



## **Policy for Asthma 2015** **Review Date: Spring 2016**

### **Ethos Statement (from the Instrument of Governance)**

“Recognising its historic foundation, the school will preserve and develop its religious character in accordance with the principles of the Church of England and in partnership with the Church at parish and diocesan level. The school aims to serve its community by providing an education of the highest quality within the context of Christian belief and practice. It encourages an understanding of the meaning and significance of faith, and promotes the Christian and moral values of love, honesty, forgiveness and respect through the experience it offers to all its pupils.”

### **Mission Statement**

“To strive for respect, enjoyment and excellence.”

### ***Introduction:***

At Andrew's CE Primary School acknowledges that asthma is the most prevalent disease of childhood and recognises that many pupils on role in this school will have the disease.

Asthma sufferers should not be isolated by their disease; therefore asthma awareness should involve ALL members of the school community.

### ***Explanation of disease:***

- People with asthma have sensitive air passages which are quick to respond to anything that irritates them (triggers).
- This results in the air passages of the lungs becoming narrow, making it difficult to breathe in and out.
- Narrowing of air passages produces ONE or ALL of the following: - coughing, breathlessness, wheezing.

- SUDDEN, SEVERE narrowing of air passages may result in an 'Asthma Attack'.

***Identification of pupils affected:***

- It is the responsibility of parents or guardians to notify school if their child has asthma.
- Treatment details should be given to school and accessible by staff at all times.

***Treatment: consists of two main forms***

- Reliever inhalers (usually Blue) and preventer inhalers (usually Brown).
- It is encouraged that only blue inhalers should be in school.
- Children should have access to their relief inhalers (usually blue) at all times.

***Prevention***

It is important to be aware that many factors provoke narrowing of the air passages. Some of these factors **are avoidable** within the school environment; therefore appropriate steps should be taken. Trigger factors include:- coughs and colds, cigarette smoke, furry animals, cold weather, chemical paints – sprays and vapours, grass pollens and spores, extremes of emotion and exercise.

***Treating worsening symptoms of asthma:***

A reliever inhaler (blue) should be given:-

- If requested by the child
- If the child is coughing, wheezing or breathless.

**If this is effective, the child can return to normal classroom activity.**

***What to do in the case of an 'asthma attack':***

The main symptoms of an asthma attack are coughing continuously, wheezing or shortness of breath.

1. Support the child to inhale once or twice with the blue inhaler (using a spacer if available). Wait for **5 minutes** – the inhaler should have been effective.

A spacer is often easier to use when a child is having an attack and this may be available in the school's emergency equipment.

**But remember –**

Stay calm – it is treatable

Sit the child comfortably – do not let the child lie down

Do not crowd the child

Speak quietly and calmly to the child – encourage slow deep breaths.

Do not put your arms around the child's shoulders – this restricts breathing.

2. If this does not work, then the child may be having a **severe** asthma attack.

**This constitutes an emergency situation.**

**An emergency situation is recognisable when:**

Blue inhaler does not work,

OR

The child has difficulty speaking – e.g. can only say 2 or 3 words before taking a breath.

OR

The child is breathing quickly.

Child can look pale – lips can turn blue.

***Plan of Action:***

**DIAL 999** – telephone for an ambulance. In the meantime, a blue inhaler, through a spacer, can be given every 5 minutes.

**You cannot overdose the child by doing this.** **DO** inform the paramedic how much inhaler has been used.

***Policy Review***

St Andrew's CE Primary School encourages discussion and reflection from staff, parents and pupils and this policy will be subsequently be reviewed annually.

