

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)

INDIVIDUAL 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. A photo of the student provided by the parent/carer or school is included as part of the student's Asthma Action Plan to help identification.
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. A student with an Asthma Action Plan only requires a Student Health Support Plan if their asthma is **not** well-controlled, and needs individualised medical or health-related supervision, care or adjustments at school. School staff will 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 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.



WARRINGA PARK SCHOOL

7. Once a year, school nurse will review Asthma Action Plans (and if relevant, Student Health Support Plans) and communicate with the parents/carers to:
- if available, provide updated medical or health advice
 - review and provide written confirmation that the Asthma Action Plan is still current.

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

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



ASTHMA ACTION PLAN

Take me when you visit your doctor

Photo (optional)

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