



## INTRODUCTION

- Our aim is for all students with asthma to participate fully in all aspects of school life, including art lessons, PE, science, visits, outings or field trips and other out-of-hours school activities.
- We recognise that students with asthma need immediate access to reliever inhalers at all times.
- **We hold an emergency salbutamol inhaler available for emergency use only in the unlocked medical box on the wall outside the medical room and corridor by sports hall. Ensuring that the emergency inhaler is only used by students with asthma and with written parental consent for its use, but will be used at the first aider's discretion if contact is not possible and the patient's health deteriorates. In the event that the school emergency inhaler is used, parents will be contacted immediately and asked to bring medication to school the next day.**

## ASTHMA MEDICINE

- Immediate access to reliever medicines is essential. Students with asthma are encouraged to carry their reliever inhaler as soon as the parent/carer, doctor or asthma nurse agrees they are mature enough.
- All inhalers must be labelled with the student's name by the parent/carer.
- School staff are not required to administer asthma medicines to students, **except in an emergency.**

## RECORD KEEPING

- At the beginning of each school year or when a student joins the school, parents/carers are asked if their child has any medical conditions including asthma on their data collection form.
- This information is then added to the student's electronic file on SIMS under section 7. Health
- Staff are notified of students with any medical conditions or Individual Healthcare Plans.

## EXERCISE AND ACTIVITY – PE AND GAMES

- Taking part in sports, games and activities is an essential part of school life for all students. All teachers know which students in their class have asthma.

- Students with asthma are encouraged to participate fully in all PE lessons. PE teachers will remind students whose asthma is triggered by exercise to take their reliever inhaler before the lesson, and to thoroughly warm up and down before and after the lesson. If a student needs to use their inhaler during a lesson they will be encouraged to do so.
- Classroom teachers follow the same principles as described above for games and activities involving physical activity.

### **OUT-OF-HOURS SPORT**

- There has been a large emphasis in recent years on increasing the number of children and young people involved in exercise and sport in and outside of school. The health benefits of exercise are well documented and this is also true for children and young people with asthma. It is therefore important that the school involves students with asthma as much as possible in after school clubs.
- Staff are aware in particular of the difficulties that younger students may have in explaining how they feel.

### **SCHOOL ENVIRONMENT**

- The school does all that it can to ensure the school environment is favourable to students with asthma. The school has a definitive no-smoking policy. As far as possible the school does not use chemicals in science and art lessons that are potential triggers for students with asthma.

### **ASTHMA ATTACKS**

- All trained first aid staff who come into contact with students with asthma know what to do in the event of an asthma attack.

### **USE OF EMERGENCY SALBUTAMOL INHALERS IN SCHOOL**

- From 1st October 2014 the Human Medicines (Amendment) (No. 2) Regulations 2014 allows schools to keep a salbutamol inhaler for use in emergencies.
- The inhaler can be used if the student's prescribed inhaler is not available (for example, because it is broken, or empty).
- This change applies to all primary and secondary schools in the UK. Schools are not required to hold an inhaler – this is a discretionary power enabling schools to do this if they wish.
- At Lathom High School we hold one Emergency Salbutamol Inhaler and we will ensure that it is only used by students, 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. **A child may be prescribed an inhaler for their asthma which contains an alternative reliever medication to salbutamol (such as terbutaline). The salbutamol inhaler**

**should still be used by these children if their own inhaler is not accessible – it will still help to relieve their asthma and could save their life.**

- We have arrangements for the supply, storage, care, and disposal of the inhaler.
- The use of an emergency asthma inhaler should also be specified in a student's individual healthcare plan where appropriate.

**THE EMERGENCY KIT:**

- Our emergency asthma inhaler kit includes:
  - a salbutamol metered dose inhaler;
  - manufacturer's information;
  - inhaler batch number and expiry date, with monthly checks recorded;
  - a list of students permitted to use the emergency inhaler as per parental consent form;

# **HOW TO RECOGNISE AN ASTHMA ATTACK**

**The signs of an asthma attack are:**

- Persistent cough (when at rest)
- A wheezing sound coming from the chest (when at rest)
- Difficulty breathing (the student could be breathing fast and with effort, using all accessory muscles in the upper body)
- Nasal flaring
- Unable to talk or complete sentences. Some students will go very quiet.
- May try to tell you that their chest 'feels tight'

## **CALL AN AMBULANCE IMMEDIATELY IF THE STUDENT:**

- Appears exhausted
- Has a blue/white tinge around lips
- Is going blue
- Has collapsed

# **WHAT TO DO IN THE EVENT OF AN ASTHMA ATTACK**

- Keep calm and reassure the student
- Encourage the student to sit up and slightly forward
- **Use the student's own inhaler – if not available use the emergency inhaler which is located in the medicine box outside the meeting room**
- Remain with the student while the inhaler is brought to them
- Immediately help the student to take two puffs of the salbutamol inhaler
- If there is no immediate improvement, continue to give two puffs at a time every two minutes, up to a maximum of 10 puffs
- Stay with the student until they feel enough to return to school activities
- Record the first aid details in the Accident Book.  
Inform home

**If the student does not feel better or you are worried at ANYTIME before you have reached 10 puffs, CALL 999 FOR AN AMBULANCE. If an ambulance does not arrive in 10 minutes give another 10 puffs in the same way**