



SORRENTO PRIMARY SCHOOL

ASTHMA POLICY

RATIONAL

All students at the school who are known to have asthma are supported via asthma friendly policies and procedures and all students, staff and visitors can access first aid in an emergency.

POLICY COMMITMENT

We are committed to being an asthma friendly school as outlined by Asthma Australia. This means:

- The majority of staff have current training in asthma first aid and routine management, conducted or approved by the local Asthma Foundation.
- Asthma Emergency Kits (AEKs) are accessible to staff and include in-date reliever medication, single person use spacers.
- Asthma First Aid posters are on display and information is available for staff and parents.
- Policies are Asthma Friendly.

ROLES AND RESPONSIBILITIES

Students:

- Are supported to self manage their asthma in line with their age and stage of development: we explain asthma and asthma care to the students and provide care with, not just to, them.

Parents/carers:

- Provide an Asthma Care Plan, signed by the treating doctor.
- Provide their child's medication, clearly dated and in the original labelled container. A spacer, and mask as required, should also be supplied.
- Alert staff to any changes in their child's asthma management.

Staff:

- Document any asthma attack and advise parents/carers as a matter of priority.
- Have a spacer – and mask – replacement policy: name and give a spacer/mask used from the AEK to the student who used them for their own use in the future – otherwise they need to be disposed of thoughtfully.
- Review documentation regularly to ensure compliance with procedures.
- Minimise exposure to known triggers.

MANAGEMENT

- Meet all legal, regulatory and policy requirements related to health care planning and asthma management within the service.
- Maintain a central record of students health care needs, including asthma, and review regularly.
- Induct new staff in asthma policies and procedures including asthma training and information for all staff.
- Review policies and practices.

Identification of Asthma Sufferers

school will:

- (1) seek identification and completion of an information slip from parents
- (2) retain the forms in the medical room for reference purposes
- (3) provide copies for teacher reference if required
- (4) provide a ventolin inhaler and "spacer" for emergency use in the medical room.

Kids' First Aid for Asthma

1

Sit the child upright.
Stay calm and reassure the child.
Don't leave the child alone.

2


Give 4 separate puffs of a reliever inhaler – blue/grey puffer (e.g. Ventolin, Asmol or Airomir)
Use a spacer, if available.
Give one puff at a time with 4–6 breaths after each puff.
Use the child's own reliever inhaler if available.
If not, use first aid kit reliever inhaler or borrow one.

3

Wait 4 minutes.
If the child still cannot breathe normally, **give 4 more puffs.**
Give one puff at a time (Use a spacer, if available).

4

If the child still cannot breathe normally,
CALL AN AMBULANCE IMMEDIATELY (DIAL 000)
Say that a child is having an asthma attack.
Keep giving reliever.
Give 4 separate puffs every 4 minutes until the ambulance arrives.



OR


Give 2 separate doses of a Bricanyl inhaler
If a puffer is not available, you can use Bricanyl for children aged 6 years and over, even if the child does not normally use this.

Wait 4 minutes.
If the child still cannot breathe normally, **give 1 more dose.**

If child still cannot breathe normally,
CALL AN AMBULANCE IMMEDIATELY (DIAL 000)
Say that a child is having an asthma attack.
Keep giving reliever
Give one dose every 4 minutes until the ambulance arrives.

HOW TO USE INHALER

WITH SPACER
Use spacer if available*



- Assemble spacer (attach mask if under 4)
- Remove puffer cap and shake well
- Insert puffer upright into spacer
- Place mouthpiece between child's teeth and seal lips around it OR place mask over child's mouth and nose forming a good seal
- Press once firmly on puffer to fire one puff into spacer
- Child takes 4–6 breaths in and out of spacer
- Repeat 1 puff at a time until 4 puffs taken – remember to shake the puffer before each puff
- Replace cap

*If spacer not available for child under 7, cup child's/helper's hands around child's nose and mouth to form a good seal. Fire puffer through hands into air pocket. Follow steps for WITH SPACER.

WITHOUT SPACER
Kids over 7 if no spacer



- Remove cap and shake well
- Get child to breathe out away from puffer
- Place mouthpiece between child's teeth and seal lips around it
- Ask child to take slow deep breath
- Press once firmly on puffer while child breathes in
- Get child to hold breath for at least 4 seconds, then breathe out slowly away from puffer
- Repeat 1 puff at a time until 4 puffs taken – remember to shake the puffer before each puff
- Replace cap

BRICANYL

For children 6 and over only



- Unscrew cover and remove
- Hold inhaler upright and twist grip around then back
- Get child to breathe out away from inhaler
- Place mouthpiece between child's teeth and seal lips around it
- Ask child to take a big strong breath in
- Ask child to breathe out slowly away from inhaler
- Repeat to take a second dose – remember to twist the grip both ways to reload before each dose
- Replace cover

Not Sure if it's Asthma?
CALL AMBULANCE IMMEDIATELY (DIAL 000)
If the child stays conscious and their main problem seems to be breathing, follow the asthma first aid steps. Asthma reliever medicine is unlikely to harm them even if they do not have asthma.

Severe Allergic Reactions
CALL AMBULANCE IMMEDIATELY (DIAL 000)
Follow the child's Action Plan for Anaphylaxis if available. If you know that the child has severe allergies and seems to be having a severe allergic reaction, use their adrenaline autoinjector (e.g. EpiPen, Anapen) before giving asthma reliever medicine.

Nature of Asthma Attacks

Mild

- cough and wheeze
- can speak in sentences

Severe

- cough and wheeze
- difficult to speak
- pale and sweaty
- blue around lips
- AMBULANCE REQUIRED

Moderate

- cough and wheeze
- difficult to speak in sentences