



Asthma Policy

Working together as one
with God all things are possible
Matthew 19:26

Last reviewed on: 1/10/19

Next review due by: 1/10/20 (annually)

Contents:

Statement of intent

1. Legal requirements
2. Key roles and responsibilities
3. Asthma medicines
4. Symptoms of an asthma attack
5. What to do when a child has an asthma attack
6. Important points to remember
7. Record keeping
8. Exercise and physical activity
9. Out-of-hours sport

Statement of Intent

St Wilfrids's C.E. Primary School:

- Recognises that asthma is a serious but controllable condition and welcomes all pupils with asthma.
- Ensures that pupils with asthma can and do participate fully in all aspects of school life including physical activities, visits, field trips and other out-of-school activities.
- Recognises that pupils with asthma need immediate access to reliever inhalers at all times.
- Keeps a record of all pupils with asthma and their medicinal requirements.

1. Background

This policy has been created with regard to guidance from the DfE, Asthma UK and healthcare professionals, and in consultation with parents / carers, the Governing Body, and pupils.

This policy enables pupils with asthma to manage their condition effectively in school and provides clear procedures to help ensure their safety. It also encourages and aids pupils with asthma to achieve their full potential in all aspects of school life.

In 2013 the Government amended the Children's and Family Bill so that all schools will be required by Law to make appropriate arrangements for supporting pupils with long-term health conditions such as asthma.

“Supporting pupils requires governing bodies to ensure that staff supporting children with asthma should have appropriate knowledge and where necessary support”. (Department of Health 2014.)

2. Key Roles and Responsibilities

The Governing Body has a responsibility to:

- Ensure the health and safety of staff and pupils on school premises and when taking part in school activities.
- Ensure that the Asthma Policy, as written, does not discriminate on any grounds, including but not limited to: age, ethnicity / national origin, culture, religion, gender, disability or sexual orientation.

The Headteacher has a responsibility to:

- Ensure this policy is effectively implemented, with good communication of the Asthma Policy to all members of the school community.
- Assess the training and development needs of staff and arrange for them to be met.
- Ensure all supply teachers and new members of staff are made aware of the Asthma Policy.
- Delegate a staff member the responsibility to check the expiry date of spare reliever inhalers and maintain the school's Asthma Register, in consultation with the School Nurse.
- Report to the Governing Body and local authority as necessary.

Members of school staff have a responsibility to:

- Read and understand the Asthma Policy.
- Know which pupils they come into contact with, have asthma.
- Know what to do in the event of an asthma attack (as outlined in sections 5 and 6).
- Allow pupils with asthma immediate access to their reliever inhaler.
- Inform parents/carers if their child has had an asthma attack.
- Inform parents/carers if their child is using their reliever inhaler more than usual.
- Ensure pupils with asthma have their medication with them on school trips and during activities outside of the classroom.
- Ensure pupils who are unwell due to asthma are allowed the time and resources to catch up on missed school work.
- Be aware that pupils with asthma may experience tiredness during the school day due to their night-time symptoms.

Members of staff leading PE lessons have a responsibility to:

- Understand asthma and its impact on pupils. Pupils with asthma should not be forced to take part in activities if they feel unwell.
- Ensure pupils are not excluded from activities that they wish to take part in, provided their asthma is well controlled.
- Ensure pupils have their reliever inhaler with them during physical activity and that they are allowed to take it when needed.

- Allow pupils to stop during activities if they experience asthma symptoms.
- Allow pupils to return to activities when they feel well enough to do so and their symptoms have subsided (St Wilfrid's recommend a five minute waiting period before allowing the pupil to return).
- Remind pupils with asthma whose symptoms are triggered by physical activity to use their reliever inhaler before warming up.
- Ensure pupils with asthma always perform sufficient warm ups and cool downs.

Parents / carers have a responsibility to:

- Tell the school if their child has asthma.
- Ensure the school has a complete and up-to-date asthma log for their child.
- Inform the school of the medication their child requires during school hours.
- Inform the school of any medication their child requires during school trips, team sports events and other out-of-school activities.
- Inform the school of any changes to their child's medicinal requirements.
- Inform the school of any changes to their child's asthma. For example, if their child is currently experiencing sleep problems due to their condition.
- Ensure their child's reliever inhaler (and spacer where relevant) is labelled with their child's name.
- Ensure that their child's reliever inhaler and spare inhaler are within their expiry dates.
- Ensure their child catches up on any school work they have missed due to problems with asthma.
- Ensure their child has regular asthma reviews with their doctors or asthma nurse (every six to twelve months).
- Ensure their child has a written Personal Asthma Card & Plan to help them manage the child's condition.

