Asthma Management
POLICY

1. **Purpose:**

1.1 Karoo Primary School recognises that students diagnosed with asthma need to be supported. Students at risk of asthma participate equally in all aspects of student learning in a safe and supportive environment.

1.2 Staff has a duty of care for students and are trained to assess and manage an asthma emergency. All school staff are responsible for the implementation of the Asthma Policy.

2. **Implementation:**

2.1 School staff discuss management and risk minimisation strategies with parents/carers of students at risk of asthma and develop a Asthma Management Care Plan. The student’s parent/carer is responsible for ensuring that the Asthma Care Plan is kept up-to-date and that information is current.

2.2 Information about students diagnosed with asthma risk will be communicated to all staff.

- Casual replacement staff will be alerted to those students in the class with special medical needs including asthma. A photo of the student together with relevant information will be included in the handbook for casual replacement staff.
- The first aid coordinator will keep all information regarding students at risk up to date and annually review the Asthma Care and Student Health Plans.
- All staff with a duty of care for students, will be trained to assess and manage an asthma emergency and will complete an Asthma Education session at least every three years (either face to face or online).
- All staff will be given information about students who have been diagnosed with asthma and what may trigger their asthma.
- Regular updates related to students with asthma will be communicated to staff at the beginning of each term and at weekly briefings when appropriate.
- Student and community awareness of asthma triggers will be encouraged.

2.3 **Asthma Management Care Plan**

The Plan should be completed by the student’s medical/health practitioner in consultation with the parents/carers.

Provided annually by the doctor to the parents/carers and in turn the parents/carers to the school.

The plan must include the prescribed medication taken: on a regular basis, as premedication to exercise or if the student is experiencing symptoms.

Emergency contact details.

Business contact details of the student’s medical/health practitioner

- Details about deteriorating asthma including:
- signs to recognise worsening symptoms
- what to do during an attack
- medication to be used
- An asthma first aid section and should specify no less than 4 separate puffs of blue reliever medication, with 4 breaths taken per puff every 4 minutes using a spacer if possible.
- If the Plan has less than the number of puffs per minute period it should be sent back to the parent/carer and doctor for review.
2.4 **Asthma Medication**
- Students with diagnosed with asthma should always carry or have available in the school office, appropriate medication and/or equipment.
- Parents/carers are responsible for providing an adequate supply of the appropriate medication at school for the use of the student at school or to use if they are going away overnight.
- If the student carries their own medication parents are responsible for regularly checking the expiry date of that medication.
- Parents/carers should complete the Asthma Foundation’s School Camp and Excursion Medical Update Form and the Department’s Confidential Medical Information for School Council Approved School Excursions.
- Inhalers of reliever medication and spacers held in the school office should be checked every 6 months by First Aid Co-ordinator.
- Parents may provide a nebuliser pump and be prepared to administer this for their child’s use when the treating Doctor verifies that medication can only be delivered effectively through a nebuliser.
- Parents provide their own nebuliser, mask, bowl and tubing and are responsible for this equipment.
- In extenuating circumstances parents/carers may negotiate with the Principal or First Aid Co-ordinator for Staff to administer asthma medication with a nebuliser providing the parents/guardian supply their own equipment and are responsible for its maintenance.

2.5 **If medication is to be stored at school**
- Parents/carers must provide the medication and ensure that it is labelled with the name of the drug, the dosage, frequency of use and the child’s name.
- Medication stored at school should be renewed when expiry date is reached.
- The First Aid Coordinator to be responsible for alerting parents to pending expiry date.
- Asthma medication must be taken by students to all school camps, sporting events, excursions and other special events. The school will provide equipment to manage an asthma emergency in at least two asthma emergency first aid kits including a metered dose inhaler of reliever medication (e.g. ventolin) and a spacer devise (volumatic) for emergency treatment, and will ensure that enough asthma emergency kits are additionally available for school camp or excursion needs.

2.6 **Asthma Emergency Plan**
- An ambulance will be called for a student experiencing a severe asthma attack.
- Parents will be notified should their child experience a severe asthma attack.
- All severe asthma attacks will be documented by the school and first aid documentation processes followed – Refer to First Aid Policy

2.7 **Asthma Definition:**
*Asthma* is a disease of the airways, the small tubes which carry air in and out of the lungs. When you have asthma symptoms the muscles in the airways tighten and the lining of the airways swells and produces sticky mucus. These changes cause the airways to become narrow, so that there is less space for the air to flow into and out of the lungs. Symptoms vary from person to person.
- Symptoms may include:
  - Shortness of breath
  - Wheezing (a whistling noise from the chest)
  - Tightness of the chest
- A dry irritating, persistent cough.

**Asthma Triggers:**
- Exercise
- Colds/flu
- Smoke (cigarette smoke, wood smoke from open fires, burn-offs or bush fires)
- Dust and dust mites
- Moulds
- Pollens
- Animals
- Chemicals
- Deodorants (including perfumes, after-shaves, hair spray, deodorant sprays)
- Foods and additives
- Certain medications (including aspirin and anti-inflammatories)
- Emotions

3. **Evaluation:**

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

4. **References:**

   First Aid Policy
   Health Care Needs Policy
   Medication Policy
   Student Engagement and Wellbeing Policy
   Student Welfare Policy