



GRANGE SCHOOL
A Culture of Continuous Improvement

Asthma Policy

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| Compiled by: Signature: Date: | Approved by Governing Body () Signature: Print name: Date: |
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Asthma Policy

In order to give the best possible care to pupils, parents are asked to read the following policy and complete the form that would be sent home.

Information to staff

The school nurses compile a list of children known to be asthmatic. The list is in the sick bay. If asthma is diagnosed after admittance, then the nurses must be informed as soon as possible.

Management in school

Children should be supplied with their prescribed inhaler (LABELLED WITH NAME AND CLASS) to carry with them and a spare one which will be kept in the school clinic for use if your child misplaces/forgets their own.

Children should take their inhalers with them at game time, to the poolside when swimming and on school trips.

Parental responsibilities

It is your responsibility as the parent to ensure that the school clinic is informed of any changes to your child's condition or medication and that your child is supplied with an inhaler to carry with them and a spare to be kept in the sick bay.

The School sickbay has a nebulizer which will be available for use for asthmatic pupils during attacks, if the situation requires such a treatment. We feel this is necessary in order to prevent casualties.

If you have any concern about the management of your child's asthma at school, then please speak to the nurse:

- **Nurse Okikiade**
- **Nurse Ososanya**

What to do in asthma attack

Sometimes, no matter how careful you are about taking your asthma medicines and avoiding your triggers, you may find that you have an asthma attack.

The following guidelines are suitable for both children and adults and are the recommended steps to follow in an asthma attack:

- Take your reliever inhaler immediately as prescribed. Call for help.
- Sit down and ensure that any tight clothing is loosened. Do not lie down.
- If your symptoms do not improve within five minutes you should get your doctor.

You are having an asthma attack/your asthma attack is getting worse if any of the following happens:

- Your reliever does not help symptoms
- Your symptoms are getting worse (cough, breathlessness , wheeze or tight chest)
- You are too breathless to speak, eat or sleep.
- Do not be afraid of causing a fuss even at night, let someone know so you can receive help.

After an emergency asthma attack:

- Make an appointment with your doctor for a review within 48hours of your asthma attack
- You will also need another review within one or two weeks after your asthma attack to make sure your symptoms are better controlled

Do not ignore worsening symptoms

- Most people find that asthma attacks are the result of gradual worsening of symptoms over a few days.
- If your asthma symptoms are getting worse do not ignore them! Follow your personal asthma action plan. If symptoms continue to get worse make an appointment to see your doctor. Quite often, using your reliever is all that is needed to relieve your asthma symptoms when you start to have an asthma attack.
- At other times, symptoms are more severe and more urgent action is needed.