



SEA MILLS PRIMARY SCHOOL AND CHILDREN'S CENTRE

Asthma and Inhalers Procedure
March 2021

This procedure is based on guidance given by Asthma UK.
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/416468/emergency_inhalers_in_schools.pdf

RATIONALE

Every asthmatic should participate in all activities in school, taking the appropriate medication as necessary, under staff supervision.

PURPOSE

- To clarify roles and responsibilities.
- To provide guidance regarding asthma symptoms and treatment.
- To clarify emergency procedures.

1. **Aggravating factors:**

Certain factors can set off an asthma attack, these include –
Pollen, animal fur, dust, cold air, vigorous exercise, virus infection, emotional stress.

2. **Signs and symptoms:**

Asthma is a chronic inflammatory condition of the airways. As a result, the airways are hyper-responsive and narrow easily.

The symptoms may be coughing, wheezing, chest tightness, difficulty in breathing, anxiety, difficulty in speaking and blueness in the face.

Asthmatics should be encouraged to take their prescribed medication as and when required.

3. **Storage and administration of inhalers, etc:**

Reliever inhalers:

- All inhalers will be kept in the teacher's desk or accessible unlocked cupboard
- Children must know where their inhaler is kept in the room.
- Parents/carers must complete an administration of medicines form when first notifying the school/centre of their child's condition.
- This form must be completed before the child uses the inhaler in school. The form will be kept in the medical file in school and a register of all inhaler users will be maintained by the paediatric first aider.
- September, January and April the designated member of staff checks to see if the inhalers are in date and parents are informed if a new inhaler is needed.
- Children are encouraged to self-administer their medication.

- Reliever inhalers are not recorded.

Preventer inhalers:

- Preventer inhalers should not usually be needed in school hours.
- If preventer inhalers are needed, a parental agreement for school to Administer medicine form is signed before the school can administer the medication.

Spacers:

- If spacers are used, these are to be kept with the inhaler and labelled with the child's name and class.

Asthma UK has produced demonstration films on using a metered-dose inhaler and spacers suitable for staff and children.

<http://www.asthma.org.uk/knowledge-bank-treatment-and-medicines-using-your-inhalers>

Education for Health is a charity providing asthma training with the most up to date guidelines and best practice <http://www.educationforhealth.org>

4. Trips/off-site activities:

- For all off-site visits and activities (including sports fixtures, residentials, etc) the organising/lead teacher is responsible for ensuring that each group leader carries the inhalers for the children in their care, if the child is not old enough to carry their own.
- For off-site activities occurring during a weekend, the permission slip on the letter sent to parents must confirm that it is the parents' responsibility to supply the child with their inhaler. The child should hand this to the member of staff responsible upon arrival at the event. The organising/lead teacher should take a list of all children's emergency contact details and medical needs, and, should a child arrive without their medication, the parent/carer should be contacted immediately. The teacher will need to agree with the parent/carer whether the child should take part in the activity or whether the parent/carer will immediately bring the required medication to the event.

5. Parental responsibilities:

- To notify the school as soon as their child is diagnosed as asthmatic.
- To complete the appropriate form and provide the correct inhaler for the school to keep.

- To ensure that the inhaler is correctly labelled and is replaced as quickly as possible whenever this becomes necessary.
- To ensure that their child always takes their inhaler to a weekend activity and hands it to the organising teacher.

6. Emergency Procedures

HOW TO RECOGNISE AN ASTHMA ATTACK

The signs of an asthma attack are

- Persistent cough (when at rest)
- A wheezing sound coming from the chest (when at rest)
- Difficulty breathing (the child could be breathing fast and with effort, using all accessory muscles in the upper body)
 - Nasal flaring
- Unable to talk or complete sentences. Some children will go very quiet.
- May try to tell you that their chest 'feels tight' (younger children may express this as tummy ache)

CALL AN AMBULANCE IMMEDIATELY AND COMMENCE THE ASTHMA ATTACK PROCEDURE WITHOUT DELAY IF THE CHILD

- Appears exhausted
- Has a blue/white tinge around lips
 - Is going blue
 - Has collapsed

WHAT TO DO IN THE EVENT OF AN ASTHMA ATTACK

- Keep calm and reassure the child
- Encourage the child to sit up and slightly forward
- Use the child's own inhaler – if not available, use the emergency inhaler
- Remain with the child while the inhaler and spacer are brought to them
- Immediately help the child to take two separate puffs of salbutamol via the spacer
- If there is no immediate improvement, continue to give two puffs at a time every two minutes, up to a maximum of 10 puffs
- Stay calm and reassure the child. Stay with the child until they feel better. The child can return to school activities when they feel better
- If the child does not feel better or you are worried at ANYTIME before you have reached 10 puffs, CALL 999 FOR AN AMBULANCE
- If an ambulance does not arrive in 10 minutes give another 10 puffs in the same way

CONSENT FORM: USE OF EMERGENCY SALBUTAMOL INHALER

Sea Mills Primary School

Child showing symptoms of asthma / having asthma attack 1. I can confirm that my child has been diagnosed with asthma / has been prescribed an inhaler [delete as appropriate].

2. My child has a working, in-date inhaler, clearly labelled with their name, which they will bring with them to school every day.

3. In the event of my child displaying symptoms of asthma, and if their inhaler is not available or is unusable, I consent for my child to receive salbutamol from an emergency inhaler held by the school for such emergencies.

Signed: Date:

Name (print).....

Child's name:

.....

Class:

Parent's address and contact details:

.....

.....

Telephone:

.....

E-mail:

Annex B

**LETTER TO INFORM PARENTS OF EMERGENCY SALBUTAMOL
INHALER USE**

Sea Mills Primary School

Child's name:

.....

Class:

.....

Date:

Dear.....,

[Delete as appropriate]

This letter is to formally notify you that..... has had
problems with his / her breathing today. This happened when.....

A member of staff helped them to use their asthma inhaler.

They did not have their own asthma inhaler with them, so a member of staff
helped them to use the emergency asthma inhaler containing salbutamol. They
were given puffs.

Their own asthma inhaler was not working, so a member of staff helped them
to use the emergency asthma inhaler containing salbutamol. They were given
..... puffs.

[Delete as appropriate]

Although they soon felt better, we would strongly advise that you have your
seen by your own doctor as soon as possible.

Yours sincerely,