

# MARLFIELDS NURSERY & PRIMARY SCHOOL ASTHMA POLICY

## 1 Introduction

Marlfields recognises the impact that asthma may have on children's day to day activities and as such we aim to raise awareness of ways in which to support any pupil with asthma.

Marlfields will:

- Encourage and help children with asthma to participate fully in all aspects of school life
- Recognise that asthma is an important condition affecting many school children
- Recognise that immediate access to inhalers is vital
- Do all it can to make sure that the school environment is favourable to children with asthma
- Ensure that other children understand asthma so that they can support their friends; and so that children with asthma can avoid the stigma sometimes attached to this chronic condition
- Ensure all staff have a clear understanding of what to do in the event of a child having an asthma attack
- Work in partnership with parents, school governors, health professionals, school staff and children to ensure the successful implementation of a school asthma policy.

## 2 "Asthma friendly" School

2.1 Where at all possible, contact with known irritant to asthma sufferers is kept to a minimum eg dust and animals.

2.2 The school operates a no-smoking policy

## 3 How to deal with medication and inhalers

3.1 There are two types of treatments, both of which come in an inhaler.

**Relievers:** These medicines, sometimes called bronchodilators, quickly open up the narrowed airways and help the child's breathing difficulties. Generally speaking relievers come in blue containers.

**Preventers:** These medicines are taken daily to make the airways less sensitive to the triggers. Generally speaking Preventers come in brown, and sometimes white, containers.

3.2 Reliever inhalers are crucial for the successful management of asthma. Delay in taking reliever treatment, even for a few minutes, can lead to a severe attack and in rare cases has proved fatal.

3.3 Many children use a plastic spacer to help them take their inhaler more effectively.

3.4 If a child who does not have asthma "experiments" with another child's asthma medication this will not be harmful. Relievers act simply to dilate or open up the airways and will not have an adverse effect on a child who does not have asthma.

3.5 As soon as the child is able, allow them to keep their reliever inhaler with them at all times, in their pocket or class tray. The child's parents and doctor should decide when they are old enough to do this.

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- 3.6 A child who has an inhaler should also have National Asthma Campaign card so that a record can be kept of the child's medication. If parents provide the school with a copy of this card, it should be kept where it is readily available to those responsible for each child.
- 3.7 Parents are to ensure that children have two reliever inhalers, a spare one to be kept at school and one they can keep at home.
- 3.8 Spare reliever inhalers marked with the child's name and dosage should be kept in an agreed place, which is always accessible to children so they can get one if they have forgotten to bring one in. Keep younger children's inhalers in the class teacher's desk and make sure they are clearly marked with the child's name. At break time make sure the inhaler is still accessible to the child.
- 3.9 If a teacher believes a child to have over used an inhaler they should inform the parents as the medication may need to be reviewed.
- 3.10 Make sure the inhalers are always taken on school trips.
- 3.11 Liaise with a health professional on correct management if a child needs to use a nebuliser at school.

### **4 How to involve children who have Asthma in sport and exercise**

- 4.1 Children with asthma can suffer because many people think that their asthma prohibits them from joining in. The aim of full participation should be the goal for all but the most severely affected pupil with asthma. However, most young people with asthma can become wheezy during exercise. Taking a dose of reliever may help prevent exercise-induced asthma.
- 4.2 Make sure that everyone involved in physical education is aware of the needs of children with asthma.
- 4.3 Make an opportunity for children who have exercise-induced asthma to take a puff of their inhaler before they start exercise. Teachers should be aware that some children are shy of doing this in public.
- 4.4 Make sure that children bring their inhalers to the gym, the sports field or the swimming baths.
- 4.5 Make sure that children who say they are too wheezy to continue take their reliever inhaler and rest until they feel better.

### **5 Review**

Approved      September 2011

Signed

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