



Scarborough College

ASTHMA PROTOCOL

Signs and Symptoms

- Coughing.
- Shortness of breath.
- Wheezing.
- Tightness in the chest.
- Being unusually quiet.
- Difficulty speaking in full sentences.
- Sometimes younger pupils express feeling tight in the chest as a "tummy ache".

Treatment

- Keep calm.
- Encourage the pupil to sit up and slightly forward, do not hug or lie them down.
- Make sure the pupil takes two actuations of reliever inhaler immediately, preferably through a spacer.
- Ensure tight clothing is loosened.
- Reassure the child.
- The parents/guardians must always be told if their child has had an asthma attack.
- Continue to make sure the pupil takes one actuation of reliever inhaler every minute for five minutes or until their symptoms improve.

Call 999 or a Doctor Urgently If:

- The pupil's symptoms do not improve in 5–10 minutes.
- The pupil is too breathless or exhausted to talk.
- The pupil's lips are blue.
- You are in doubt.
- It is essential for people who work with children and young people with asthma to know how to recognise the signs of an asthma attack and what to do if they have an asthma attack.
- Minor attacks should not interrupt the involvement of a pupil with asthma in school. When the pupil feels better they can return to school activities.
- Never leave a pupil having an asthma attack.

Protocol Last Reviewed – September 2018