

WARRINGA PARK SCHOOL

ASTHMA POLICY



Help for non-English speakers

If you need help to understand the information in this policy, please contact School Administration.

PURPOSE

To ensure that Warringa Park School appropriately supports students diagnosed with asthma. To explain to Warringa Park School parents/carers, staff and students the processes and procedures in place to support students diagnosed with asthma.

Asthma affects up to one in four primary aged children, one in seven teenagers and one in ten adults. It is important therefore for all staff members to be aware of asthma, its symptoms and triggers, and the management of asthma in a school environment.

SCOPE

This policy applies to:

- all Warringa Park School Campuses
- all staff, including casual relief staff, contractors and volunteers
- all students who have been diagnosed with asthma or who may require emergency treatment for asthma and their parents/carers.

POLICY

ASTHMA is a long-term lung condition. People with asthma have sensitive airways in their lungs which react to triggers, causing a 'flare-up'. In a flare-up, the muscles around the airway squeeze tight, the airways swell and become narrow and there is more mucus. This makes it hard to breathe. An asthma flare-up can come on slowly (over hours, days or even weeks) or very quickly (over minutes). A sudden or severe asthma flare-up is sometimes called an asthma attack.

SYMPTOMS

Symptoms of asthma can vary over time and often vary from person to person. The most common asthma symptoms are:

- breathlessness
- wheezing (a whistling noise from the chest)
- tight feeling in the chest
- persistent cough

Symptoms often occur at night, early in the morning or during/just after physical activity. If asthma is well controlled, a person should only have occasional asthma symptoms.



WARRINGA PARK SCHOOL

TRIGGERS

A trigger is something that sets off or starts asthma symptoms. Everyone with asthma has different triggers. For most people with asthma, triggers are only a problem when asthma is not well controlled with medication. Common asthma triggers include:

- exercise
- smoke (cigarette smoke, wood smoke from open fires, burn-offs or bushfires)
- house dust mites
- pollens
- chemicals such as household cleaning products
- food chemicals/additives
- laughter or emotions, such as stress
- colds/flu
- weather changes such as thunderstorms and cold, dry air
- moulds
- animals such as cats and dogs
- deodorants (including perfumes, after-shaves, hair spray and aerosol deodorant sprays)
- certain medications (including aspirin and anti-inflammatories)

ASTHMA MANAGEMENT

If a student diagnosed with asthma enrolls at Warringa Park School:

1. Parents/carers must provide the school with an Asthma Action Plan which has been completed by the student's medical practitioner. The plan must outline:
 - the prescribed medication taken by the student and when it is to be administered, for example as pre-medication to exercise or on a regular basis
 - emergency contact details
 - the contact details of the student's medical practitioner
 - the student's known triggers
 - the emergency procedures to be taken in the event of an asthma flare-up or attack.
2. Parents/carers should also provide a photo of the student to be included as part of the student's Asthma Action Plan.
3. Warringa Park School will keep all Asthma Action Plans:
 - Asthma action plans are located in each classroom's yellow folder and displayed in the first aid room.
 - Medical Alerts per classroom identifying all Asthmatics are located in specialist yellow folders.
4. School staff may also work with parents/carers to develop a Student Health Support Plan which will include details on:
 - how the school will provide support for the student
 - identify specific strategies
 - allocate staff to assist the student
5. If a student diagnosed with asthma is going to attend a school camp or excursion, Warringa Park School's parents/carers are required to provide any updated medical information.
6. If a student's asthma condition or treatment requirements change, parent/carers must notify the school and provide an updated Asthma Action Plan.
7. School staff will work with parents/carers to review Asthma Action Plans (and Student Health Support



WARRINGA PARK SCHOOL

Plans) once a year.

STUDENT ASTHMA KIT (BLUE ASTHMA BAGS)

All students diagnosed with asthma are required to have a student asthma kit at school which contains:

- their own prescribed reliever medication labelled with the student's name
- their spacer (if they use one)

Student asthma kits will be stored at the nurse's station (Warringa Park campus & Cayleys Rd campus) or the first aid room (Bethany Rd campus and WPS Additional Campus – Tarneit). These Blue Asthma bags are to be signed out and accompany teachers on all camps and excursions.

Clear written instructions as per the students Asthma Action plan is attached to the Blue Asthma Bags.

