



ASTHMA POLICY

Rationale

At Abbotsford Primary School staff with a duty of care responsibility for the wellbeing of students with identified health needs such as asthma will provide the care arrangements necessary for students to be able to manage their asthma at school. Abbotsford Primary School has a whole school policy to manage asthma that addresses staff asthma awareness training, first aid kits content and maintenance, medication storage and management of confidential medical information. Abbotsford Primary School will:

- ensure all staff with a duty of care for students are trained to assess and manage an asthma emergency and complete the free one-hour Asthma Education session at least every three years - this can be face-to-face or online
- ensure those staff with a direct student wellbeing responsibility such as nurses, PE/sport teachers, first aid and camp organisers have completed the Emergency Asthma Management (EAM) course at least every three years
- provide equipment to manage an asthma emergency in their asthma first aid kits, see: *Asthma First Aid Kits in Abbotsford Primary School First Aid Policy, 2016* .

Purpose

To ensure that we are able to support student health for students identified as having asthma Abbotsford Primary School requires any student diagnosed with asthma to have a written:

- School Asthma Asthma Plan (Appendix A)
- Student Health Support Plan

Definition

"Asthma is a disease of the airways, the small tubes which carry air in and out of the lungs. When you have asthma symptoms the muscles in the airways tighten and the lining of the airways swells and produces sticky mucus. These changes cause the airways to become narrow, so that there is less space for the air to flow into an out of your lungs" (National Asthma Council 2011)

Symptoms of asthma may include, but are not limited to:

- shortness of breath
- wheezing (a whistling noise from the chest).
- tightness in the chest
- a dry, irritating, persistent cough.

Symptoms vary from person to person.

Triggers

- exercise
- colds/flu
- smoke (cigarette smoke, wood smoke from open fires, burn-offs or bushfires)
- weather changes
- dust and dust mites
- moulds
- pollens
- animals
- chemicals
- deodorants (including perfumes, after-shaves, hair spray and deodorant sprays)
- foods and additives
- certain medications (including aspirin and anti-inflammatories)
- emotions.

A detailed description of triggers can be found on the Asthma Foundation of Victoria website.

Anyone with asthma can have a severe attack, even those with mild asthma. Abbotsford Primary School will have at least two asthma emergency first aid kits. See: *Abbotsford Primary School First Aid Policy, 2016*.

Abbotsford Primary School will ensure:

- parents provide enough medication for the student if they are going away overnight
- enough asthma emergency kits are available for the camp or excursion needs
- that parents/guardians complete the Asthma Foundation's School Camp and Excursion Medical Update Form and the Department's Confidential Medical Information for School Council Approved School Excursions form.

Related policies:

Abbotsford Primary School First Aid Policy, 2016

Abbotsford Primary School Administration of Medication Policy, 2016

Abbotsford Primary School Care Arrangements for Ill Students Policy, 2016

References: Asthma Foundation Victoria

Evaluation

This policy was ratified by School Council in September, 2016.

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

SCHOOL ASTHMA ACTION PLAN



This record is to be completed by parents/carers in consultation with their child's doctor. Please tick the appropriate box and print your answers clearly in the blank spaces where indicated. This school is collecting information on your child's asthma so we can better manage asthma while your child is in our care. The information on this Plan is confidential. All staff that care for your child will have access to this information. It will only be distributed to them to provide safe asthma management for your child at school. The school will only disclose this information to others with your consent if it is to be used elsewhere. Please contact the school at any time if you need to update this Plan or you have any questions about the management of asthma at school. If no Asthma Action Plan is provided by the parent/carer, the staff will treat asthma symptoms as outlined in the Victorian Schools Asthma Policy (Section 4.5.7.8 of the Department of Education and Early Childhood Development Victorian Government Schools' Reference Guide).



