

Believe Enjoy Succeed Together

“I can do everything through God who gives me strength”
Philippians 4:13

Cronton CE Primary School



The KEYS Curriculum

Knowledge and skills
Empower
You to
Succeed

Keys To Success



Policy for Asthma.

Cronton CE Primary School Asthma Policy

Please see **Medicine in Schools Policy** for further information.

What is Asthma?

Asthma affects the airways - the tubes carrying air in and out of the lungs. People with asthma have sensitive airways which become irritated in some situations. The airways become narrow and sometimes produce more mucus than usual. This makes it difficult to breathe.

The cause of Asthma

Although we do not know what causes asthma, we do know that many factors contribute. For instance, there is more and more evidence that allergies are a factor, especially if you are under 16.

What makes Asthma worse?

On many occasions asthma gets worse for no obvious reason. This is sometimes known as an asthma attack. Some things - called 'triggers' - which can make asthma worse are:

- **The common cold**- the effects of a cold can last for a long time unless you are given increased treatment. Asthma attacks are often set off by allergies. Common things which people with asthma are allergic to are grass pollen, house dust and animal fur (including your own pets).
- **Exercise**- running, particularly in cold weather, can cause an asthma attack. However, exercise-induced asthma can be controlled. People with asthma should **not** avoid sport and exercise - they contribute to overall good health.
- **Irritants** like tobacco smoke, fumes and a dusty atmosphere will often lead to asthma attacks.
- **Emotion** - anger, anxiety or happiness - can bring on an attack of wheezing in some people with asthma. But it is **not** true that 'nerves' are the underlying cause of asthma.
- **Pollution**, especially from traffic, is increasingly recognised as making asthma worse.

Allergy

Certain substances, which do not affect other people, can cause symptoms to develop in those with asthma. As the substance does not affect most others it is described as an allergen.

Common Allergens

- House-dust mites which live in soft furnishings and beds
- Furry or feathery animals
- Grass pollen
- In rare cases, food like peanuts, milk and eggs.

Other allergic symptoms include itching and redness of the skin, watery eyes and a runny nose or sneezing. These symptoms can occur with or without the symptoms of asthma.

How Asthma affects children

Children with Asthma may have episodes of breathlessness and coughing during which wheezing or whistling noises can be heard coming from the chest. They may feel tightness inside their chest which is sometimes frightening and may further increase their difficulty in breathing.

Individual children are affected by their asthma in different ways. One child may occasionally experience minor coughing bouts and breathlessness, while another is unable to participate in games. Sometimes a cough can be the only symptom of Asthma.

Asthma at Cronton CE Primary School

- Cronton CE Primary School welcomes all pupils with Asthma.
- We will encourage and help children to participate fully in all aspects of school life.
- We recognise that Asthma is a condition affecting many school children.
- We recognise that immediate access to inhalers is vital.
- We will do all we can to ensure that the school environment is favourable to children with Asthma.
- We will ensure that other children understand Asthma so that they can support their friends and so that children with Asthma can avoid the stigma sometimes attached to this condition.
- We will ensure that all staff have a clear understanding of what to do in the event of a child having an Asthma attack.
- We will work in partnership with parents, school governors, health professional, school staff and children to ensure the successful implementation of this policy.

Medication and Inhalers

There are two types of treatments, both which come in an inhaler.

Relievers are medicines that are sometimes called bronchodilators that quickly open up the narrowed airways and help to relieve the child's breathing. These must be kept in school at all times and be located in the child's classroom.

Preventers are medicines that are taken daily to make the airways less sensitive to the triggers that can bring on an asthma attack. These medicines can be taken at home before a child comes into school reducing the number of inhalers a child will have in school.

Asthma Management

- An Asthma register has been set up in school and can be found in the medical file that can be located in the school office.
- Any child who is diagnosed with Asthma **MUST** have an inhaler in school at all times that has been prescribed by a doctor. Each inhaler must be labelled with the child's name and kept within easy reach of that child during all times. This includes times when the child is outside of the school premises for whatever reason but still in the care of school staff.
- Each child on the school Asthma register will be provided with a Health Care Plan (Proforma 2) that must be completed by their parents/guardians and returned to school **BEFORE** any medicines can be administered to the child.
- An updated Asthma register will be provided to each teacher at the beginning of the school year so that all staff are aware of the children on the register.
- Each class teacher will be provided with a medicines form that must be completed each time that a child receives his/her inhaler. These forms will be collected at the end of each year and correctly stored with other medical forms.
- If any child receives his/her inhaler and their condition does not improve, a first aider will be called and the appropriate action will be taken according to the situation.
- The class teacher must inform the child's parent if a child has used their inhaler during the school day.
- All inhalers will be checked to ensure that they stay within their expiry date and sent home at the end of the school year.