

Mercia Primary Academy Trust



Asthma Policy

Policy Status and Review

Date:	July 2024
Review Date:	July 2026
Signed by Director:	Alison Hollis
Date Signed:	10/07/2024

Rationale

Mercia Primary Academy Trust will:

- Recognises that asthma is a widespread, serious but controllable condition and the Trust welcomes all pupils with asthma
- Ensures that pupils with asthma can and do participate fully in all aspects of school life, including physical education and educational off site trips
- Recognises that pupils with asthma need immediate access to reliever inhalers at all times
- Keeps a record of all pupils with asthma and the medicines they take
- Ensures that the whole school environment, including the physical, social, sporting and educational environment, is a favourable one to pupils with asthma
- Ensures that all pupils understand asthma
- Ensures that all staff (including supply teachers and support staff), who come into contact with pupils with asthma know what to do when someone has an asthma attack
- Will work in partnership with all interested parties including the Trust's governing body, staff, school nurses, parents/carers, doctors, nurses and pupils to ensure the policy is planned, implemented and maintained successfully

Asthma Policy

Immediate access to reliever medicines is essential. Pupils with asthma are encouraged to take responsibility for their reliever inhaler as soon as they are mature enough. They are stored in their classrooms. The reliever inhalers of younger children are kept in an accessible place in the classroom.

Parents/carers are asked to ensure that the school is provided with a labelled spare reliever inhaler. The office will hold this separately in case the pupils own inhaler runs out, or is lost or forgotten. All inhalers must be sent into school in its original box with the prescription label clearly assessable. Parents/carers are responsible for checking the condition and expiry date on both inhalers onsite.

Staff are not required to administer asthma medicines to pupils, (except in an emergency), however many of the staff at this Trust are happy to do this.

Record Keeping

At the beginning of each year or when a child joins the school, parents/carers are asked if their child has any medical conditions including asthma on their enrolment form. All teachers will have access to this information.

Extra-Curricular Clubs

There has been a large emphasis in recent years on increasing the number of children and young people involved in exercise and sport in and outside of school. The health benefits of exercise are well documented and this is also true for children and young people with asthma. It is therefore important that the Trust involves pupils with asthma as much as possible in after school clubs.

Recognise the signs of an asthma attack

An asthma attack happens when a child's asthma symptoms get much worse. This can happen quite suddenly or can build up gradually over a few days.

A child might:

- find it hard to breathe
 - breathe more quickly
 - be unable to talk or walk or eat
 - wheeze and cough a lot
 - complain of a tight chest or a tummy ache
 - say their blue reliever inhaler isn't helping, or they need it more than every four hours
 - be unusually quiet
- If your child needs to use their blue reliever inhaler three or more times a week, it's a sign that their asthma is not well controlled

Common asthma signs and symptoms

A child may have one of these common signs and symptoms, or a few of them. Any one of these signs and symptoms means you need to act to make sure their asthma doesn't get any worse.

A child may:

- use their reliever inhaler (usually blue) three or more times a week
- wheeze, cough, be short of breath and/or say their chest feels tight
- wake at night with coughing or wheezing
- be unable to walk as far or as fast as usual, or be breathless when they do
- struggle to do their normal activities or exercise
- get a lower than usual peak flow reading - the GP or asthma nurse can tell you what peak flow score to look out for, or write it down on your child's action plan.

Asthma Attacks

All staff who come into contact with pupils with asthma know what to do in the event of an asthma attack. In the event of an asthma attack the Trust follows a clear procedure:

Actions to take if your child has an asthma attack

1. Help them to sit up – don't let them lie down. Try to be calm
2. Help them take one puff of their reliever inhaler (with their spacer, if they have it) every 30 to 60 seconds, up to a total of 10 puffs
3. If they don't have their blue inhaler, or it's not helping, or if you are worried at any time, call 999 straightaway
4. While you wait for an ambulance, your child can use their blue reliever again, every 30 to 60 seconds (up to 10 puffs) if they need to.

When to call 999

Don't delay getting the help you need if your child has an asthma attack. Call 999 if your child's reliever isn't helping, or you're worried at any time.
While you wait for an ambulance, repeat step 4 above.

Access and Review

A copy of the Asthma Policy will automatically be uploaded onto the school websites. Hard copies are available on request.

Asthma Policy

This information can be made available in a range of formats and languages, including Braille and large print. If this would be useful to you or someone you know, please contact your Directorate HR Unit.

A signed copy of this document is available from the school office.

Version Control

Version	Date Approved	Changes	Reasons for Alterations
	March 2021	Added a range of formats.	Accessibility
	July 2024	None	