

# ASTHMA

## LEOPOLD PRIMARY SCHOOL POLICY

### Rationale:

- All students have the right to feel safe and well, and know that they will be supported and attended with due care when in need of medication. The students' wellbeing is dependent on this care.

### Aims:

- To manage asthma and asthma sufferers as effectively and efficiently as possible at school.

### Implementation:

- Professional development will be provided for all staff at least every year on the nature, prevention and treatment of asthma attacks. Such information will also be displayed appropriately around the school.
- All students with asthma must provide to the school a fully completed Asthma Foundation Victoria's School Asthma Action Plan annually and when changes occur, developed by their treating practitioner and parents.
- Asthma plans will be provided to classroom teachers, specialists and stored in the first aid room for reference.
- Parents/guardians are responsible for ensuring their children have an adequate supply of appropriate asthma medication (including a spacer if required) with them at school at all times.
- The school will provide, and have staff trained at least every 3 years in the effective management of asthma including the administering of reliever puffers (blue canister) such as Ventolin, Airomir, Asmol or Bricanyl and spacer devices. At least 2 Asthma First Aid Kits will be located around the school and an additional Kit will be taken on excursions and camps. Clear written instructions on how to use these medications and devices will be included in each first aid kit, along with steps to be taken to treat severe asthma attacks. [Asthma First Aid posters](#) will be displayed appropriately around the school.
- The delegated first aid staff member will be responsible for checking reliever puffer expiry dates, organising replacements as required and ensuring the Action Plans are current.
- All devices used for the delivery of asthma medication will be cleaned appropriately after each use.
- Care must be provided immediately for any student who develops signs of an asthma attack.
- Children suffering asthma attacks should be treated in accordance with their asthma plan.
- If no plan is available children are to be sat down, reassured, administered 4 puffs of a shaken reliever puffer (blue canister) delivered via a spacer – inhaling 4 deep breaths, wait 4 minutes, if necessary administer 4 more puffs and repeat the cycle. An ambulance must be called if there is no improvement after the second 4-minute wait period, or if it is the child's first known attack. Parents/guardian must be contacted whenever their child suffers an asthma attack.
- The school will reduce asthma triggers by mowing grass, limiting dust and high allergen plants, maintaining air conditioners etc, ensuring students with Exercise Induced Asthma have a chance to warm up and cool down, to take a prescribed medication before exercise, and to stop activity and take reliever medication if symptoms occur.

### Evaluation:

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

Signed

\_\_\_\_\_  
School Council President – Alison Woodard

Signed

\_\_\_\_\_  
School Council Executive Officer (Principal) – Jan Rollinson

This policy was last ratified by School Council on:

17<sup>th</sup> June 2014

This policy was ratified by School Council on:

19<sup>th</sup> June 2018

# Asthma care plan for education and care services

Photo of student (optional)

**CONFIDENTIAL:** Staff are trained in asthma first aid (see overleaf) and can provide routine asthma medication as authorised in this care plan by the treating doctor. Please advise staff in writing of any changes to this plan.

To be completed by the treating doctor and parent/guardian, for supervising staff and emergency medical personnel.

Plan date  
\_\_\_/\_\_\_/201\_\_

Review date  
\_\_\_/\_\_\_/201\_\_

PLEASE PRINT CLEARLY

Student's name \_\_\_\_\_

Date of birth \_\_\_\_\_

## Managing an asthma attack

Staff are trained in asthma first aid (see overleaf). Please write down anything different this student might need if they have an asthma attack:

\_\_\_\_\_

\_\_\_\_\_

## Daily asthma management

### This student's usual asthma signs

- Cough
- Wheeze
- Difficulty breathing
- Other (please describe)

### Frequency and severity

- Daily/most days
- Frequently (more than 5 x per year)
- Occasionally (less than 5 x per year)
- Other (please describe)

Known triggers for this student's asthma (eg exercise\*, colds/flu, smoke) — please detail:

\_\_\_\_\_

\_\_\_\_\_

- Does this student usually tell an adult if s/he is having trouble breathing?  Yes  No
- Does this student need help to take asthma medication?  Yes  No
- Does this student use a mask with a spacer?  Yes  No
- \*Does this student need a blue reliever puffer medication before exercise?  Yes  No

## Medication plan

If this student needs asthma medication, please detail below and make sure the medication and spacer/mask are supplied to staff.

Name of medication and colour	Dose/ number of puffs	Time required

### Doctor

Name of doctor \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

### Parent/Guardian

I have read, understood and agreed with this care plan and any attachments listed. I approve the release of this information to staff and emergency medical personnel. I will notify the staff in writing if there are any changes to these instructions. I understand staff will seek emergency medical help as needed and that I am responsible for payment of any emergency medical costs.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_

### Emergency contact information

Contact name \_\_\_\_\_

Phone \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_

# Asthma First Aid

## 1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone



## 2 Give 4 separate puffs of blue/grey reliever puffer

- Shake puffer
  - Put 1 puff into spacer
  - Take 4 breaths from spacer
- Repeat until 4 puffs have been taken

Remember: Shake, 1 puff, 4 breaths

OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)



## 3 Wait 4 minutes

- If there is no improvement, give 4 more separate puffs of blue/grey reliever as above

OR give 1 more dose of Bricanyl or Symbicort inhaler



## 4 If there is still no improvement call emergency assistance - Dial Triple Zero (000)

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

OR give 1 dose of a Bricanyl or Symbicort every 4 minutes - up to 3 more doses of Symbicort



### Call emergency assistance immediately - Dial Triple Zero (000)

- If the person is not breathing
- If the person's asthma suddenly becomes worse or is not improving
- If the person is having an asthma attack and a reliever is not available
- If you are not sure if it's asthma
- If the person is known to have Anaphylaxis - follow their Anaphylaxis Action Plan, then give Asthma First Aid

**Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma**



Contact your local Asthma Foundation  
**1800 ASTHMA Helpline** (1800 278 462) [asthmaaustralia.org.au](http://asthmaaustralia.org.au)

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Translating and  
Interpreting Service  
131 450

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