OMAGH COUNTY PRIMARY SCHOOL

**Background:**

The school:

* recognises that asthma is a widespread, serious but controllable condition and the school welcomes all pupils with asthma
* ensures that pupils with asthma can and do participate fully in all aspects of school life, including art lessons, PE, science, visits, outings or field trips and other out-of-hours school activities
* 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.

This policy has been written with advice from Asthma UK, the school health service and nurse, and the governing body.

This school recognises that asthma is a widespread, serious but controllable condition affecting many pupils at the school. This school encourages pupils with asthma to achieve their potential in all aspects of school life by having a clear policy that is understood by school staff, Governors, parents and pupils. Supply teachers and new staff are also made aware of the policy. All staff who come into contact with pupils with asthma will be aware of what to do in the case of an asthma attack. All pupils with asthma will be recorded on the school’s ‘Medical Needs’ register which will be updated once a year and made available to all staff.

**Asthma medicines**

* Immediate access to reliever medicines is essential. Pupils with asthma are encouraged to carry their reliever inhaler as soon as the parent, doctor or school nurse and class teacher agree they are mature enough. The reliever inhalers of younger children are kept in the classroom in a labelled box.
* Parents are asked to ensure that the school is provided with a labelled spare reliever inhaler. The class teacher will forward this to the Medical Room or keep in a safe place in the classroom ensuring it can be used in the event of the regular inhaler being lost, forgotten or runs out. All inhalers must be labelled with the child’s name by the parent.
* School staff are not required to administer asthma medicines to pupils (except in an emergency). School staff who agree to administer medicines are insured by the local education authority when acting in agreement with this policy. All school staff will let pupils take their own medicines when they need to.
* Mrs S Fair will regularly check asthma medicines in order to ensure that they are available and in date. A register of children who have/maintain asthma medicines in school will be located in the school office and in each teacher’s planning file, (medical needs section).

**Record Keeping**

* At the beginning of each school year or when a child joins the school, parents are asked if their child has any medical conditions including asthma on their enrolment form.
* Parents will be asked to update information on an annual basis, or as often as necessary for each individual child.

**Exercise and activity - PE and games**

* Taking part in sports, games and activities is an essential part of school life for all pupils. Pupils with asthma are encouraged to participate fully in all PE lessons. Teachers will 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.

**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 school follows the procedure outlined by Asthma UK in its School Asthma Pack. This procedure is visibly displayed in the staffroom and Medical Room (see page 2 and 3 of Asthma Awareness for School Staff).

**Principals**

Principals have a responsibility to:

* plan an individually tailored school asthma policy with the help of school staff, school nurses, local education authority advice and the support of their employers
* ensure the plan is put into action, with good communication of the policy to everyone
* Delegate a member of staff to check the expiry date of spare reliever inhalers and maintain the school asthma register.

**School staff**

All school staff have a responsibility to

* understand the school asthma policy
* know which pupils they come into contact who have asthma
* know what to do in an asthma attack
* allow pupils with asthma immediate access to their reliever inhaler
* tell parents if their child has had an asthma attack
* tell parents if their child is using more reliever inhaler than they usually would
* ensure pupils have their asthma medicines with them when they go on a school trip or out of the classroom.

**School nurses**

School nurses have a responsibility to

* help plan/update the school asthma policy.

**Pupils**

Pupils have a responsibility to

* tell their parents, teacher or PE teacher when they are not feeling well
* know how to gain access to their medicine in an emergency
* know how to take their own asthma medicines.

**Parents**

Parents have a responsibility to

* tell the school if their child has asthma
* inform the school about the medicines their child requires during school hours
* tell the school about any changes to their child’s medicines, what they take and how much
* ensure their child’s reliever inhaler (and spacer where relevant) is labelled with their child’s name
* Provide the school with a spare reliever inhaler labelled with their child’s name.
* Ensure that their child’s reliever inhaler and the spare are within their expiry date.

**Asthma medicines**

**Reliever inhalers**

Every child and young person with asthma should have a reliever inhaler (usually blue).

* It is very important that a pupil with asthma has a reliever inhaler that they can use reliably and effectively.
* Pupils with asthma need to keep their reliever inhalers with them or close at hand at all times.
* It is essential that all pupils with asthma are allowed to access their reliever inhaler freely at all times.
* Each asthma medicine should be clearly labelled with the pupil’s name. The expiry date of all asthma medicines should be checked every six months.
* Pupils with asthma should always be aware of where to go to get their reliever inhaler (including their spare) when they need it.
* In primary school, spare inhalers should be kept in the medical cupboard.

**Preventer inhalers**

Preventers are usually prescribed for children and young people using their reliever inhaler three of more times a week.

* Preventer inhalers are usually brown, orange, red or white.
* Normally, pupils should not need to take preventer inhalers during school hours. If they are needed, they may need to be reminded to take them.

**Spacers**

A spacer is a plastic or metal container with a mouthpiece at one end and a hole for an aerosol inhaler at the other. Spacers are used to help deliver medicine to the lungs.

* Spacers may be needed and used at school, especially by pupils under the age of 12.

**Bullying**

Bullying can happen to any child at school. However, children who are different can be particularly vulnerable to bullying. This is especially the case for children with asthma who might already feel conscious about being different to others in their school.

**Tips for exercising with asthma**

* If exercise and physical activity makes a child or young person’s asthma worse, always ensure that they use their reliever inhaler (usually blue) immediately before they warm up.
* Always start a session with warm up exercises.
* Try to avoid the things that trigger their asthma (eg dust, smoke, pollen).
* Always make sure they have their reliever inhaler with them.
* If they have asthma symptoms when they are exercising, they should stop, take their reliever inhaler and wait at least five minutes or until they feel better before starting again.
* Always end a session with warm down exercises.

**Points of reference**

School Nurse Tel No: 028 82 835849

Visit asthma.org.uk and download specialist information on every aspect of asthma.

* Use interactive, educational tools.
* Email an asthma nurse specialist.
* Plus much more about asthma and Asthma UK.

**ASTHMA MEDICATION**

School records indicate that your child has asthma. Keeping in line with our Asthma policy we should keep a spare inhaler in school with a spacer if needed for your child during the school day. This inhaler should be in date and be accompanied with an administration of medicines form, giving your child’s teacher permission to administer it if necessary.

As we currently do not have an inhaler for your child please complete below;

1. My child no longer requires an inhaler during the school day.
2. My child requires an inhaler during the school day, I will send one into school with an administration of medicines form as soon as possible.
3. Expiry Date on inhaler: \_\_\_\_\_\_\_\_\_
4. Any other information.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pupil’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_