St Lawrence C of E (Aided) Junior School

Asthma Policy

St Lawrence School:

- welcomes all children with asthma, recognising that this a complaint affecting a large number of children
- will keep a record of all children suffering from asthma in the school
- will actively encourage and enable them to participate fully in the life of the school
- recognises that immediate access to relief inhalers is crucial
- will promote an environment free of asthma triggers such as cigarette smoke and strong fumes
- will educate and encourage other non-asthma children to have a greater understanding of the condition
- will ensure that all adults involved with the children have a clear understanding of how an asthma attack should be treated
- will foster a partnership between the parents, health professionals, school staff, pupils and governors to implement and support a school asthma policy which is effective

Information

- **Asthma is a potentially life-threatening condition which demands to be taken seriously. One in seven children have asthma * (National Asthma Campaign, 1999)**
- asthma can affect the attendance of some children
- children who suffer from asthma are sometimes unable to participate fully in sport and other activities and therefore need extra help to enable them to achieve their potential
- asthma is a condition which affects the airways – the tubes which carry air in and out of the lungs
- symptoms of asthma include coughing, wheezing, a tight chest and shortness of breath – not every child will get all of these symptoms
- children with asthma tend to have permanently inflamed airways and these can react when the sufferer contracts a cold, other viral infection or is in contact with a trigger such as smoke
- triggers include – colds, viral infections, pollen, cigarettes, exercise, air pollution, laughter, stress and house-dust mites. Most children will recognise their own triggers and will try to stay away from them.
- a trigger will cause the airways to narrow which makes normal breathing difficult and the asthma symptoms appear. At this point the sufferer will need to take their reliever inhaler.

Help in controlling the situation

Teachers and adults dealing with children at St. Lawrence should:

1.	Ensure all asthmatic children take any necessary treatment before sport or activities.
2.	Ensure all asthmatic children suffering from asthma to do some warming up activities at the beginning of games or P.E. Any child complaining of wheeziness should stop the activity.
3.	In colder weather a scarf wrapped around the mouth can be helpful.
4.	Ensure relievers are readily available for use by asthmatic children when required and that these are clearly labelled with the child's name and the instructions.
5.	Check with the child, parent, school nurse, that correct treatments and instructions are supplied for school outings, including trips to the swimming pool.
6.	Be aware that materials brought into the classroom may trigger a child's asthma, and additional treatment may be necessary.
7.	Make a point of speaking to parents of children needing to use their inhaler for relief more often than usual.
8.	Act as an educator to children with asthma and their peers, enabling all to develop an understanding of the condition.
9.	Know what to do in an emergency.

Action in an asthma attack

1.	Ensure the blue reliever inhaler is taken immediately.
2.	Stay calm and reassure the child – do not leave the child unattended.
3.	Help the child to breathe slowly and deeply. The child should either sit upright or slightly forward: ensure tight clothing is loosened and offer a drink of water.
4.	Inform the parents. Ask them to collect the child, or advise which hospital the child has been taken to.

Emergency situation

- If the reliever has no effect after five to ten minutes
- If the child is distressed or unable to talk.
- If the child is getting exhausted
- If you are in any doubt about the child's condition

Dial 999 for an ambulance and contact the parents/carers

Last review date :   December 2017
Next review date :   December 2020