Student's Name _____

Gender M F Age _____ Date of birth ____/____/____ Form/Class _____

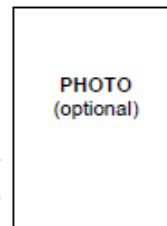
Emergency Contact (e.g. Parent/Carer) _____ Relationship _____

Phone: (H) _____ (W) _____ (M) _____

Doctor's Name _____ Phone _____

Ambulance Subscriber Yes No Subscriber number _____

Does this student have any other health plans? Yes No If so what are they? _____



USUAL ASTHMA ACTION PLAN

Usual signs of student's asthma	Worsening signs of student's asthma	What triggers the student's asthma?
Wheeze _____	Increased signs of:	Exercise _____
Tightness in chest _____	Wheeze _____	(refer to managing EIA)
Coughing _____	Tightness in chest _____	Colds/Viruses _____
Difficulty breathing _____	Coughing _____	Pollens _____
Difficulty speaking _____	Difficulty breathing _____	Dust _____
Other (please describe) _____	Difficulty speaking _____	Other Triggers (please describe) _____
	Other (please describe) _____	

Managing Exercise Induced Asthma (EIA)

Students with asthma are encouraged to take part in school based exercise and physical activity to contribute to their cardiovascular fitness and general wellbeing. Most individuals with EIA can exercise to their full potential if the following steps are taken:

1. Students should take their blue reliever medication 5-10 minutes before warm up, then warm up appropriately.
2. If the student presents with asthma during the activity the student should stop the activity, take their blue reliever medication and wait 4 minutes. If the symptoms improve, they may resume activity. If their symptoms reoccur, recommence treatment. **THE STUDENT SHOULD NOT RETURN TO THE ACTIVITY UNDER ANY CIRCUMSTANCES** and the parent/carer should be informed of any incident.
3. Cool down at the end of activity and be alert for asthma symptoms after exercise.

Does the student need assistance taking their medication? Yes No If yes, how? _____

Asthma medication requirements usually taken: (Including relievers, preventers, symptom controllers, combination)		
Name of Medication (e.g. Flixotide, Ventolin)	Method (e.g. puffer & spacer, dry powder inhaler)	When and how much? (e.g. at home, 1 puff in morning and 1 at night, before exercise)

SCHOOL ASTHMA ACTION PLAN



Asthma First Aid Plan



Please tick preferred Asthma First Aid Plan

Victorian Schools Asthma Policy for Asthma First Aid

(Section 4.5.7.8 of the Department of Education and Early Childhood Development Victorian Government Schools' Reference Guide)

1. Sit the student down and remain calm to reassure them. Do not leave the student alone.
2. Without delay shake a blue reliever puffer (*Airomir, Asmol, Epaq or Ventolin*)* and give 4 separate puffs through a spacer (use the puffer alone if a spacer is not available). Use one puff at a time and ask the student to take 4 breaths from the spacer after each puff.
3. Wait 4 minutes. If there is no improvement, repeat steps 2 and 3.
4. If there is still no improvement after a further 4 minutes – call an ambulance immediately (dial 000) and state that the student is having breathing difficulties. Continuously repeat steps 2 and 3 while waiting for the ambulance.

* A *Bricanyl* Turbuhaler may be used in First Aid treatment if a puffer and spacer is unavailable
If at any time the student's condition suddenly worsens, or you are concerned, call an ambulance immediately.

OR

Student's Asthma First Aid Plan (if different from above)

- Please notify me if my child regularly has asthma symptoms at school.
- Please notify me if my child has received Asthma First Aid.
- In the event of an asthma attack, I agree to my son/daughter receiving the treatment described above.
- I authorise school staff to assist my child with taking asthma medication should they require help.
- I will notify you in writing if there are any changes to these instructions.
- I agree to pay all expenses incurred for any medical treatment deemed necessary.

Parent's/Guardian's Signature: _____

Date ___/___/___

Doctor's Signature: _____

Date ___/___/___

For further information about the Victorian Schools Asthma Policy, the Asthma Friendly[®] Schools Program or asthma management please contact The Asthma Foundation of Victoria on (03) 9326 7088, toll free 1800 645 130, or www.asthma.org.au or www.asthmafriendlyschools.org.au.