The school nurse will be responsible for checking reliever puffer expiry dates. They will be based at each campus one day a week to check medications, plans etc.

A nebuliser pump will not be used by the school staff. If a student is prescribed a nebuliser, they should bring their own to school. Parents or carers can obtain information on the use of nebulisers from the manufacturer (all nebulisers are labelled with the manufacturer's name) - Asthma: Policy | education.vic.gov.au

All devices used for the delivery of asthma medication will be cleaned with hot water after each use and air dried.

ASTHMA EMERGENCY RESPONSE PLAN

If a student is:

- having an asthma attack
- difficulty breathing for an unknown cause, even if they are not known to have asthma

School staff will endeavour to follow the Asthma First Aid procedures outlined in the table below. School staff may contact Triple Zero "000" at any time.

Step	Action
Sit the person upright	<ul style="list-style-type: none">● Be calm and reassuring● Do not leave them alone● Seek assistance from another staff member to locate the student's reliever, the Asthma Emergency Kit and the student's Asthma Action Plan (if available).● If the student's action plan is not immediately available, use the Asthma First Aid as described in Steps 2 to 5.



WARRINGA PARK SCHOOL

Give four separate puffs of blue reliever puffer:

- Shake the puffer
- Use a spacer if you have one
- Put one puff into the spacer
- Take four breaths from the spacer

Remember – Shake, one puff, four breaths

Wait 4 minutes

- If there is no improvement, give 4 more separate puffs of blue reliever as above

If there is still no improvement, call Triple Zero “000” and ask for an ambulance.

- Tell the operator the student is having an asthma attack
- Keep giving four separate puffs every 4 minutes until emergency assistance arrives

If asthma is relieved after administering Asthma First Aid, stop the treatment and observe the student.

Parents must be contacted whenever their child suffers an asthma attack and record the incident

Staff will call Triple Zero “000” immediately if:

- the person is not breathing
- if the person’s asthma suddenly becomes worse or is not improving
- if the person is having an asthma attack and a reliever is not available
- if they are not sure if it is asthma
- if the person is known to have anaphylaxis

TRAINING FOR STAFF

Warringa Park School will arrange the following asthma management training for staff:

Staff	Completed by	Course	Provider	Cost	Valid for
Group 1 General Staff	School staff with a direct teaching role with students affected by asthma or other school staff directed by the principal after conducting a risk assessment.	Asthma first aid management for education staff (non-accredited) One hour face-to-face or online training.	Asthma Australia	Free to all schools	3 years



WARRINGA PARK SCHOOL

Group 2	Staff working with high-risk children with a history of severe asthma, or with direct	<i>Course in Emergency Asthma Management</i>	Any RTO		
	student wellbeing responsibility, (including nurses, PE/sport teachers, first aid and school staff attending camp)	10392NAT (accredited)	that has this course in their scope of practice	Paid by Warringa Park School	3 years

Warringa Park School will also conduct an annual briefing for staff on:

- the procedures outlined in this policy
- the causes, symptoms and treatment of asthma
- identities of the students diagnosed with asthma
- how to use a puffer and spacer
- the location of:
 - the Asthma Emergency Kits
 - asthma medication which has been provided by parents for student use.

Warringa Park School will also provide this policy to casual relief staff and volunteers who will be working with students and may also provide a briefing if the principal decides it is necessary depending on the nature of the workbeing performed.

ASTHMA EMERGENCY KIT

Warringa Park School will provide and maintain Asthma Emergency Kits at each campus. A kit will be kept in each First Aid Room, as well as kits available for external activities, such as camps and excursions.

The Asthma Emergency Kit will contain:

- At least one blue or blue/grey reliever medication such as Airomir, Admol or Ventolin
- At least 2 spacer devices (for single person use only) to assist with effective inhalation of the blue or blue/grey reliever medication (Warringa Park School will ensure spare spacers are available as replacements). Spacers will be stored in a dust proof container.
- Clear written instructions on Asthma First Aid, including:
 - How to use the medication and spacer devices
 - Steps to be taken in treating an asthma attack
- A record sheet/log for recording the details of an asthma first aid incident, such as the number of puffs administered.

The school nurse will monitor and maintain the Asthma Emergency Kits. They will:

- Ensure all contents are maintained and replaced where necessary
- Regularly check the expiry date on the canisters of the blue or blue/grey reliever puffers and place them if they have expired or a low on doses
- Replace spacers in the Kits after each use



WARRINGA PARK SCHOOL

- Dispose of any previously used spacers.