3. Asthma Medicines

- Reliever inhalers are held in the classroom in a designated storage area.
- Parents / carers must label their child's inhaler.
- The school has spare inhalers.
- Our trained first aiders agree to administer asthma medicines.
- Staff will let pupils take their own medicines when they need to.

This policy is predominantly for the use of reliever inhalers. Preventer inhalers are very rarely required at school. However, if they are needed, staff members may need to remind pupils to bring them if they consistently forget.

4. Symptoms of an Asthma Attack

Members of school staff will look for the following symptoms of asthma attacks:

- Coughing
- Shortness of breath
- Wheezing
- Tightness in the chest
- Being unusually quiet
- Difficulty speaking in full sentences
- Younger pupils may express feeling tight in the chest as a 'tummy ache'

What to do when a child has an Asthma Attack

- In the event of an asthma attack, staff will follow the procedure outlined below:
- Keep calm and instruct pupils to do the same.
- Encourage the child to sit up and slightly forwards – do not hug them or lie them down.
- Make sure the child takes two puffs of their reliever inhaler immediately, preferably through a spacer.
- Ensure tight clothing is loosened.
- Reassure the child.
- If there is no immediate improvement:
- Continue to make sure the child takes one puff of their reliever inhaler every minute for 5 minutes or until symptoms improve.

Call 999 immediately if:

- The child's symptoms do not improve in 5-10 minutes.
- The child is too breathless or exhausted to talk.
- The child's lips are blue.
- You are in any doubt.
- Ensure the child takes one puff of their reliever inhaler every minute until the ambulance arrives.

6. Important Points to Remember

- Never leave a pupil having an asthma attack.
- If the pupil does not have their inhaler, send another teacher or pupil to retrieve the spare inhaler.
- In an emergency situation, members of school staff are required to act like any reasonably prudent parent – known as having a 'duty of care'.
- Reliever medicine is very safe. Do not be overly concerned a pupil may overdose.
- Send another pupil to get a teacher / adult if an ambulance needs to be called.
- Contact the pupil's parents immediately after calling the ambulance.
- A member of staff should always accompany a pupil taken to hospital by ambulance and stay with them until their parent / carer arrives.

- Generally, staff will not take pupils to hospital in their own car. However, in some extreme situations it may be the best course of action.
- If a situation warrants a staff member taking a pupil to hospital in their car, another adult must accompany them.

7. Record Keeping

- At the beginning of each school year or when a child joins St Wilfrids's C.E. Primary School, parents / carers are asked to inform the school if their child has any medical conditions, including asthma, on their enrolment form.
- A copy of a child's Personal Asthma Card & Plan is held by both the class teacher and the school office.
- The school keeps a record of all pupils with asthma, complete with medication requirements, in its Asthma Register.
- Parents must inform the school of any changes to their child's condition or medication during the school year.

8. Exercise and Physical Activity

- Games, activities and sports are an essential part of school life for our pupils. All teachers know which children in their class have asthma and are aware of any safety requirements.
- Outside suppliers of sports clubs and activities are provided with information about pupils with asthma taking part in the activity via the school's Asthma Register.
- Pupils with asthma are encouraged to participate fully in PE lessons when they are able to do so. Pupils whose asthma is triggered by exercise will be allowed ample time to thoroughly warm up and cool down before and after the session.
- During sports, activities and games, each pupil's labelled inhaler will be kept in a box at the site of the activity.
- Classroom teachers will follow the same guidelines as above during physical activities in the classroom.

9. Out-of-Hours Sport

- The St Wilfrids's C.E. Primary School believes sport to be of great importance and utilises out-of-hours sports clubs to benefit pupils and increase the number of pupils involved in sport and exercise.
- Pupils with asthma are encouraged to become involved in out-of-hours sport as much as possible and will never be excluded from participation.
- Members of school staff or contracted suppliers will be aware of the needs of pupils with asthma during these activities and adhere to the guidelines outlined in section 8 of this policy.