Rothwell Primary School

Asthma Policy

Aims

Asthma is the most common chronic childhood condition, affecting one in eleven children. On average, there are two pupils with asthma in every classroom in the UK and this results in over 25,000 emergency hospital admissions a year.

At SCHOOLS NAME, we recognise that asthma is a common, serious, but controllable condition, and we welcome all children with asthma to join us. We want our school community to be healthy and happy. By educating our staff and children around asthma and its treatment, we aim to enable pupils to medicate effectively in school and for asthma to have as little an impact as possible on their learning.

Objectives

We will ensure that all pupils who suffer from asthma:

- be linked with specified staff members who know them, their condition, their parents/guardians, and their medical care plan well;
- always have appropriate medicines stored in school (and held by a designated adult when on trips) at all times. Consent will be obtained from parents/guardians and added to the medical register.
- have full access to the curriculum including exercise and PE, educational visits, and residential trips, as far in advance as possible.

General Information

All pupils with asthma will be placed on an Asthma Register and encouraged to take control of their own medical needs when, and as far as appropriate (according to their age and the severity of their condition). Appendix 1 Asthma Register

The care and administration of medication to pupils with asthma will be incorporated in the planning and risk assessments around all school trips and visits.

Asthma Lead Name is the named staff member in our schools who oversees the implementation of this policy.

Medical Support and Liaison

We follow a regionally endorsed Asthma Management Plan which sets out the response in the event of a pupil suffering from an asthma attack.

Exceptionally, for pupils where this plan is not appropriate, an individualised Medical Care Plan which incorporates guidance about what to do in the case of a medical emergency may be used. Our staff are trained to respond to asthma emergencies and will contact the emergency services and parents/guardians.

Appendix 2 School Asthma plan

The school always keeps an emergency salbutamol inhaler and spacer.
(For more information on ordering, see Appendix 4)

The emergency kit will have two Salbutamol inhalers available at a minimum and spacers compatible with Salbutamol. The inhalers should be stored in their original packing.

If a pupil needs to be taken to hospital, a member of staff will always accompany them until a parent/guardian arrives.

If pupil is frequently missing school lessons or activities, we (with consent from the parents/guardians) will link in with designated partners in health. This can be the School Nurse or the child's GP, Practice Nurse, or Hospital Specialist.

All Staff Responsibilities

All school staff should:

- Complete the appropriate level of training to effectively deal with children and young people's asthma.
- Read the schools' Asthma policy and be aware of which pupils have asthma, be familiar with the school's asthma management plan, and the content of the individualised asthma management plan of some pupils.
- Ensure that pupils have immediate access to their own medicines, which should be stored in a safe, labelled, and accessible space in each classroom.
- Support older pupils who may carry their own inhalers for the self-management of their asthma and to report to the named school asthma lead if they need to use their rescue inhalers.
- Maintain effective communication with parents/guardians, including informing them if their child has been unwell at school. Appendix 3 example letter
- Inform parents if pupils require their inhaler more than three times in a week. Appendix 3 example letter
- Ensure pupils have their medicines with them when they go on a school trip or external visit.
- Be aware of pupils with asthma who may require extra support.
- Ensure all children with asthma are included in activities they wish to participate in.

Physical Activity for Pupils with Asthma

- Pupils should be encouraged to warm-up and cool down appropriately before and after exercise, to use their inhalers as necessary, and to participate in all physical activities on offer.
- It is **not** recommended for children with asthma to routinely use salbutamol before exercise.

Environmental Impacts on Pupils with Asthma

- School and its grounds are a designated smokefree area.
- At our school, we will actively engage with local authorities' programmes to reduce air pollution around schools.
- Cleaning and maintenance will be carried out at the end of the school day.
- The indoor school environment will be kept free of common asthma triggers like dust mites, damp, and mould.
- We will remain aware of levels of air pollution in the area and be aware of mitigations that need to be put in for pupils with Asthma on high pollution days.

