

ASTHMA POLICY

As we have an increasing number of children who need to use an inhaler it is essential that both staff and children know how to use their particular inhaler. Parents are regularly asked to update us on medication needed for their child(ren) i.e. replacing discs, capsules and inhalers themselves. A record is kept (and updated annually) as to who needs inhalers and extra instructions if needed. A record of when doses are administered is kept in the school office.

All asthmatic or “wheezy” children are asked to request a spare inhaler to keep at school. Therefore all children who use inhalers are instructed as to where they are kept and each inhaler is labelled with the child’s name.

We have done our best to ensure that users can be within easy access of their inhaler at all times and during visits of any kind the inhaler is looked after by a responsible adult who is usually group leader and it will remain easily available to the child.

Sports activities such as P.E./ games are encouraged as normal but the asthmatic child may need to take a preventative inhaler before the activity. It may also be necessary for the child to take a dose of the reliever during the session. This should be done as quickly as possible. Let them sit at the side after taking the reliever until they feel ready to re-join the activity.

If a child is over reliant on their inhaler or is normally active and then starts to need their reliever inhaler more often during exercise they need to return to their G.P./Asthma Clinic to be assessed.

A spare inhaler is kept in the Office in case of emergencies.

WHAT TO DO : THE SCHOOL POLICY

If an asthmatic child (or adult) begins to be breathless/wheezy or coughs continually:-

1. Calmly let the child sit in the position they find most comfortable. DON'T LIE THEM DOWN.

This could be arms wide on table.

It is not necessary for them to sit near an open window - some attacks are triggered by damp and cold or pollen, heat or fumes. Make sure though that the room is well ventilated.

2. Give the patient their usually reliever - usually a blue inhaler. If the child has forgotten the inhaler, and you haven't permission to use another inhaler:-
 - a) Check severity of attack
 - b) Ring parents or emergency number
3. After giving inhaler wait 5 - 10 minutes.
4. If child recovers quite quickly they can go back to what they were doing - unless that is aggravating the problem. Often some T.L.C. and a drink help!
5. If child improves but doesn't fully recover, ring the parents (and give another dose of inhaler whilst waiting, if needed).

SEVERE ATTACK PROCEDURE

6. If normal relief medication has no effect:-
 - a) Inform parent/carer
 - b) Keep trying every 5 - 10 minutes with the usual reliever - don't worry about overdosing
 - c) Very serious dial 999