org.uk

The Asthma UK and British Lung Foundation Partnership is a company limited by guarantee 02843414 (England and Wales), VAT number 950 8321 18. Registered charity numbers 800284 and 9003932. Your GP will help Asthma UK fund vital research projects and provide people with asthma with the support they need. © Asthma UK. Last reviewed and updated 2020; next review 2023.