

NEW PARK ACADEMY – JUNIOR & SECONDARY SITE

MANAGING PUPIL ASTHMA ATTACKS POLICY

FIRST CREATED: MARCH 2011 – EDITION 1

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11	MARCH 2023	MINOR CHANGES

Policy Agreed	NOVEMBER 2019
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Owner	Almut Bever-Warren
Signed	
Designation	HEADTEACHER

MANAGING PUPIL ASTHMA ATTACKS – ADOPTION BY BOARD NOV. 2019.

Protocol and policy for the management of pupil asthma attacks at New Park Academy

General Information

This document has been compiled on behalf of Salford Primary Care Trust in collaboration with Salford Education Department.

An extensive survey of 600 school staff informed this document and its annual review aims to ensure it continues to meet the needs of school young people with asthma and those who care for them in this setting.

A clear requirement from staff, parents/carers and pupils is that a sound asthma policy improves the management of asthma in young people. Underpinning this is developing awareness of how school staff can support young people with asthma by an understanding of the disease and how it is managed in the school setting. For the vast majority of young people, asthma, when well managed at home and school should not affect their school experience.

All young people with asthma will be under the care of their GP/ Practice nurse and should be attending reviews every 6-12 months. The school nurse can compliment this by offering support for young people in the school setting by promoting regular attendance, school activities and access to inhalers. If necessary a referral to the specialist health visitor for young people with asthma can be arranged should further intervention be necessary

New Park Academy acknowledges that asthma is the most prevalent disease of young personhood and recognises that a significant number of pupils on roll in this school will have the disease.

Their disease should not isolate asthma sufferers; therefore asthma awareness should involve ALL members of the school community.

Explanation of disease:

- *People with asthma have sensitive air passages which are quick to respond to anything that irritates them (triggers).*
- *This results in the air passages of the lungs becoming narrow, making it difficult to breathe in and out.*
- *Narrowing of air passages produces ONE or ALL of the following: coughing, breathlessness, wheezing.*
- *SUDDEN, SEVERE narrowing of air passages may result in an 'Asthma Attack'.*

Identification of pupils affected:

- *It is the responsibility of parents or guardians to notify school if their young person has asthma.*
- *Treatment details should be given to school and accessible by staff at all times.*

Treatment: consists of two main forms

- *Reliever inhalers (usually Blue) & preventer inhalers (usually Brown).*
- *It is encouraged that only blue inhalers should be in school.*
- *Depending on the severity of the Asthma as stated by parents/carers, young people should have access to their relief inhalers (usually blue) at all times. It should be kept in an area where all staff can have access.*

Prevention

*It is important to be aware that many factors provoke narrowing of the air passages. Some of these factors **are avoidable** within the school environment; therefore appropriate steps should be taken. Trigger factors include: - coughs & colds, cigarette smoke, furry animals, cold weather, chemical paints – sprays and vapours, grass pollens and spores, extremes of emotion and exercise.*

Treating worsening symptoms of asthma:

A reliever inhaler (blue) should be given:-

- *If requested by the young person*
- *If the young person is coughing, wheezing or breathless.*

If this is effective, the young person can return to normal classroom activity.

What to do in the case of an ‘asthma attack’:

The main symptoms of an asthma attack are coughing continuously, wheezing or shortness of breath.

1. *Support the young person to inhale once or twice with the blue inhaler (using a spacer if available). Wait for **5 minutes** – the inhaler should have been effective.*

A spacer is often easier to use when a young person is having an attack and this may be available in the school’s emergency equipment.

But remember –

Stay calm – it is treatable

Sit the young person comfortably – do not let the young person lie down

Do not crowd the young person

Speak quietly and calmly to the young person – encourage slow deep breaths.

Do not put your arms around the young person’s shoulders – this restricts breathing.

Contact the school Nurse immediately for advice and support.

- If this does not work, then the young person may be having a **severe** asthma attack.*

This constitutes an emergency situation.

An emergency situation is recognisable when:

Blue inhaler does not work,

Or

The young person has difficulty speaking – e.g. can only say 2 or 3 words before taking a breath.

Or

The young person is breathing quickly.

Young person can look pale – lips can turn blue.

Plan of Action: see also procedures for calling an ambulance)

DIAL 999 – telephone for an ambulance via the main office (Amanda Jones if at all possible). In the meantime, a blue inhaler can be given every 5 minutes. ***You cannot overdose the young person by doing this. DO*** inform the paramedic how much inhaler has been used.

Background – New Park Academy

Unfortunately, asthma is a widespread serious but controllable condition. Here, at New Park Academy we hope that all pupils with asthma can fully participate with all aspects of school life.

As with all other conditions, New Park Academy has full and complete records of any pupil(s) with medical conditions and recognises that pupils with asthma need immediate access to reliever inhalers.

All staff are informed of the conditions of the pupils they teach and accessible pupil information is available to every member of staff for the benefit of safeguarding the pupils at New Park Academy.

New Park Academy has close partnership with school nurses and regular visits and meetings take place which provide an ideal forum for discussing all medical conditions including asthma.

Guidelines

Asthma UK provides a comprehensive document giving advice, guidelines and example documentation such as policies and letters to parents. A link to further guidance can be found at the end of this policy.

