

ASTHMA POLICY



# HAYDON SCHOOL

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# ASTHMA POLICY

**2012**

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# HAYDON SCHOOL

## ASTHMA POLICY AND GUIDELINES

### Aims

- A** To enable all students with asthma to participate fully in all school activities.
- B** To ensure that all staff are able to deal with a student who has an asthma attack.
- C** To enable all students to take responsibility for their own medication.
- D** To help all parents, students and staff to be well informed about asthma and to adopt a responsible attitude in its treatment.

### 1. What is asthma?

Asthma is a disorder of the lungs. Underlying sensitivity and inflammation causes air passages or bronchial tubes to become narrowed, making it difficult to breathe in and out. Sudden narrowing produces what is usually called an attack of asthma.

### 2. How does asthma affect children?

Children with asthma may develop episodes of attacks of breathlessness and coughing during which wheezing or whistling noises may be heard coming from the chest. Tightness felt inside the chest is sometimes frightening and may cause great difficulty in breathing.

Individual children are affected by their asthma in different ways. One student may have very occasional, brief and mild attacks, while another may be forced to stay off school, be unable to participate in games and need regular treatment every time they catch a cold.

### 3. What causes attack of asthma?

3.1 Asthma is a physical disorder of the lungs in which the air passages become sensitive to a variety of common stimuli. It is not an infectious disease. Nor is it a nervous or psychological disease, although strong emotions may lead to symptoms.

3.2 A trigger is anything that irritates the airways and causes asthma symptoms. There are many asthma triggers. Everybody's asthma is different and everyone will have different triggers, most have several. It is important that children and young people with asthma get to know their own triggers and try to stay away from them or take precautions.

3.3 Common triggers include viral infections (colds and flu), house-dust mites, pollen, cigarette smoke, furry and feathery animals, exercise, outdoor air pollution, laughter, excitement and stress.

### 4 Record keeping

4.1 At the beginning of each school year or when a student joins the school, parents/carers are asked if their son/daughter has any medical conditions including asthma with details completed on a medical form.

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- 4.2 A register is kept of all students who suffer from asthma, this register will be kept in the Medical Room and a copy on Fronter so that all staff can access.
- 4.3 All staff will have access to the Asthma Policy.

## 5. Exercise and Activity – PE and Games

Taking part in sports, games and activities is an essential part of school life for all pupils. All PE teachers at the school are aware of which students have asthma from the school's asthma register.

## 6. Staff Awareness

The school has a responsibility to advise its entire staff on asthma management. Staff should share with their colleagues or in particular the Welfare Assistant any information or concern about a particular student's asthma. Posters detailing what to do in the case of an asthma attack will be displayed in the staffroom and changing rooms and all classrooms.

## 7. Types of Inhalers

### a) Preventive Inhalers – **They are not allowed in school**

These are usually brown in colour and contain steroids. They are taken regularly to reduce the sensitivity of the air passages so that attacks no longer occur or are only mild. Students will take this medication at home before coming to school and last thing at night.

This type of inhaler does not help when the child is having an asthma attack.

### b) Relief Inhalers

These are generally blue in colour and are used to relieve pupils when breathless, coughing or wheezing.

Pupils may also take these inhalers before exercise.

## 8. Roles and responsibilities

### 8.1 Welfare assistant

- Maintain an accurate asthma register and make this available to all staff
- Liaise with the school nurse with regards to asthma training for all staff
- Keep a named spare inhaler for all students with asthma in the medical room
- Raise any concerns regarding a student with asthma with the school nurse
- Inform parents/carers if their child has had an asthma attack

### 8.2 All staff

All school staff have a responsibility to:

- understand the school asthma policy
- know which pupils they come into contact with have asthma
- know what to do in an asthma attack
- allow pupils with asthma immediate access to their reliever inhaler

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- tell parents/carers if their child has had an asthma attack
- tell parents/carers if their child is using more reliever inhaler than they usually would
- ensure pupils have their asthma medicines with them when they go on a school trip.
- ensure pupils who have been unwell catch up on missed school work
- be aware that a pupil may be tired because of night-time symptoms
- keep an eye out for pupils with asthma experiencing bullying
- liaise with parents/carers, special educational needs coordinators or Learning Support Department if a child is falling behind with their work because of their asthma.

