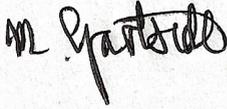


MARLFIELDS PRIMARY ACADEMY

Asthma Policy

Policy Author (s)	Mrs S Isherwood
Responsible Committee	Resources
Date discussed at SLT Meeting	
Date discussed at Staff Consultation meeting	
Date reviewed and approved by Committee	
Full Governors Meeting	28 June 2023
Chair of Governors Signature	
Frequency of Review	Review in the light of changes to legislation or operating experiences Or within two years of approved date from Full Governors Meeting
Review Month	March
Academy Website	Yes

MARLFIELDS PRIMARY ACADEMY 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 e.g. 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.

- 3.6 The parents or carer of a child who has an inhaler will need to complete the school asthma record card so a record can be kept of the child's medication and will then be 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.

School Asthma Card

To be filled in by the parent/carer

Child's name

Date of birth DD MM YY

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 DD MM YY

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 DD MM YY

ASTHMA QUESTIONS?

Ask our respiratory nurse specialists
 Call **0300 222 5800**
 WhatsApp **07378 606 728**
 (Monday-Friday, 9am-5pm)
 AsthmaAndLung.org.uk

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

Does your child tell you when they need medicine?

Yes No

Does your child need help taking their 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

Actions to take if a child is having an asthma attack

1. Help them to sit up – don't let them lie down. Try to keep them calm.
2. Help them take one puff of their reliever inhaler (with their spacer, if they have it) every 30 to 60 seconds, up to a total of 10 puffs.
3. If they don't have their reliever inhaler, or it's not helping, or if you are worried at any time, **call 999 for an ambulance.**
4. If the ambulance has not arrived after 10 minutes and their symptoms are not improving, repeat step 2.
5. If their symptoms are no better after repeating step 2, and the ambulance has still not arrived, **contact 999 again immediately.**

