



NEWBOROUGH CHURCH OF ENGLAND PRIMARY SCHOOL

Asthma Policy

**Reviewed: Spring 2022
Next review date: Spring 2023**

ASTHMA POLICY

Newborough Church of England Primary School

- will help and encourage all people with asthma to participate fully in all aspects of school
- recognises that asthma is an important condition affecting many people
- recognises that swift access to inhalers is essential
- will do all it can to make sure that the school environment is favourable to everyone with asthma
- has a clear understanding of what to do in the event of someone having an asthma attack
- will work in partnership with parents, school governors, health professionals, school staff and children to ensure the effective implementation of the school's asthma policy

Medication and Inhalers:

The importance of the Reliever Inhaler can not be over stressed, delay can lead to distress, a severe attack and in a few rare cases, death.

Parents should be asked for details of their child's condition. This information should be available to all staff and stored as a written record in the office.

Inhalers should be clearly marked with the child's name and date issued.

Inhalers are kept in the child's classroom, in a box marked 'inhalers', under the supervision of the class teachers. This box should be taken out if ever it is necessary to evacuate the school.

Inhalers should go with the children any time that they leave the school premises or the classroom.

A list of asthma sufferers plus expiry date of inhalers is kept with Julie Howchin (TA with responsibility for medicines) who checks the dates on a monthly basis. A class list of all medical needs, including asthma, is produced by the school office. The list will be kept inside the class box for inhalers, which can be found next to the class First Aid box.

It is the parent's responsibility to ensure up to date inhalers are in school. Parents are also responsible for telling the school if there are any changes to the dosage or type of inhaler prescribed, which must be either in the form of a new prescription (label on the medication box) or by a letter from the doctor.

The school will follow the precise instructions of the prescriptions and will not provide an increased amount unless there is written instruction from the child's doctor.

Depending on individual need it may be necessary for inhalers to be given 10 minutes before any form of physical exercise - playtimes and lunch times if necessary.

If a child has to be removed from physical activity due to the onset of asthma, then the parents need to be informed at the time of the incident.

All parents will be asked to complete an Asthma Plan for their child: [my-asthma-plan-2021-v5-multi-media-live.pdf](#)

In the event of an attack:

- Stay calm
- Ensure the reliever is correctly taken
- Listen to what the child may be trying to tell you about their condition
- Encourage the children to breathe slowly and deeply in an upright position

Call an ambulance if:

- the child is getting exhausted
- the child is distressed or unable to talk
- the reliever has no effect after 5 minutes
- you have doubts about the child's condition

Appendix 1: Asthma Plan

My asthma triggers

List the things that make your asthma worse so you can try to avoid or treat them

Always keep your reliever inhaler (usually blue) and your spacer with you. You might need them if your asthma gets worse.

I will see my doctor or asthma nurse at least once a year (but more if I need to)

Date my asthma plan was updated:

Date of my next asthma review:

Doctor/asthma nurse contact details:

Parents - get the most from your child's action plan

Take a photo and keep it on your mobile (and your child's mobile if they have one)

Stick a copy on your fridge door

Share your child's action plan with their school

Learn more about what to do during an asthma attack www.asthma.org.uk/child-asthma-attacks

If you have any questions, your parents can talk to our respiratory nurse specialists by calling 0300 222 5800 or messaging on WhatsApp on 07278 606 728 (Monday-Friday, 9am-5pm over 16 only).

The Asthma UK and British Lung Foundation Partnership is a company limited by guarantee 09484816 (England and Wales), 0447 number and 0201 76. Registered charity in England and Wales (124376), Scotland (SC238470) and the Isle of Man (1715). Registered office: 18 Mansel Street, London, E1 6AA. Last reviewed and updated 2021, next review 2024.

My asthma plan

Your asthma plan tells you what medicines to take to stay well

And what to do when your asthma gets worse

Name:

My asthma plan

1 My usual asthma medicines

I need to take my preventer inhaler every day. It is called: and its colour is:

I take puffs of my preventer inhaler in the morning and puffs at night. I do this every day even if my asthma's OK.

Other asthma medicines I take every day:

My reliever inhaler helps when I have symptoms. It is called: and its colour is:

I take puffs of my reliever inhaler when I wheeze or cough, my chest hurts or it's hard to breathe.

If I need my reliever inhaler (usually blue) when I do sports or activity, I need to see my doctor or asthma nurse.

2 My asthma is getting worse if...

I wheeze, cough, my chest hurts, or it's hard to breathe or

I need my reliever inhaler (usually blue) three or more times a week or

I'm waking up at night because of my asthma (this is an important sign and I will book a next day appointment).

If my asthma gets worse, I will:

Take my preventer medicines as normal

And also take puffs of my reliever inhaler (usually blue) every four hours if needed

See my doctor or nurse within 24 hours if I don't feel better.

URGENT! If your reliever inhaler isn't lasting four hours, you need to take emergency action now (see section 3)

Remember to use my spacer with my inhaler if I have one. (If I don't have one, I'll check with my doctor or nurse if it would help me.)

Other things my doctor or nurse says I need to do if my asthma is getting worse (e.g. check my peak flow)

3 I'm having an asthma attack if...

My reliever inhaler isn't helping or I need it more than every four hours or

I can't talk, walk or eat easily or

I'm finding it hard to breathe or

I'm coughing or wheezing a lot or my chest is tight/hurts.

If I have an asthma attack, I will:

Call for help.

Sit up - don't lie down. Try to be calm.

Take one puff of my reliever inhaler (with my spacer if I have it) every 30 to 60 seconds up to a total of 10 puffs.

If I don't have my reliever inhaler, or it's not helping, I need to call 999 straightaway.

While I wait for an ambulance I can use my blue reliever again, every 30 to 60 seconds (up to 10 puffs) if I need to.

Even if I start to feel better, I don't want this to happen again, so I need to see my doctor or asthma nurse today.