



# ASTHMA Policy

## **STATEMENT:**

Asthma is an extremely common condition for Australian Students. Students with asthma have sensitive airways in their lungs. When exposed to certain triggers their airways narrow, making it hard for them to breathe.

Symptoms of asthma commonly include:

- Cough
- Tightness in the chest
- Shortness of breath / rapid breathing
- Wheeze (a whistling noise in the chest)

Many students have mild asthma with very minor problems and rarely need medication. However, some students will need medication frequently or on a daily basis. These students may require medication at school (particularly before or after vigorous exercise.)

This school is an Asthma Friendly School.

## **RESPONSIBILITIES:**

### **Principal Or Nominee will:**

- Provide staff with a copy of school's asthma policy and ensure they are familiar with it.
- Provide asthma training and make staff aware of all asthma treatment procedures.
- Identify students with asthma during the enrolment process and provide parents/carers with a blank Asthma Plan to be completed and signed by the child's doctor and returned to school.
- Ensure Asthma Plans are current.
- Ensure parents/carers of all students with asthma provide reliever medication and a spacer.
- Ensure adequate provision and maintenance of asthma emergency kits for the school.
- Promptly inform parents/carers any concerns regarding asthma and students attending the school.
- Identify and minimise, where possible, triggers of asthma symptoms for students.
- Ensure that students with asthma can participate in school activities

### **Staff will:**

- Be aware of the schools Asthma Management Policy.
- Be aware of the asthma first aid procedure.
- Be aware of students with asthma and where their medication and personal spacers are stored.
- Promptly inform parents/carers any concerns regarding asthma and students attending the school.
- Identify and minimise, where possible, triggers of asthma symptoms for students.
- Ensure that students with asthma can participate in school activities

### **Parents/Carers will:**

- Inform the school if their child has asthma upon enrolment.
- Read copy of school's Asthma Management Plan.
- Provide a signed Asthma Plan to the school and ensure it is updated yearly.
- Provide the school with their child's reliever medication along with a spacer.
- Promptly communicate all medical and health information relevant to their child to the principal and staff of the school.
- Communicate any changes to their child's asthma

**Students will:**

- Immediately inform school staff if they are experiencing asthma symptoms.
- Go or be sent immediately to the school office for medication.

**STUDENT ASTHMA INFORMATION:**

Every student attending this school with asthma will have a written Asthma Action Plan, ideally completed by their doctor or paediatrician.

The completed plan attached to the student's medical files and placed in a plastic pocket/container along with their asthma medication in a central cupboard in the school office.

The Asthma Action Plan should be updated annually, or more frequently if the student's asthma changes significantly. This Plan is accessible to all staff and a photocopy must accompany medication on excursions.

The Plan contains information including:

- Usual medical treatment
- Details on what to do and details of medications used in cases of deteriorating asthma. This includes how to recognize worsening symptoms and what to do during an acute asthma attack.
- Name, address and telephone number of an emergency contact
- Name, address and telephone number of the student's doctor.

**Students needing asthma medication during school attendance:**

- Must be sent to the school office for their medication
- Must have their medication use, date, time and amount of dose recorded in the First Aid Book in the First Aid room.
- Parents will be notified if their child has an asthma attack during school hours.

**ASTHMA FIRST AID:**

1. Follow first aid instructions on the student's Asthma Plan.
2. If no Asthma Plan is available begin standard Asthma first aid procedures.

**Call 000 if:**

- The student's asthma symptoms are severe
- The student stops breathing
- The student's asthma symptoms continue to worsen
- Blue/Grey reliever medication is not available
- Unsure what is causing the breathing difficulty.

**EVALUATION:**

This policy is to be reviewed annually.

# RECOGNIZING AN ASTHMA ATTACK

<b>MILD</b>	<b>MODERATE</b>	<b>SEVERE</b>
Talks in sentences	Shortened sentences	Few words per breath
Cough	Persistent cough	Persistent cough
Soft wheeze	Loud wheeze	Wheeze may be absent
Minor difficulty breathing	Difficult breathing	Gasping for breath/distress
Tightness in chest		Pale, sweaty, blue lips
Young students may complain of a “sore tummy”		Muscle exertion