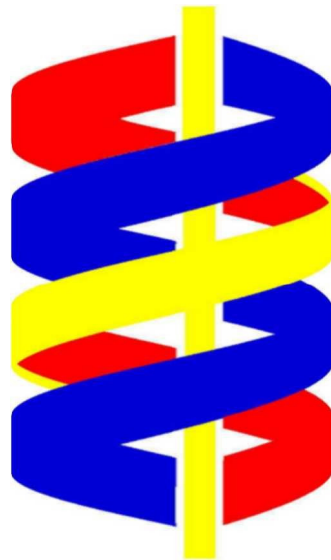


Guidelines on dealing with Asthma

at

Beaufort Community School



March 2010

1. Guiding Principles.

- i. Beaufort Community School recognises that asthma is a widespread, serious but controllable condition and the school welcomes all students with asthma.
- ii. Beaufort Community School encourages students with asthma to achieve their potential in all aspects of school life by having clear guidelines that are understood by all staff and students.

2. Record Keeping.

At the beginning of each school year or when a child joins the school, parents/carers are encouraged to inform the school if their child has an asthma condition. This can be done on the enrolment form, and will subsequently be placed on the school information system.

3. Asthma Medicines.

- i. Immediate access to reliever medicines is essential. Students with asthma are encouraged to carry their reliever inhalers in their school bag.
- ii. Parents/carers are encouraged to provide the school with a spare inhaler, which should be clearly labelled with their child's name and handed in to the medical room.
- iii. School staff are not required to administer asthma medicines (except in an emergency).
- iv. Beaufort Community School encourages students to use their asthma medication whenever it is needed, either during lessons or during free time.

4. Exercise and Activity – Physical Education Lessons.

- (i) Taking part in sports, games and activities is an essential part of school life for all pupils. All teachers know which children in their class have asthma and all PE teachers at the school are aware of which students have asthma from the school's asthma register.
- (ii) 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.
- (iii) If a student does not have an inhaler and feels they need asthma medication then they should be sent to the medical room.
- (iv) Classroom teachers follow the same principles as described above for games and activities involving physical activity.

5. School Environment.

Beaufort Community School does all that it can to ensure the school environment is favourable to pupils with asthma. The school does not keep furry or feathery animals and 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 pupils with asthma. Pupils with asthma are encouraged to leave the room and go and sit in the medical room if particular fumes trigger their asthma.

6. IN THE EVENT OF AN ASTHMA ATTACK

- Ensure that the reliever is taken immediately. Whenever possible, allow medication to be taken where the attack occurred.
- If the child's own inhaler is not accessible, use an inhaler in the medical room.
- Stay calm and reassure the child. Stay with the child until the attack is resolved. Call for assistance to deal with other students or your class.
- Help the child to breathe by encouraging them to breathe as slowly and deeply as possible.
- After the attack and as soon as they better, the child can return to normal school activities.
- The child's parents must be informed of the attack, this can be done by a teacher, support staff, or welfare assistants.

EMERGENCY SITUATION

Call the ambulance urgently and say it's an asthma attack, if:-

- The reliever has no effect after 5 – 10 minutes.
- The child is either distressed or unable to talk.
- The child is getting exhausted.
- You have any doubts at all about the child's condition.
- Continue to give reliever medication every few minutes until help arrives.

EMERGENCY INHALER / SPACER

A blue inhaler and spacer device is available at Beaufort Community School. This is intended to be a spare inhaler for use when an asthmatic child suffering symptoms does not have access to their own inhaler.

There are inhalers and spacers kept in the medical room, that can be used.

If treatment is needed up to 10 puffs can be taken, (one puff at a time).

This can be repeated if necessary but procedure for emergency situation must also be followed.

Parents should be informed and reason for needing to use spare device should be explained.

After use, the spacer (or inhaler mouthpiece if used without spacer) should be washed and safely stored for next use.

7. Additional Information

Any parent/carer who is concerned about their child's asthma whilst at school should telephone 01452 301381 and ask to speak to a welfare assistant:-

Mrs Cayless Monday, Tuesday, Wednesday.

Mrs Waters Thursday, Friday.

8. Further Information

Asthma UK **adviceline**

Ask an asthma nurse specialist

08457 01 02 03

Asthma.org.uk/adviceline

Asthma UK **website**

Read the latest independent advice and news on asthma

asthma.org.uk

Asthma UK **publications**

Request booklets, factfiles and other materials with independent, specialist information on every aspect of asthma

020 7786 5000
info@asthma.org.uk

Asthma UK **membership**

Become a member of Asthma UK and receive *Asthma Magazine* four times a year

020 7786 5000
membership@asthma.org.uk

Asthma **Nurses**

At Gloucestershire Royal Hospital

08454 228475