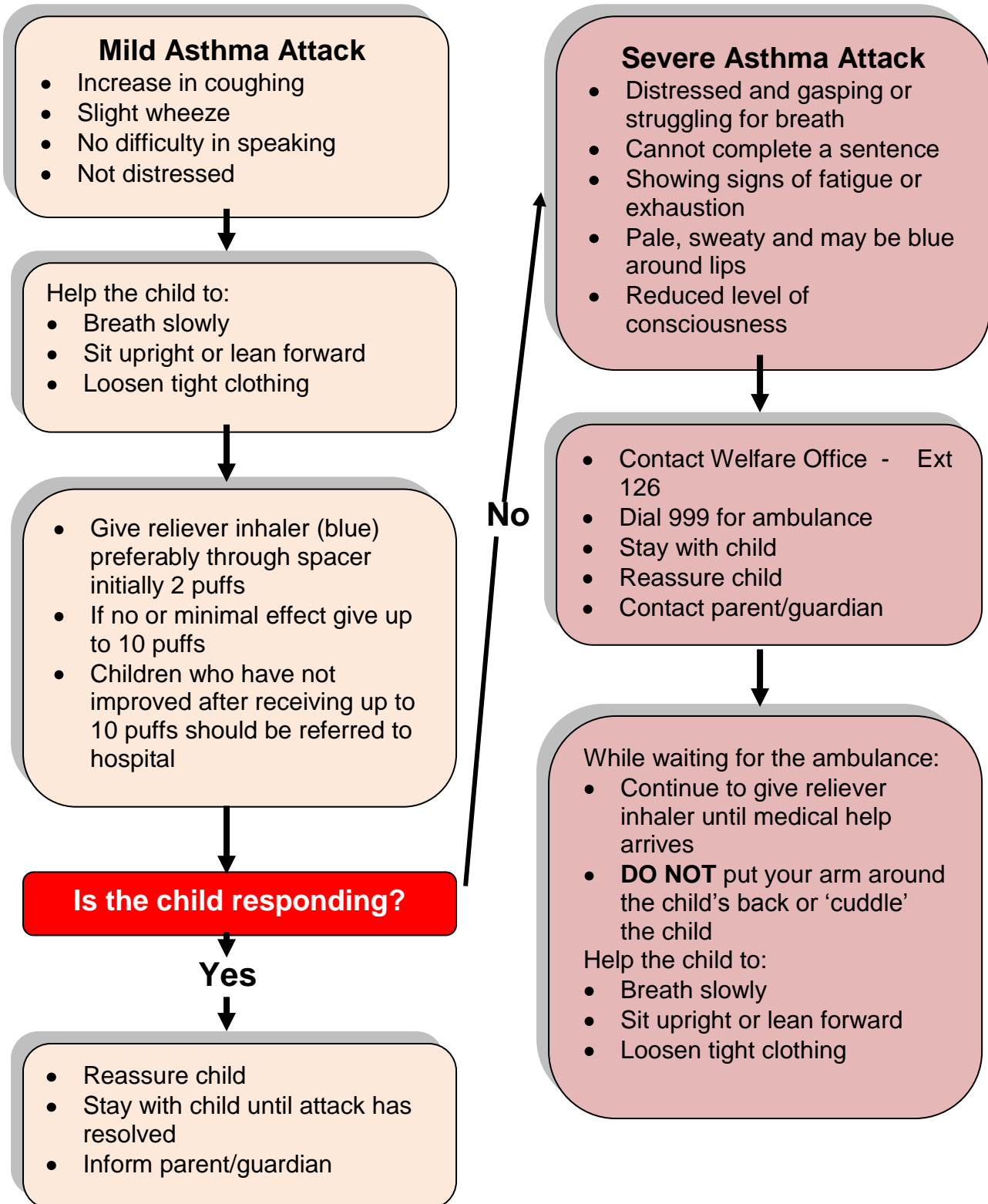
### **8.3 Parents**

- tell the school if their child has asthma
- inform the school about the medicines their child requires during school hours
- inform the school of any medicines the child requires while taking part in visits, outings or field trips and other out-of-school activities such as school team sports
- tell the school about any changes to their child's medicines, what they take and how much
- inform the school of any changes to their child's asthma (for example, if their symptoms are getting worse or they are sleeping badly due to their asthma)
- ensure their child's reliever inhaler (and spacer where relevant) is labelled with their name
- provide the school with a spare reliever inhaler labelled with their child's name
- ensure that their child's reliever inhaler and the spare is within its expiry date
- ensure their child has regular asthma reviews with their doctor or asthma nurse (every six to 12 months)

### **8.4 Pupils**

- treat other pupils with and without asthma equally
- let any pupil having an asthma attack take their reliever inhaler (usually blue) and ensure a member of staff is called
- tell their parents/carers, teacher or PE teacher when they are not feeling well
- treat asthma medicines with respect
- know how to gain access to their medicine in an emergency
- know how to take their own asthma medicines

# The Asthma Attack – What to Do



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**USEFUL ADDRESSES**

**National Asthma Campaign:**

Asthma Helpline - staffed by nurses with additional asthma training.

For advice and information on asthma,  
Ring 0345 010203 (Mon-Fri 1pm - 9pm)  
All calls are charged at local rate.

For general information on living with Asthma  
National Asthma Campaign  
Providence House  
Providence Place  
London N1 0NT

For local advice: The School Nurse  
Eastcote Health Centre  
Devonshire Lodge  
Abbotsbury Gardens,  
Pinner,  
Middlesex  
HA5 1TG  
Telephone 0844 576 9965

This document has been compiled from advice given by the National Asthma Campaign and the Headteachers' Associations.

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**Document History**

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