The blue or blue/grey reliever medication in the Asthma Emergency Kits may be used by more than one student as long as they are used with a spacer. If the devices come into contact with someone's mouth, they will not be used again and will be replaced.

After each use of a blue or blue/grey reliever (with a spacer):

- Remove the metal canister from the puffer (do not wash the canister)
- Wash the plastic casing
- Rinse the mouthpiece through the top and bottom under running water for at least 30 seconds
- Wash the mouthpiece cover
- Air dry then reassemble
- Test the puffer to make sure no water remains in it, then return to the Asthma Emergency Kit.

MANAGEMENT OF CONFIDENTIAL MEDICAL INFORMATION

Confidential medical information provided to Warringa Park School to support a student diagnosed with asthma will be:

- recorded on the student's file
- shared with all relevant staff so that they are able to properly support students diagnosed with asthma and respond appropriately if necessary.

EPIDEMIC THUNDERSTORM ASTHMA

Warringa Park School will be prepared to act on the warnings and advice from the Department of Education and Training when the risk of epidemic thunderstorm asthma is forecast as high.

Our school will register as an asthma friendly school – www.asthmafriendlyschools.org.au

FURTHER INFORMATION AND RESOURCES

- The Department's Policy and Advisory Library (PAL):
 - [Asthma](#)
 - [Treating an asthma attack](#)
- Related policies:
 - Medication Administration Policy
 - First Aid Policy
 - Health Care Needs Policy
 - Medication Administration Log
 - Medication Authority Form

POLICY REVIEW AND APPROVAL

Policy last reviewed	June 2025
Approved by	Principal
Next scheduled review date	June 2026



Photo (optional)

ASTHMA ACTION PLAN

Take me when you visit your doctor

Name:

Plan date:

Review date:

Doctor details:

EMERGENCY CONTACT

Name:

Phone:

Relationship:

WELL CONTROLLED is all of these...

- ☒ needing reliever medicine no more than 2 days/week
- ☒ no asthma at night
- ☒ no asthma when I wake up
- ☒ can do all my activities

Peak flow reading (if used) above

☐ **TAKE preventer**

Name:

morning ☐ night ☐ puffs/inhalations

• Use my preventer, even when well controlled • Use my spacer with my puffer

☐ **TAKE reliever**

Name:

☐ puffs/inhalations as needed ☐ puffs/inhalations 15 minutes before exercise

• Always carry my reliever medicine

FLARE-UP Asthma symptoms getting worse such as **any** of these...

- needing reliever medicine more than usual OR more than 2 days/week
- woke up overnight with asthma
- had asthma when I woke up
- can't do all my activities

Peak flow reading (if used) between and

My triggers and symptoms

☐ **TAKE preventer**

Name:

morning ☐ night ☐ puffs/inhalations for days then back to **well controlled** dose

☐ **TAKE reliever**

Name:

☐ puffs/inhalations as needed

☐ **START other medicine**

Name/dose/days/other treatments

☐ **MAKE appointment to see my doctor same day or as soon as possible**

SEVERE Asthma symptoms getting worse such as **any** of these...

- reliever medicine not lasting 3 hours
- woke up frequently overnight with asthma
- had asthma when I woke up
- difficulty breathing

Peak flow reading (if used) between and

My triggers and symptoms

☐ **TAKE preventer**

Name:

morning ☐ night ☐ puffs/inhalations for days then back to **well controlled** dose

☐ **TAKE reliever**

Name:

☐ puffs/inhalations as needed

☐ **START other medicine**

Name/dose/days/other treatments

☐ **MAKE appointment to see my doctor TODAY**

• If unable to see my doctor, visit a hospital

OTHER INSTRUCTIONS

Other medicines, treatments, dose, duration, etc

EMERGENCY is any of these...

- reliever medicine not working at all
- can't speak a full sentence
- extreme difficulty breathing
- feel asthma is out of control
- lips turning blue

Peak flow reading (if used) below

➔ **1** **CALL AMBULANCE NOW**

Dial Triple Zero (000)

➔ **2** **START ASTHMA FIRST AID**

Turn page for Asthma First Aid

If you are using a dual purpose reliever, your doctor will discuss the correct plan for you. v19 Updated 13 October 2023