

# Greenford High School

## Policy Document



# Asthma Policy

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Policy Type	Other
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Staff Responsible	Mrs M Pye, Headteacher
Governing Committee	Resources
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Approved by	Mrs M Pye (Headteacher)
Update	
	GHS Shared Drive
	Website
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## Asthma Policy

Pupils with asthma are welcome in Greenford High School. We encourage them to take a full part in all activities. Asthma is a common condition, but its severity varies considerably. People can be affected to greater and lesser degrees. For any one individual the occurrence of the condition can be episodic. This means that children can be well for long periods of time and then have sudden acute and at times severe relapses (Asthma U.K).

The major principle underlying the policy is immediate access for all children to reliever medication. Therefore every asthmatic child should carry their own inhaler, wherever possible, both in school at Physical Education (PE) and on school trips.

Inhalers and spacer devices should have the children's names clearly marked on them.

In the event of an inhaler being lost parents/carers are asked to bring in a spare which will have the child's name clearly marked.

### AIMS

- All teaching and support staff are asthma aware and have regular training provided by a healthcare professional.
- All students with asthma who have provided us with an inhaler have immediate access to their emergency relief inhaler.
- All students understand asthma so that they can support their friends.
- Records are kept of the students with asthma which are regularly updated.
- Parents are encouraged to communicate between home and school.

### AT SCHOOL

- When a student joins the school parents/carers will be asked if their son/daughter has asthma.
- The parent/carer will need to sign and return the Individual Healthcare Plan that can be found on **Appendix 1**, making it clear that the condition it pertains to is asthma.

- Parents/carers should inform the school if there are any changes in their son/daughter's asthma or medication.

## **INHALERS**

- Immediate access to emergency relief inhalers is essential.
- Students are responsible for carrying their own emergency relief inhaler at ALL times.
- Students who need to use their spare inhaler are responsible for returning it to the welfare room.
- Parents/carers must supply the school with a spare in date relief inhaler to be kept in an unlocked cupboard in the welfare room.
- Preventer inhalers (*inhaled steroids, as opposed to relief inhalers*) will not be accepted in school. Students must take their PREVENTER INHALER in the morning and/or evening where prescribed.
- School staff are not required to administer medication, however many are happy to do so in an emergency.
- A shared spacer will need to be used occasionally. This spacer will be cleaned between each use in accordance with local infection control policy. If this spacer is used, the letter found on **Appendix 2** will be sent home.

## **EXERCISE AND ACTIVITY**

- We encourage all students to take part in sport and other in school and extra curricular activities.
- P.E teachers, supply staff and sports coaches will be aware of students with asthma in their group.
- All students **MUST** bring their emergency relief inhalers with them to any extra curricular activity in order to take part. Spare ones are also kept in the medical room.
- Students with exercise triggered asthma should take their inhaler 10 minutes prior to exercise and all students will be encouraged to warm up and down thoroughly.
- Students with symptoms who need to use their inhaler will be allowed to rejoin the group as soon as they have recovered.

## **ATTENDANCE**

- If it is thought that asthma may be affecting the student's academic progress or attendance then the parent/carer will be asked to attend an asthma review appointment at the G.P surgery.

- The school may also ask for the advice and support of the School Health Nurse and the Asthma Clinical Specialist.

## **ASTHMA FRIENDLY SCHOOL**

- Our school is 'asthma friendly' and makes use of every opportunity to raise awareness of asthma in our community.
- You will find more information on how to support your child if they have asthma in our **First Aid and Supporting Students at school with Medical Conditions Policy**.

## **WHAT TO DO IN AN THE EVENT OF AN ASTHMA ATTACK**

The following guidelines are the recommended steps to follow in an asthma attack (ASTHMA UK):

- Take one to two puffs of your reliever inhaler (usually blue), immediately.
- Sit down and try to take slow, steady breaths.
- If you do not start to feel better, take two puffs of your reliever inhaler (one puff at a time) every two minutes. You can take up to ten puffs.
- If you do not feel better after taking your inhaler as above, or if you are worried at any time, call 999.
- If an ambulance does not arrive within 10 minutes and you are still feeling unwell, repeat step 3 (take two puffs of your reliever inhaler (one puff at a time) every two minutes. You can take up to ten puffs).

## **TYPES OF TREATMENT**

There are two types of treatment for asthma:

### a) 'Relievers'

Every child with asthma should have access to a reliever in school. The reliever inhaler is commonly blue, but may come in different colours, and they come in different shapes and sizes. It is the parents' responsibility to provide the correct reliever inhaler. These treatments give immediate relief and are called bronchodilators because they cause the narrowed air passages to open up by relaxing the airway muscle. They do not however reduce the inflammation.

### b) 'Preventers'

Preventers are a group of treatment that are designed to prevent the narrowing and inflammation of the airway passages. The ultimate objective is to reduce asthma attacks of any kind. These medicines should be taken regularly usually morning and evening. There is therefore no indication for them to come to school with the child.

Even if they are taken during an attack, they will not have an immediate effect.

All diagnosed asthmatics should have an emergency inhaler and spacer in school which is stored in such a way as to ensure easy access at all times. Regular checks should be made to ensure that this inhaler is within date.

## APPENDIX 1

### Individual Healthcare Plan

**Name of Pupil:**

**Date of Birth:**

**Name of Parent/Carer:**

**Contact Number:**

**Address:**

**Surgery Address:**

**Consultant Name/Address (If Applicable):**

<b>Diagnosis</b>	<b>Medication</b>	<b>Dose</b>	<b>Expiry date</b>	<b>Prescribed or Over the counter</b>

## Symptoms/Action Required

*(If your child has more than one medication, please indicate which medicine should be administered for which symptoms)*

**Additional comments**

Healthcare agreement	YES	NO
My child will carry their own medication.		
My child's medication will be stored and kept onsite.		
I give permission for medication to be administered to my child and I am responsible for providing on date medication..		
I understand that I am responsible for informing staff at GHS of any changes in my child's health before their annual review is due.		
I understand that in the case of in date medication not being provided, in the event of an emergency, an ambulance will be called.		
I consent to my child being administered emergency medication owned by Greenford High School in the case of an asthmatic or anaphylactic emergency.		
I give permission for my child to be provided with either Paracetamol, Ibuprofen or Antihistamines if required.		

Health Care Plan Completed By:

Date:

Designation: Welfare Officer

*I am satisfied that this healthcare plan reflects my child's health care needs in school.*

Signature of Parent/Guardian:

Date:

Print Name: