

# Asthma policy

## 2024-2025

### Paradise Rida Schools Trust



**Approved by:**

Governors

**Date:** Sep 2024

**Last reviewed on:**

Sep 2024

**Next review due by:**

Sep 2025

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## **1. Aims**

At Rida Boys High School, we are committed to supporting the health and wellbeing of all our students, including those with asthma. This policy is designed to ensure that asthma is managed effectively and safely, allowing students to fully participate in school activities while minimising the risks associated with asthma.

The purpose of this policy is to provide clear guidance to staff, students, and parents/guardians on the management of asthma in the school environment, ensuring that students with asthma receive the appropriate care and support.

## **2. Legislation and guidance**

This policy is informed by UK statutory guidance on asthma management in schools, including advice from the Department for Education (DfE), the Department of Health, and Asthma UK. By following this guidance, **Rida Boys High School** aims to provide a safe and supportive environment for all students, including those with asthma, ensuring that they are able to fully participate in school activities and manage their asthma effectively.

## **3. Roles and responsibilities**

### **3.1 School Staff:**

All school staff must be aware of how to recognise and manage asthma symptoms, know how to use an inhaler, and understand the school's emergency procedures (Appendix1) for asthma attacks. Staff should ensure that students with asthma have access to their medication at all times.

### **3.2 Teachers:**

Teachers must be aware of which students have asthma and ensure they are supported during physical activities such as sports. Teachers should also be prepared to act in accordance with the asthma action plans of students with asthma and provide support as needed.

### **3.3 PE Teachers:**

PE teachers are specifically trained to recognise signs of asthma during physical activities. They will be responsible for monitoring students with asthma during exercise and ensuring that appropriate precautions are in place, such as allowing rest periods or the use of inhalers as needed.

### 3.4 First Aiders:

First aiders must ensure that students' inhalers are accessible in case of an asthma attack and provide immediate first aid when necessary. They should be familiar with the emergency asthma procedures and act quickly in the event of an asthma emergency.

### 3.5 Parents/Guardians:

Parents/guardians must provide the school with an up-to-date asthma action plan, including any necessary medication and emergency contact information. They should also inform the school of any changes in their child's asthma treatment and ensure their child has the necessary medication at school.

## 4. Asthma Action Plan

Each student with asthma should have a personalised asthma action plan that is developed in consultation with their doctor and provided by the parents/guardians. This plan should outline:

- Asthma triggers
- Symptoms to look out for
- Medication requirements
- Clear steps to take in the event of an asthma attack
- The asthma action plan should be reviewed regularly to ensure it is up to date.

## 5. Medication Management

- Students with asthma should always have access to their reliever inhaler (or other prescribed medication).
- Inhalers should be stored in a central, easily accessible location within the school, and students may carry their inhalers with them if they wish.
- The school will maintain a record of all students with asthma and ensure that their inhalers are in good condition and not expired.
- A protocol will be followed to ensure that students' medication is administered as required, in line with their asthma action plan.

## 6. Emergency Procedures

- In the event of an asthma attack, school staff must follow clear procedures, including:
- Contacting emergency services if necessary (if symptoms do not improve after using an inhaler).

- Administering the inhaler or nebuliser as required by the student's asthma action plan.
- Ensuring that the student is monitored closely until they recover or emergency help arrives.
- Emergency contacts should be readily available, and all staff should be aware of the location of first aid kits and inhalers.
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## **7. Physical Activity and Sports**

- Physical activity is encouraged for all students, including those with asthma. However, certain precautions must be taken:
- PE teachers will be aware of students with asthma and will make reasonable adjustments (e.g., allowing rest periods or administering medication before or during exercise).
- Students should be allowed to participate in physical activities, but will not be forced to do so if they are not feeling well or if an asthma attack occurs.

## **8. Training and Awareness**

- All school staff will receive regular training on asthma awareness, the correct use of inhalers, and the signs of an asthma attack.
- Reminders about the importance of asthma management will be given to staff regularly, and asthma awareness will be incorporated into the school's broader health and safety training.

## **9. Monitoring and Review**

The asthma policy will be reviewed regularly to ensure it remains up to date and meets the needs of our students. We encourage feedback from students, parents, and staff to continually improve asthma management in the school environment.

## **10. Parental Involvement**

Parents/guardians must:

Provide up-to-date information on their child's asthma, including prescribed medication, triggers, and any changes in treatment.

Ensure the school has current contact information in case of an emergency.

## **Appendix 1**

### **Emergency Procedures For Asthma Attacks**

#### **Step-by-Step Guide in the Event of an Asthma Attack**

In the event of an asthma attack, staff should follow these clear steps to ensure the student receives appropriate care quickly and effectively. The safety of the student is the priority, and staff should act immediately.

#### **1. Recognise the Symptoms of an Asthma Attack**

- The student may show signs such as:
- Difficulty breathing or shortness of breath
- Wheezing or coughing
- Tightness in the chest
- Difficulty speaking in full sentences
- Pale or sweaty skin
- Panic or distress

#### **2. Stay Calm and Reassure the Student**

- Remain calm and reassure the student that help is on the way.
- Encourage the student to stay calm and sit upright (do **not** allow them to lie down).
- If the student has an inhaler, encourage them to use it right away.

### 3. Administer the Reliever Inhaler (Blue Inhaler)

- **Ensure the inhaler is within reach** and that the student has it available.
  - **Check the student's asthma action plan** for specific instructions regarding medication.
  - Instruct the student to:
    1. **Shake the inhaler.**
    2. **Place the inhaler in their mouth** with the lips sealed around the mouthpiece.
    3. **Press down on the inhaler** while they take a slow, deep breath in.
    4. **Hold their breath** for 10 seconds, then exhale slowly.
  - If the student is unable to use the inhaler themselves, staff may assist by administering it. **If the student is too young or unable to use the inhaler**, use a spacer if available.
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### 4. Monitor the Student's Condition

- **Wait for 10-15 minutes** after the student has used their inhaler.
  - **Observe the student** closely to see if their symptoms improve.
    - If the student feels better, they can return to class. However, they should be monitored for any signs of a recurring attack.
    - **If the student does not improve**, proceed to Step 5.
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### 5. Call for Help and Emergency Services

- If the student's condition does not improve after 10-15 minutes or if they are unable to use their inhaler:
  1. **Call 999** (or emergency services) immediately for an ambulance.
  2. Inform the emergency operator that the student is having an **asthma attack** and that their condition is not improving.
  3. **Call the student's emergency contact** (parents/guardians) to inform them of the situation.

- **Continue monitoring the student** until help arrives.
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## 6. Administer a Second Dose of Medication

- If the student is still having difficulty breathing after the first inhaler dose, administer a **second dose** of the reliever inhaler (blue inhaler) immediately.
    - Follow the same process as the first dose (shake, inhale, hold breath).
  - If a nebuliser is available and prescribed for the student, use it according to the asthma action plan.
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## 7. Stay With the Student and Provide Ongoing Support

- **Do not leave the student alone.** Stay with them to provide reassurance and help calm them.
  - **Keep the student in an upright position**, as this helps open the airways.
  - If the student becomes unconscious, **place them in the recovery position** (on their side) and ensure their airway remains clear.
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## 8. Record the Incident

- **Document the incident** in the student's health record, including:
    - The time the asthma attack occurred.
    - The steps taken (e.g., inhaler administration, emergency contact).
    - The time emergency services were called.
  - This will help track any patterns in the student's condition and assist with future asthma management.
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## 9. Follow-Up After the Incident

- **Monitor the student after the attack** to ensure they are fully recovered.
- If the student returns to class, ensure they are still feeling well and offer support if needed.
- **Inform the parents/guardians** about the asthma attack and any steps taken.

- If required, review the student's asthma action plan to ensure it is still up to date and address any concerns with parents/guardians.
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**Important Notes:**

- **Do not try to administer the student's preventer medication** (usually a brown inhaler) during an asthma attack as it is not fast-acting.
  - If the student is unable to breathe or is struggling severely, **do not wait too long** to seek emergency assistance.
  - **Stay calm and act quickly.** Quick action can significantly reduce the severity of an asthma attack.
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**In Case of Doubt:** Always err on the side of caution and call for professional medical assistance.