



Asthma Policy

Rationale

An Asthma attack involves the narrowing of airways making it difficult to breathe. Symptoms commonly include difficulty breathing, wheezy breathing, dry and irritating cough, tightness in the chest and difficulty speaking. Children and adults with mild asthma rarely require medication; however severe asthma sufferers may require daily or additional medication (particularly after exercise).

Purpose

To have in place a policy that outlines Asthma Awareness, management and procedures for staff to follow in the event of asthma attack.

Implementation

- All school staff with a duty of care responsibility for the wellbeing of students should be trained in being able to manage an asthma emergency appropriately. Training should be conducted at least every three years.
- All students with asthma must have an up to date (annual) written Asthma Management Plan consistent with Asthma Victoria's requirements completed by their doctor or paediatrician. Appropriate asthma plan proformas are available at www.asthma.org.au and also on our website.
- First Aid coordinator and/or School nurse will ensure that asthma plans are attached to the student's records for reference, a copy kept in the sickbay, staff first aide bag and in their learning common.
- Parents/guardians are responsible for ensuring their children have an adequate supply of appropriate asthma medication (including a spacer) with them at school at all times.
- All asthma medication must have an accompanying asthma plan.
- Care must be provided immediately for any student who develops signs of an asthma attack.
- Children suffering asthma attacks should be treated in accordance with their asthma plan.

If no plan is available;

1. **Sit the person upright**
 - Be calm and reassuring
 - Do not leave them alone
2. **Give 4 separate puffs of blue/grey reliever puffer**

- Shake puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer
- Repeat until **4 puffs** have been taken
- Remember; **Shake, 1 puff, 4 breaths**

3. Wait 4 minutes

-If there is no improvement, give **4 more separate puffs of blue/grey reliever** as above.

4. If there is still no improvement call emergency assistance (DIAL 000)

Call emergency assistance immediately (Dial 000)

- If person is not breathing
- If the person's asthma suddenly becomes worse or is not improving
- If the person is having an asthma attack and reliever is no available
- If you are not sure if it's asthma
- If the person is known to have Anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid
- *(Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma)*
- Parents must be contacted whenever their child suffers an asthma attack.

- Our school remains registered as an Asthma Friendly School www.asthmafriendlyschools.org.au

Asthma emergency first aid kits must contain:

- blue/grey reliever medication such as Airomir, Asmol, or Ventolin
- at least 2 spacer devices to assist with effective inhalation of the blue/grey reliever medication (ensure spare spacers are available as replacements)
- clear written instructions on:
 - how to use these medications and devices
 - steps to be taken in treating a severe asthma attack
- a record sheet/log for recording the details of a first aid incident, such as the number of puffs administered - record sheets can be downloaded from the Asthma Foundation of Victoria web site.

Notes:

Schools are not required to provide a nebuliser for students. If a student is prescribed a nebuliser, they should bring their own to school. Parents can obtain information on the use of nebulisers from the manufacturer (all nebulisers are labelled with the manufacturer's name). The Asthma Foundation of Victoria has nebulisers information for parents, carers and schools, see: [The Asthma Foundation of Victoria - Nebuliser Information](#).

** All students from grades 3-6, with a signed consent form from their parents, may carry their own reliever medication and spacer. A medication register will be issued to each class teacher and kept in their I.C.E folder. These registers will be handed to the office at the end of each term for archiving. Teachers will be responsible for notifying parents of any asthma medication given.

Regular checks

A nominated staff member/School nurse should be responsible for maintaining the emergency asthma first aid kit, including:

- ensuring all contents are maintained and replaced when necessary.
- regularly checking the expiry date on the canister of the reliever puffer and replacing reliever medication if expired or if low on doses.
- consulting with a pharmacist about matching the spacer with the reliever puffer.
- replacing spacers in the first aid kit after each use. Spacers are now single-person use only. Once used, the spacer can be given to that person and replaced in the first aid kit.
- previously used spacers should be disposed of.

Note: Schools can legally purchase a blue/grey reliever puffer for first aid purposes from a pharmacist on the written authority of the principal.

Cleaning requirements

Asthma spacers are single-person use only. To avoid infection transmission via mucus spacers and masks must only be used by the one person. They should be:

- stored in a dustproof container. Spacers should not be stored in a plastic bag as this can cause static inside the spacer.
- cleaned once a month by the student/parent/carer.

Note: Blue/grey reliever medication 'puffers' may be used by more than one student, as long as they have been used with a spacer. If a spacer comes in contact with the mouth it cannot be re-used.

Cleaning puffer

Step	Action
1	Remove the metal canister from the puffer. Do not wash the canister.
2	Wash the plastic casing.
3	Rinse the mouthpiece through the top and bottom under running water for at least 30 seconds. Wash mouthpiece cover.
4	Air dry, and then reassemble.
5	Test the puffer to make sure no water remains in it, then return to the first aid kit.

Locations

Asthma emergency first aid kits should be located strategically around the school. Mobile asthma emergency kits are also required for:

- office/administration
- yard duty



- excursions
- camps

Evaluation

This policy will be reviewed as part of the school's three-year review cycle.

This Policy was ratified at School Council on Monday 12th September 2016