



Scarborough College

ASTHMA POLICY

This is a whole College policy, including EYFS and the boarding community.

This policy has been written in line with information provided by Asthma UK, and Supporting pupils in school with medical conditions 2015. Scarborough College recognises that asthma is a widespread, serious but controllable condition affecting many pupils at the school. We positively welcome all pupils with asthma and encourage pupils with asthma to achieve their potential in all aspects of school life.

What is Asthma

Asthma is a condition that affects the airways, the small tubes that carry air in and out of the lungs. Asthma symptoms include coughing, wheezing, a tight chest and feeling short of breath. Each child or young person with asthma may have different symptoms. Children and young people with asthma have airways that are almost always red and sensitive (inflamed). These airways can react badly when children and young people with asthma come into contact with an asthma trigger.

A trigger is anything that irritates the airways and causes asthma symptoms. Common triggers include colds, viral infections, house-dust mites, pollen, and cigarette smoke, furry or feathery animals, exercise, outdoor air pollution, laughter, excitement and stress. Everybody's asthma is different and everyone will have different triggers, most have several. It is important that children and young people with asthma get to know their own triggers and try to stay away from them or take precautions.

Treatments

There are two main types of asthma inhalers – Relievers and Preventers and they work in different ways.

Relievers

Relievers help to relieve breathing difficulties when they happen. Relievers are usually blue inhalers, e.g. Salbutamol, Salamol, Salbulin, Pulvinal, Ventolin, Airomir and Asmasal.

Preventers

Preventers help protect the lining of the airways from inflammation and are usually taken twice daily usually at home, even when the child appears well. They make asthma symptoms less preventers usually come in brown, red or orange inhalers, e.g. Symbicort, Serotide, Qvar, Flixotide, Pulmicort or Clenil.

Other Medicines

If a pupil's asthma worsens the doctor may prescribe steroid tablets for a few days until the asthma is under control again, these will be administered from the Health Centre, boarding house or at home.

Using a Spacer

Spacers are issued to children for use with their inhalers to improve the effectiveness of their technique in an emergency situation.

Care of a Spacer

The spacer should be cleaned monthly as per manufacture's recommendations. Wash in detergent, rinse well in water and allow to dry naturally. Spacers should be replaced at least every twelve months, but immediately if damaged.

What to Do When a Child with Asthma Joins Scarborough College

When a child with asthma joins Scarborough College, or a current pupil is diagnosed with the condition, the School Nurse will request parents to complete a school asthma form and may contact the parents/guardians to arrange a meeting to establish how the pupil's asthma may affect their school life. This should include the implications for learning, sport and physical activity, social development, and out of school activities. They will also discuss any special arrangements the pupil may require and assess any training needs.

All pupils will receive asthma awareness as part of the Personal, social, health and economic education programme (PSHE) at the appropriate key stage.

The School Nurse will notify staff of the pupils with asthma by means of the asthma register. It is the responsibility of staff to ensure they are aware of which children have asthma in their care

Record Keeping

All parents/guardians of children and young people with asthma are asked to complete an asthma care plan form and return it to the School Nurse who will file it confidentially and any spare medication. In the Pre-school for pupils who are not deemed old enough to carry their inhalers, their medication is kept safe in the staff common room. Parents/guardians are also asked to update school if their child's medication or how much they take, changes during the year. If the pupil has an asthma attack in school or on a trip/visit this must be recorded on iSAMS and the parents/guardians and School Nurse informed.

Asthma Medicines in School

School recognises the immediate access to reliever medicines is essential. Pupils with asthma in the Senior School are expected to carry and use their own labelled reliever inhalers. Parents/Guardians of younger pupils who are not deemed Fraser competent to carry their own inhaler are to provide a labelled inhaler which will be kept in the Pre-School office or Prep-School staff room in a secure labelled emergency box which is accessible to all staff, this must go with them when they attend sport or leave the building. Pupils must not share their inhalers with other pupils.

Parents are encouraged to provide the school with a spare reliever inhaler which will be clearly labelled with the child's name, which will be kept in the Health Centre in case the pupil's own inhaler runs out/or is lost or forgotten. Emergency asthma kits are kept in the Health Centre, Pre-School office, the Prep-School staff room, and emergency kits are taken on all school trips.

It is parent's responsibility to ensure all inhalers are in date. Staff will encourage pupils to take their asthma medication whenever necessary. School staff are not required to administer asthma medicines to pupils (except in an emergency), however many of the staff at this school are happy to do this. School staff who agree to administer medicines are insured by the schools public liability insurance when acting in agreement with this policy.

Games and Activities

Taking part in sports, games and activities is an essential part of school life for all pupils. All teachers know which children in their class have asthma, from the school's health register. They will encourage pupils to keep inhalers with them during exercise.

Pupils with asthma are encouraged to participate fully in all games lessons. Games may trigger an asthma attack and in such cases pupils acting on their GP's advice, may need to use their inhalers before such activities take place. Games staff will take reasonable measures to remind pupils whose asthma is triggered by exercise, to take their reliever inhaler before the lesson and to thoroughly warm up and down before and after the lesson. Classroom teachers follow the same principles as described above for lessons and activities involving physical activity.

Out of Hours Sport

Games teachers, classroom teachers and out of hours school sport coaches are aware of the potential triggers for pupils with asthma when exercising. Pupils need to remember to have their reliever inhaler with them and staff will take reasonable steps to remind them.

Day and Residential Visits

Pupils leaving the school premises on a day or residential visit must ensure they take their inhalers with them. Parents must document on a trips form their child suffers with asthma and details of appropriate inhalers. The lead teacher must ensure a list of these pupils is made available to all staff participating in the trip. Pupils may not be allowed to leave school on a trip without their appropriate inhaler(s) and 3A/3B forms filled out and signed.

Training

Most staff at Scarborough College are First Aid trained and are aware of what to do in an asthma attack and how to use a reliever inhaler. Further training can be offered to individual staff that are supporting children to use their inhalers or are going on a residential trip/visit.

When a Pupil is Falling Behind in Lessons

If a pupil is missing a lot of time from school or is always tired because their asthma is disturbing their sleep at night, the form tutor will initially talk to the parents/guardians to work out how to prevent their child from falling behind. The teacher will then talk to the School Nurse and if appropriate the special education needs co-ordinator about the pupil's needs. We recognise that it is possible for pupils with asthma to have special educational needs due to their asthma.

The School Environment

We do all that we can to ensure the school environment is favourable to pupils with asthma. We do not keep furry or feathery animals and we have a no smoking policy. As far as possible we do not use chemicals in Science and Art lessons that are potential triggers for pupils with asthma. Pupils with asthma are encouraged to leave the room and go and sit in the school Health Centre if particular fumes trigger their asthma.

Making the School Asthma Friendly

Information about asthma is available from the Health Centre.

Boarding

The School Nurse will share the Health register electronically, which lists all pupils with asthma and asthma care plans to all teachers and house parents. House Parents need to be aware of pupils who are prescribed preventer and reliever medication and may need to ensure this is taken correctly. Pupils need to remember to take their reliever inhalers on all boarding activities and staff will take reasonable steps to remind pupils. All boarding pupils with asthma will attend an annual review with the asthma nurse yearly and at more regular reviews if required.

Acknowledgements

Asthma UK.

Supporting Pupils in Schools with Medical Conditions – September 2015.

Policy Prepared by:

Linda Pinkney – Registered Nurse

Person Responsible for Updates	Date Last Reviewed	Next Review Due
Linda Pinkney	September 2021	August 2023



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