

BEAUFORT CO-OPERATIVE ACADEMY

Guidelines on dealing with Asthma



SLT Responsible: Mrs C Hankey

Date of Review: September 2015

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Guiding Principles

Beaufort Co-operative Academy recognises that Asthma is a widespread, serious but controllable condition and the Academy welcomes all students with Asthma.

Beaufort Co-operative Academy encourages students with Asthma to achieve their potential in all aspects of Academy life by having clear guidelines that are understood by all staff and students.

Record Keeping

At the beginning of each Academy year or when a student joins the Academy, parents/carers are encouraged to inform the Academy if their child has an Asthma condition. This can be done on the Enrolment Form, and will subsequently be placed on the Academy's Information System. A register is kept of all students who have an Asthma condition.

Asthma Medication

Immediate access to reliever medication is essential. Students with Asthma are encouraged to carry their reliever inhalers in their bag.

Parents/carers are encouraged to provide the Academy with a spare inhaler, which should be clearly labelled with the Student's name and handed into the Medical Room.

Spare Inhalers and Spacer Devices are stored in an unlocked cabinet in The Medical Room which is accessible at all times by Students and Staff for emergency use.

Staff are not required to administer Asthma medication to students. However, in an emergency situation the Academy will act in the best interests of the student. This may include the use of another student's inhaler or Academy inhaler if necessary (Asthma in Schools & Early Years settings, 2012).

Beaufort Co-operative Academy encourages students to use their Asthma medication whenever it is needed, whether that is during lessons or free time.

The Academy will keep spare inhalers and spacers for emergency use, only when the student's own inhaler is broken, forgotten or lost. Academy staff trained in the use of reliever inhalers will deal with these cases. Academy inhalers will be used if necessary, but consent forms will need to be signed by parents/carers. These are issued when the Academy is informed of student's Asthmatic condition. ("Department of Health Guidance on the use of emergency salbutamol inhalers in Schools, September 2014" has further information for parents/carers and staff is available online, and can be viewed on Beaufort Co-operative Academy website).

Parents/carers will be informed if Academy inhalers are used by letter and phonecall.

Exercise and Activity – Physical Education Lessons – Academy trips

Taking part in sports, games and activities is an essential part of Academy life for all students. All staff are aware which children in their class have Asthma and all PE teachers at the Academy are aware of which Students have Asthma from the Academy Asthma Register.

Students with Asthma are encouraged to participate fully in all PE lessons. PE teachers will remind Students, whose Asthma is triggered by exercise, to take their reliever medication before the lesson. Warm up and warm down exercises during PE lessons are encouraged. Students should have access to their inhaler during PE lessons.

If a student does not have an inhaler during lessons, and feels the need to use their inhaler, arrangements should be made for their spare to be brought from the Medical Room. This applies to all lessons whether classroom or PE lessons. The guide on Asthma Attack in Academy will be followed (see below).

Students should take reliever medications with them when participating in off-site activities such as sports events and Academy trips.

Academy Environment

Beaufort Co-operative Academy does all that it can to ensure the Academy environment is favourable to students with Asthma. The Academy has a No-Smoking Policy. The Academy, as far as possible, does not use chemicals in lessons (such as Science and Art) that are potential triggers for Asthma. If a student feels their Asthma has been triggered in a lesson, they are encouraged to leave the room with reliever medication, sit outside the room, and not be left unaccompanied. The Guide on Asthma Attack in Academy again followed.

GUIDE ON ASTHMA ATTACK AT BEAUFORT CO-OPERATIVE ACADEMY

One in ten children in the UK has asthma and on average 3 children in every classroom in the UK has asthma (Academy Policy Guidelines (2006), Asthma UK)

The following guidelines are suitable for both children and adults and are the recommended steps to follow in an Asthma attack:

Never leave the Student/Staff member at any time during the Asthma attack! If no inhaler immediately available, send another student/staff member for spare from MI Room. Contact First Aider via telephone/radio and inform.

HOW TO RECOGNISE AN ASTHMA ATTACK

The signs of an asthma attack are

- Persistent cough (when at rest)
- A wheezing sound coming from the chest (when at rest)
- Difficulty breathing (the child could be breathing fast and with effort, using all accessory muscles in the upper body)
- Nasal flaring
- Unable to talk or complete sentences. Some children will go very quiet.
- May try to tell you that their chest 'feels tight' (younger children may express this as tummy ache)

CALL AN AMBULANCE IMMEDIATELY AND COMMENCE THE ASTHMA ATTACK PROCEDURE WITHOUT DELAY IF THE CHILD

- Appears exhausted
- Has a blue/white tinge around lips
- Is going blue
- Has collapsed

WHAT TO DO IN THE EVENT OF AN ASTHMA ATTACK

- Keep calm and reassure the child
- Encourage the child to sit up and slightly forward
- Use the child's own inhaler – if not available, use the emergency inhaler
- Remain with the child while the inhaler and spacer are brought to them
- Immediately help the child to take two puffs of salbutamol via the spacer
- If there is no immediate improvement, continue to give two puffs at a time every two minutes, up to a maximum of 10 puffs
- Stay calm and reassure the child. Stay with the child until they feel better. The child can return to school activities when they feel better. They still need to see a doctor or asthma nurse within 24 hours. (Asthma.org.uk). Parents/carers must be informed.
- If the child does not feel better or you are worried at ANYTIME before you have reached 10 puffs, CALL 999 FOR AN AMBULANCE
- If an ambulance does not arrive in 10 minutes give another 10 puffs in the same way

If the student needs to attend hospital then staff should accompany the student and stay until parent/carer arrives.

Academy inhaler and spacer must be washed and stored ready for use again.

Additional Information

Any parent/carer who is concerned about their child's Asthma whilst at Beaufort Co-operative Academy should telephone 01452 301381 and ask to speak to a member of staff from the Medical Room.

Further Information and publications available:-

Asthma UK website

Read the latest independent advice and news on [asthma.org.uk](http://www.asthma.org.uk),

<http://www.asthma.org.uk/advice-asthma-attacks>

Where can I find out more?

Asthma UK is dedicated to improving the health and well-being of the 5.2 million – including 1.1 million children – people in the UK with asthma.

Asthma UK Adviceline. Ask an asthma nurse specialist - 08457 01 02 03
[asthma.org.uk/adviceline](http://www.asthma.org.uk/adviceline)

Asthma UK publications. Request booklets, factfiles and other materials with independent, specialist information on every aspect of asthma - 020 7786 5000
Department of Health Guidance on the use of emergency salbutamol inhalers in Schools, September 2014 (Available online, and can be viewed on Beaufort Co-operative Academy website)

info@asthma.org.uk

Asthma in Schools & Early Years settings within Local Authority (2012)
Guidelines on the management of medical conditions (procedures and treatment) -
This document may be made available to the public and persons outside of the Trust as part of the Trust's compliance with the Freedom of Information Act 2000.

Managing Asthma in Children (December 2011), A booklet for parents and carers© Scottish Intercollegiate Guidelines Network Available at: -
(http://www.sign.ac.uk/pdf/pat101_children.pdf)

Asthma Nurses at Gloucestershire Royal Hospital – 08454 228475

The Asthma UK films on using metered-dose inhalers and spacers are particularly valuable as training materials.

<http://www.asthma.org.uk/knowledge-bank-treatment-and-medicines-using-your-inhalers>