



Asthma Statement of Practice

Markland Hill CP School

Reviewed: July 2023

Asthma Statement of Practice

Rationale

Markland Hill recognises that asthma is a widespread, serious but controllable condition affecting many pupils at the school. The school positively welcomes all pupils with asthma. School encourages pupils with asthma to achieve their potential in all aspects of school life by having a clear statement of practice. All staff who come into contact with pupils with asthma are provided with training on asthma from the school nurse and the Headteacher ensures that this training is updated every year. This policy has been created with regard to the following DfE guidance 'Supporting pupils at school with medical conditions' December 2015 and 'Guidance on the use of emergency salbutamol inhalers in schools' March 2015. This policy has also been created in consultation with parents/carers, the governing body, school nurse and healthcare professionals. The Headteacher / designated member of staff will maintain the school's register.

Purpose

Markland Hill 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 exercise, visits, field trips and other out-of-school activities.
- Recognises that pupils with asthma need immediate access to their inhalers at all times.
- Keeps a record of all pupils with asthma and their medicinal requirements.
- Ensures that the school environment is conducive to the education of pupils with asthma.
- Ensures that all members of school staff (including supply teachers and support staff) who come into contact with pupils with asthma know what to do in the event of an asthma attack.
- Inform parents/carers if their child is using their reliever inhaler more than usual.

What is Asthma?

Asthma is an inflammatory condition affecting the lining of the small airways, causing the narrowing or obstruction as a reaction to various triggers. Triggers vary between individuals but common ones often include viral infections, cold air, grass pollen, animal fur, house dust mites and passive smoking. In an asthma attack the muscles of the air passages in the lungs go into spasm and the linings of the airways swell. As a result, the airways become narrowed and breathing becomes difficult

Symptoms of an asthma attacks

- Difficulty in breathing, with a very prolonged breathing-out phase.
- Shortness of breath (breathing fast and with effort)
- Persistent coughing (when at rest)
- Wheezing
- Difficulty speaking in full sentences and whispering.
- Features of hypoxia, such as a grey-blue tinge to the lips, earlobes and nailbeds□
Complaints of tightness in the chest Younger pupils may express feeling tight in the chest as a 'tummy ache'.

What to do when a child has an asthma attack

- Keep calm and encourage pupils to do the same.
- Encourage the child to sit up and slightly forwards – do not hug them or lie them down.
- If necessary, call another member of staff to retrieve the emergency inhaler – do not leave the affected pupil unattended.
- Ensure the child takes two puffs of their reliever inhaler (or the emergency inhaler) immediately, preferably through a spacer.
- Ensure tight clothing is loosened.
- Encourage the pupil to stay calm and reassure the pupil
- Encourage the pupil to breathe slowly and deeply
- Staff to record on asthma card the date, time and dosage taken

If there is no immediate improvement:

- Continue to ensure the child takes two puffs of their reliever inhaler every two minutes, until their systems improve, but only up to a maximum of 10 puffs. A mild asthma attack should ease within 3 minutes.

What to do if there is no improvement.

- Call 999 and ask for Paramedic Ambulance
- Contact parents /carers

Parents/carers have a responsibility to:

- Inform the school if their child has asthma by completing an asthma healthcare plan.
- 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 asthmatic condition. 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 and is in within their expiry dates.
- Ensure their child has regular asthma reviews with their doctors or asthma nurse (every six to twelve months).

Pupils with asthma have a responsibility to:

- Tell their teacher or parent/carer if they are feeling unwell.
- Treat asthma medicines with respect.
- Know how to gain access to their medication in an emergency.
- Know how to take their asthma medicine.

Record keeping

At the beginning of each school year or when a child joins the school, parents/carers are asked if their child has any medical conditions including asthma on their enrolment form and then a register is collated if a child has a **confirmed diagnosis of asthma**. This record will give details of the child's current treatment and what steps to take if an asthma attack happens at school.

If a child is diagnosed with a **viral induced wheeze**, which is triggered by viruses such as common cold and influenza; it is the parents/carers' responsibility to inform the office at the time of diagnosis along with prescribed medication and instructions for use. After a two week period, the medication will be returned to the parent unless a further diagnosis is established.

The inhalers will be stored in the First Aid Box in the classroom. It is the parents/carers' responsibility to inform school of any changes with their child's diagnosis or medication, ensuring that this is in date.

Exercise and activity – PE and games

Taking part in sports, games and activities is an essential part of school life for all pupils. All teachers know which children in their class have asthma and teachers at Markland Hill are aware of which pupils have asthma from the school's asthma register. Pupils with asthma are encouraged to participate fully in all PE lessons. If a pupil needs to use their inhaler during a lesson they will be encouraged to do so. In KS2, children should take responsibility themselves for managing their own inhalers and administering them.

Trips and external visits

Staff will ensure that they take the inhalers of pupils in their class from the First Aid box when taking trips or making external visits. These children are identified on the Risk Assessment.

Monitoring and review

The effectiveness of this policy will be monitored continually by the Headteacher. Any necessary amendments may be made immediately. The governing body will review this policy annually.