



## **ASTHMA POLICY/PROTOCOL**

Whitgift School acknowledges the advice and guidance of the National Asthma Campaign. The school recognizes that asthma is a widespread, serious but controllable condition affecting many pupils at the school. The School welcomes all pupils with asthma and through the policy pupils will be able to achieve their full potential in all aspects of school life. All relevant staff will be given training on asthma management and will be expected to update this.

- An asthma record card is kept for each pupil in the Medical Centre
- All pupils must carry their own inhalers
- The school will store spare inhalers for individual pupils in a labelled container in the Medical Centre as required
- Staff will receive regular training and updates to ensure they have a clear understanding of asthma and what to do in the event of an asthma attack
- Pupils will be encouraged to understand the condition so that they can support each other
- A list of pupils with asthma is produced annually and made available to school staff on SIMS

### **Asthma**

Asthma is a condition that affects the airways. When a person with asthma comes into contact with something that irritates their airway the muscles around the walls of the airway tighten so that the airway becomes narrow and the lining inflames and starts to swell. Sometimes sticky mucous or phlegm builds up which can further narrow the airways. This makes it very difficult to breathe and leads to symptoms of asthma.

### **Recognising Asthma**

- The airways in the lungs become restricted
- The pupil will have difficulty speaking
- The pupil may wheeze, and have difficulty breathing out
- The pupil may become quickly distressed, anxious and exhausted. They may appear blue around the lips and mouth

### **Procedure for an asthma attack.**

- Stay calm and reassure the pupil
- Ensure the pupil sits upright and slightly forward with their hands on their knees
- Loosen any tight clothing
- Encourage slow deep breaths with an open chest
- Ensure that the reliever (blue inhaler) is taken and call the Medical Centre on telephone ext.5555
- The pupil should take two puffs of his blue inhaler and if he does not start to feel better he should proceed to take two more puffs of his inhaler every two minutes, taking up to ten puffs
- If the pupil still does not feel better after taking his inhaler as above, or exhibits any of the following symptoms:
  - **The pupil is unable to talk or increasingly distressed**
  - **The pupil is disorientated or collapses**
  - **The pupil looks blue around the mouth and lips**
- Or if you are worried at any time call 999 and request an ambulance urgently
- If an ambulance does not arrive within 15mins, repeat the blue inhaler procedure outlined above while you wait
- Inform the parents as soon as possible about the attack

Minor attacks should not interrupt the pupil's involvement in the school day.

Pupils should return to activities once they have attended the Medical Centre and been assessed by a School Nurse.