Monitoring and Review

At each half term, staff will check the dates and contents of each inhaler to ensure they are still safe to be used and inform parents/guardians if replacements are required.

Our staff will liaise with parents/guardians about the health of their children who suffer with asthma and any requirements while they are in school (medical appointments, spacers etc).

A pupil should not require a second salbutamol inhaler in an academic year; if the canister requires replacing, it should be replaced, yet this would indicate the pupil's asthma is poorly controlled and they need to see their GP Practice Nurses or Asthma Specialist.

Medical registers and health care plans will be amended and updated by the _____ team and/or designated Asthma Lead.

Training around the management of asthma for all school staff will be facilitated each year by the Senior Leadership Team. At least 85% of staff will be trained to this level.
https://www.e-lfh.org.uk/programmes/children-and-young-peoples-asthma/

Our compliance with this policy will be audited every __ years.

Appendix

Appendix 1 School Asthma Register
Appendix 2 School Asthma Plan
Appendix 3 Letter informing parents of the need for inhalers/asthma symptoms at school
Appendix 4 Ordering Emergency Inhalers for Schools:
Appendix 5 Specimen Parent Asthma Letter for Secondary Schools

Appendix 1

Asthma Register

NAME OF SCHOOL

Name	Class	DOB	Health professional incharge	Consent to use emergency Inhaler	Expiry date of inhaler
e.g. Simone Lesley	*Y9R*	*29/07/2001*	*e.g GP/Practice nurse/Hospital*	*Yes*	*01/02/2016*
e.g. Mike Smith	*10E*	*16/09/1999*		*Yes*	*20/02/2016*
e.g. Francis Junior	*7W*	*18/09/2000*		*Yes*	*31/12/2016*

Appendix 2

Primary School Asthma Action Plan

Do I have signs of
- Wheezing
- Shortness of breath
- Coughing • Or complaining that my chest hurts(I may express this as my tummy hurts)

Stay with me and call for help if necessary. Give me 2-4 puffs of my rescue (blue)inhaler with my spacer following the guidance in the green box

- Keep calm and reassure me
- Sit me up and slightly forward
- Shake my rescue (blue) inhaler before use, remove the cap and then place in my spacer
- I need to place the mouth piece of the spacer between my teeth and lips to make a seal. I need to spray one puff and then take 10 breaths.
- I will repeat the above steps for each puff of the rescue (blue) inhaler
- I may need help with these steps

If my rescue (blue) inhaler has had little or no effect:
- I have difficulty walking
- I am coughing and wheezing a lot more
- I am unable to talk or complete sentences
- I am breathing hard and fast
- I may go very quiet
- My nostrils may be flaring

Give me up to 10 puffs of the rescue (blue) inhaler with my spacer using the guidance in the green box. You do not have to give the full 10 puffs before you call 999 if you are worried.

THINK ANAPHLAXSIS, DO I HAVE AN ADRENALINE PEN? IF YES, REFER TO THE GUIDANCE IN YELLOW ALLERGIES BOX BELOW

Call 999 for an ambulance [School Postcode]

- **If there is little or NO IMPROVEMENT**
- **If I am EXHAUSTED**
- **If I am going BLUE**
- **You are WORRIED OR UNSURE**
- **If I have COLLAPSED**

Continue to give me 10 puffs of my rescue (blue) inhaler every 15 minutes until medical help arrives or my symptoms improve.
Call my Parent/carer

ALLERGIES
- Do I have an adrenaline pen?
- If I'm not getting any better I could be having an anaphylactic reaction making it difficult for me to breathe
- **IF IN DOUBT FOLLOW MY ALLERGY MANAGEMENT PLAN AND *INJECT**
- Call an ambulance and state you suspect I am having an ANAPHYLACTIC REACTION

If my own inhaler/spacer or adrenaline pen is not available or expired, use the Schools emergency inhaler/spacer and adrenaline pen.

