

Harold Wood Primary School



ASTHMA MANAGEMENT POLICY

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| Date Completed and by whom | Date to be reviewed in the future |
| Mr Fryd | October 2025 |

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Harold Wood Primary recognises that asthma is a widespread, serious but controllable condition affecting many pupils at the school. We positively welcome all pupils with asthma and encourage pupils with asthma to achieve in all aspects of school life by having a clear policy that is understood by school staff.

The school will ensure that relevant members of staff have a clear understanding of what to do in the event of a child having an asthma attack.

We will ensure that other pupils have some knowledge of the asthma condition so that they can support their friends and attach no stigma to those who have this chronic medical condition.

We undertake to work with partnership with parents, school governors, health professionals, school staff and children to ensure the successful implementation of this school policy.

The usual symptoms of asthma:

- coughing
- shortness of breath
- wheezing
- tightness in the chest
- being unusually quiet
- difficulty speaking in full sentences
- sometimes younger children will express feeling tight in the chest as a tummy ache

Asthma Triggers

A trigger is anything that irritates the airways and causes asthma symptoms. There are many triggers and everybody's asthma is different. Most children and young people with asthma have several triggers.

Common triggers include:

- viral infections
- house-dust mites
- pollen
- cigarette smoke
- furry and feathery animals
- exercise
- outdoor air pollution
- laughter
- excitement
- stress

Medication

Relievers are medicines that can be taken immediately when asthma symptoms start. They quickly relax the muscles surrounding the narrowed airways. This allows the airways to open wider, making it easier to breathe again. Relievers do not reduce the swelling in the airways.

Reliever inhalers are usually blue and are essential in treating asthma attacks. Relievers are a very safe and effective medicine and have very few side effects. Some children and young people do get an increased heart rate and may feel shaky if they take a lot. However, children and young people cannot overdose on reliever medicines and these side effects pass quickly.

Children and young people with infrequent asthma symptoms will probably only have a reliever inhaler prescribed. However, if they need to use their reliever inhaler three or more times a week, they should see their doctor or asthma nurse for an asthma review as they may also need to take preventer medicines.

School staff are not required to administer asthma medicines to pupils (except in an emergency), however many staff members are happy to do this. Staff who agree to administer medicines are insured by the local education authority when acting in agreement with this policy. All school staff will supervise pupils when taking their own medicine and give advice if necessary.

Access to medication

We realise that it is essential for a pupil has immediate access to their reliever inhaler/medication when necessary. Asthma medication is kept in each classroom in identified places.

We endeavour to do all we can and is practicable to make sure that the school environment is favourable to pupils with asthma.

Record Keeping

When a pupil joins the school, parents/carers are asked if their child has any medical conditions including asthma on their admissions form. Should a child be diagnosed with Asthma we will ask the parents to complete a Medical Information form, give us written consent to use Emergency School Asthma Pump and provide us with a copy of the Asthma Plan drawn up by their Doctor or GP giving detail of frequency of use of pumps.

This informs us as to their individual child's triggers, symptoms and whether we have permission to administer emergency medication if necessary. Parents/carers are also asked to update information if their child's medicines, or how much they take, changes during the year.

The school records this information on a School Asthma Register which records all pupils with asthma across the school. The written consent to use emergency inhaler is kept with it. This information is available to all school staff.

Emergency Inhaler Procedures

The school holds two emergency inhalers kits which are stored in the Junior Medical Room.

The kit includes; salbutamol metered dose inhale and plastic spacers.

The emergency inhaler should only be used by pupils, for whom written parental consent for use of the emergency inhaler has been given, who have either been diagnosed with asthma and prescribed an inhaler, or who have been prescribed an inhaler as reliever medication. The inhaler can be used if the pupil's prescribed inhaler is not available (for example, because it is broken, or empty).

What to do in an asthma attack

What to do

- Keep calm
- Encourage the child or young person to sit up and slightly forward – do not hug or lie them down
- Make sure the child or young person takes two puffs of reliever inhaler (usually blue) immediately – preferably through a spacer
- Ensure tight clothing is loosened
- Reassure the child

If there is no immediate improvement

Continue to make sure the child or young person takes one puff of reliever inhaler every minute for five minutes or until their symptoms improve.

Call 999 or a doctor urgently if:

- The child or young person's symptoms do not improve in
- 5–10 minutes.
- The child or young person is too breathless or exhausted to talk.
- The child or young person's lips are blue.
- You are in doubt.

Ensure the child or young person takes one puff of their reliever inhaler every minute until the ambulance or doctor arrives.

Common signs of an asthma attack are:

- coughing
- shortness of breath
- wheezing
- tightness in the chest
- being unusually quiet
- difficulty speaking in full sentences
- sometimes younger children express feeling tight in the chest as a tummy ache.

After a minor asthma attack

- Minor attacks should not interrupt the involvement of a pupil with asthma in school.
- When the pupil feels better they can return to school activities.
- The parents/carers must always be told if their child has had an asthma attack.

Important things to remember in an asthma attack

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- Never leave a pupil having an asthma attack
- If the pupil does not have their inhaler and/or spacer with them, send another teacher or pupil to their classroom or assigned room to get their spare inhaler and/or spacer
- In an emergency situation school staff are required under common law, duty of care, to act like any reasonably prudent parent
- Reliever medicine is very safe. During an asthma attack do not worry about a pupil overdosing
- Send another pupil to get another teacher/adult if an ambulance needs to be called
- Contact the pupil's parents or carers immediately after calling the ambulance/doctor
- A member of staff should always accompany a pupil taken to hospital by ambulance and stay with them until their parent or carer arrives
- Generally staff should not take pupils to hospital in their own car However, in some situations it may be the best course of action
- Another adult should always accompany anyone driving a pupil having an asthma attack to emergency services.