First Aiders

New Park Academy has trained First Aiders

First Aiders are:

HIGH SCHOOL	FIRST AID		Paediatric First Aid		MHFA
	Expiry	Renewal	Expiry	Renewal	Expires
Adam Moran	20/10/2024				
Almut Bever-Warren					
Barbara Owen	08/03/2025				
Carl Jennings	13/07/2025				
Claire McTeigue			16/11/2024		
Darrell Warner	01/07/2025				
Karen Seymour					08/03/2025
Laura Clegg	01/07/2025				
Nicholas Aitken-Smith	09/06/2024				
Nick Moors	05/05/2025				
Wendy Trueman	01/07/2025				
Helen Whiteley			08/03/2025		
JUNIORS	FIRST AID		Paediatric First Aid		MHFA
	Expiry	Renewal	Expiry	Renewal	Expires
Adam Smith			11/07/2023	2/5 & 3/5	
Andrew Langford	22/12/2024				
Hayley Dunne	23/06/2023	3/7 & 4/7			
Nicola Lawless	20/10/2025				08/03/2025
Nicola Webster			23/07/2023	19/6 & 20/6	
Sally O'Brien	01/07/2025				

All the above named first aiders have completed the required training and renewal training dates are indicated next to their names

All first aiders are able to administer medication and procedures are in place for reporting and recording incidents, accidents and the logging of the administration of medication.

Record keeping

All pupils' details are collected annually at the beginning of an academic year or

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when a child joins the school. One aspect of this documentation is regarding medical conditions. This information is filed both electronically and as hard copy.

Exercise and activity

PE is a large part of school life with after school football and use of the gym during breaks and lunchtimes. All staff are made aware of any child who may have asthma and are able to update their knowledge by accessing a pupil's file.

Curriculum

Pupils would not be expected to take part in any aspect of the curriculum that posed them a health threat, e.g. science chemicals, art crafts, design technology etc.

Asthma attacks

As per the latest guidance (Department of Health March 2015) on the use of emergency Salbutamol Inhalers in schools, New Park Academy has purchased four of these inhalers, one each for:

- Junior site
- Secondary site
- Minibus (no. 1)
- Minibus (no. 2)

Regular checks are made on their expiry date.

Staff are aware of the protocol for calling emergency services in the event that regular management of an attack has proven to be unsuccessful.

Further Useful Information

Asthma UK (formally known as The National Asthma Campaign) have an excellent website which includes information including an interactive for young people with asthma. The address is www.asthma.org.uk

Asthma UK-Asthma Policy for School Information Pack.

D.F.E.E. Guidelines: Supporting Pupils with Medical Needs in School.

1. Identification of Pupils Affected

Identification of pupils who have asthma requires partnership with parents and schools. New Park uses the following method encouraging parents to notify them of their child's condition.

- ❖ Inclusion in the admission interview procedures (Guidelines)*
- ❖ Check with young person and parents regularly informally*
- ❖ Completion of annually updated school medical information form.*

Parents can also do the following:

- ❖ *Completion of National Asthma Campaign 'registration cards' (Available from School Health Advisor).*

Whatever the method employed, two points are of paramount importance:

- ❖ *All pupils with asthma should be identified.*
- ❖ *A clear written record of those affected will be kept, updated and be readily accessible.*
- ❖ *Parents need to be aware of the schools policy and if possible have the opportunity to influence its development and implementation.*

2. Access to Treatment

Treatment in school will always be by an inhaled method.

Access to treatment is vital and young people are encouraged by Asthma UK to assume individual responsibility for their inhalers as soon as possible. Salford PCT would support schools recommending that young people from the age of 7 years should be capable of knowing when and how to use their inhalers.

*Individual cases may vary but as a general rule only **BLUE** reliever inhalers need to be brought to school. Parents should be encouraged to obtain a 'spare' inhaler and spacer device, if required, to be kept for use at school only.*

These inhalers should be clearly labelled with the young person's name. New Park has decided to keep the inhaler either

- ❖ *In the young person's class room (in back rooms which are accessible to all staff)*
- ❖ *With the individual young person – dependent upon age & ability, as above.*
- ❖ *In the first Aid room if there have been no incidents for at least 6 months*

New Park recommends to parents/carers the inhalers are taken home at least once a year to check the expiry date and its cleanliness.

3. **Prevention of Exacerbations**

Many young people with asthma have symptoms, which are provoked by exercise and therefore require their reliever inhaler to be available if they are taking part in any form of physical exertion, including PE lessons, swimming, sports days and exercise undertaken in playground situations. Part of the action plan given by the doctor or nurse to young people with asthma, is to use their relief medication approximately ten minutes prior to exercise if they experience symptoms . This should not be prevented.

All young people with asthma should be encouraged to take part in activities at school.

Warm up exercises both before and after exercise, are helpful for young people who experience exercise-induced asthma.

Spacer devices for use with sprays can be helpful during the acute attack. Spacers can be made available for emergency use and can be obtained via the school health advisor.

4. **Out of School Activities**

It is essential that pupils with asthma have access to their inhalers and should therefore always be taken with them. The very nature of some external visits may mean that pupils with asthma are exposed to large amounts of a 'trigger factor', (i.e. excitement, more vigorous exercise, exposure to grasses and pollens, exposure to animals). This of course includes residential school holidays, which will necessitate the inclusion of preventer inhalers (usually brown or less commonly orange or purple in colour).

Pandemic Addendum

Managing Asthma Policy

Staff and children in the clinically vulnerable (moderate risk) group are thought to be at a higher risk of severe illness from certain viruses like Corona. This includes children with asthma. The decision on whether to send their child to school will be a personal one.

School will advise parents to monitor their child for signs of possible risk of asthma attack and to ensure a good routine of using their preventative inhaler. There are things parents/carers can do to prepare and keep their asthma attack risk down.

- Regular use of preventative inhaler,
- Monitor symptoms and signs such as breathlessness, disturbed sleep due to asthma symptoms, increase use of the reliever inhaler,

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- Ensure asthma review with the asthma nurse or GP is up to date,
- Ensuring your child has a reliever inhaler in school and knows the signs of when this is needed and to tell their adult in class they need their inhaler.

For further support and guidance
<https://www.asthma.org.uk/advice/child/back-to-school/>