Adapted from London Healthy Lung partnership plan

School Asthma Action Plan

If a child stays is in the Green zone and needs his rescue(Salbutamol) inhaler 3 or more times a week ,contact parents/carers to arrange an asthma review in that week

For a child in the amber zone who improves with additional inhalers at school, parents/carers should be contacted and the child should have a medical review the same day

Repeat inhalers and adrenaline injectors should be ordered if the emergency school supply has been used

Acknowledgements

Adapted from East London NHs trust and London Healthy Lung partnership plan

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Appendix 3

School Name:

Specimen Parent Asthma Letter for Schools

Dear Parents,

This letter is to formally notify you that _____ has had problems with their breathing today.
This happened when_____

- ☐ They used_____ puffs of their own inhaler
- ☐ They did not have their own asthma inhaler with them, so a member of staff helped them to use the school emergency asthma inhaler containing salbutamol. They were given_____ puffs.
- ☐ They have requested to use their rescue inhaler >3 times this week

(Tick whichever box is applicable)

Although they soon felt better, we would strongly advise that you discuss this with their own doctor or asthma nurse as soon as possible.

Yours sincerely,

Signed: _____ Date: _____

Print name: _____

Child's name: _____ Class: _____

- Please can you ensure your child brings in a working in-date inhaler and spacer for their use in school: both should be clearly labelled with your child's name and date of birth.

Appendix 4

Ordering Emergency Inhalers for Schools:

- **Order on line** - Salbutamol Inhaler | Eureka Direct (https://www.eurekadirect.co.uk/Medical-Consumables/Inhalers-For-Schools/Salbutamol-Inhaler)
  This company can supply and deliver inhalers to schools for emergency use.
  Schools complete the online order form (https://www.eurekadirect.co.uk/Medical-Consumables/Inhalers-For-Schools/Salbutamol-Inhaler) which acts as the signed order for the inhalers – schools can set up a purchase order number so the company can invoice the schools for payment. There is no minimum order, but they do have a delivery charge of £5.95.

- **Order from community pharmacy**
  Most community pharmacies will be happy to provide supplies based on these Guidelines (https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/416468/emergency_inhalers_in_schools.pdf)

The school will need to provide a signed order with the following details:

Sample signed order for the purchase of emergency salbutamol inhalers for use in schools:

Name of school	
Address of school	
Purpose for which the inhalers are intended	Please supply salbutamol inhalers, as indicated in this signed order, to be held by the school for the emergency treatment of acute asthma
Number of Salbutamol inhalers (Salamol 100mcg pMDI CFC free)	2
Name of Head Teacher	
Signature of Head Teacher	

Specimen Parent Asthma Letter for Primary Schools

Dear Parent/Guardian,

We are currently reviewing our asthma policy. Please would you update the information regarding your child so we ensure our school records are accurate.

Our updated asthma policy means we will have an emergency salbutamol reliever inhaler on site. This is a precautionary measure. You will still need to provide your child with their own inhaler and spacer as prescribed by their GP. If you do not wish for us to use the school's inhaler in an emergency, please fill in the details below and return to school as soon as possible.

Please note everyone with asthma should use a spacer with their inhaler in order to deliver maximum benefit to the lungs (unless your child has a breath actuated inhaler). If your child does have a spacer or has not had an asthma review within the last 12 months, please book an appointment with your GP.

Please complete the information below and return to school:

1. I confirm that my child has been diagnosed with asthma □
2. I confirm my child has been prescribed a salbutamol inhaler □
3. My child has a working, in-date inhaler and spacer clearly labelled with their name, which they will bring with them to school every day. □
4. Please tick of you **DO NOT** wish the school to use the school's inhaler in an emergency. □

Signed: ……. Date: …….

Print Name: ……...

Childs Name: …… Class: ……..

Yours sincerely,

Named School Asthma Lead