

Dunkeld Consolidated School No. 6215

Asthma Policy

PROGRAM LEADER: Principal

COUNCIL RATIFICATION: 17 September 2013

RATIONALE:

To ensure schools support students diagnosed with asthma.

AIMS:

Schools must:

- Have, for each student diagnosed with asthma, a written Asthma Action Plan.
- Ensure all staff with a duty of care for students are trained to assess and manage an asthma emergency at least every three years.
- Provide equipment to manage an asthma emergency in their first aid kits.

Definition

"Asthma is a disease of the airways, the small tubes which carry air in and out of the lungs. When you have asthma symptoms the muscles in the airways tighten and the lining of the airways swells and produces sticky mucus. These changes cause the airways to become narrow, so that there is less space for the air to flow into an out of your lungs" (National Asthma Council 2011).

Symptoms of asthma may include, but are not limited to:

- shortness of breath
- wheezing (a whistling noise from the chest)
- tightness in the chest
- a dry, irritating, persistent cough

Symptoms vary from person to person.

Triggers

- exercise
- colds/flu
- smoke (cigarette smoke, wood smoke from open fires, burn-offs or bushfires)
- weather changes
- dust and dust mites
- moulds
- pollens
- animals
- chemicals
- deodorants (including perfumes, after-shaves, hair spray and deodorant sprays)
- foods and additives
- certain medications (including aspirin and anti-inflammatories)
- emotions

Strategies

This table describes how schools manage students with asthma.

Strategy	Description
Developing an asthma action plan	<p>The Asthma Action Plan should be:</p> <ul style="list-style-type: none">• Completed by the student's medical/health practitioner in consultation with the parents/guardians.• Provided annually by the:<ul style="list-style-type: none">- Doctor to the parents/guardian.- Parents/guardians to the school. <p>The plan must include:</p> <ul style="list-style-type: none">• The prescribed medication taken:<ul style="list-style-type: none">- On a regular basis.- As premedication to exercise.- If the student is experiencing symptoms.• Emergency contact details.

	<ul style="list-style-type: none"> • Business and after hours contact details of the student's medical/health practitioner. • Details about deteriorating asthma including: <ul style="list-style-type: none"> - Signs to recognise worsening symptoms. - What to do during an attack. - Medication to be used. • The school first aid kit includes an Asthma First Aid section and should: - Specify no less than 4 separate puffs of blue reliever medication, with 4 breaths taken per puff every 4 minutes, using a spacer if possible. <p>Note: It is recommended that if the plan has less than the required number of puffs per minute period it should be sent back to the parent/guardian and doctor for review.</p>
Training staff	<p>All school staff with a duty of care responsibility for the wellbeing of students should be trained in being able to manage an asthma emergency appropriately. Training should be conducted at least every three years.</p> <p>The Asthma Foundation of Victoria provides a free one hour training session to educate school staff on how to manage asthma in the school setting including how to:</p> <ul style="list-style-type: none"> • Manage asthma in the school setting. • Assess and manage an asthma emergency. <p>Asthma First Aid posters will be displayed in the:</p> <ul style="list-style-type: none"> • Staff room. • Sick room.
Providing an asthma first aid kit	<p>Anyone with asthma can have a severe attack, even those with mild asthma. The school will have Ventolin and a spacer in the first aid kits.</p>
Encouraging camps and special event participation	<p>Schools should:</p> <ul style="list-style-type: none"> • Ensure parents provide enough medication for the student if they are going away overnight. • Provide enough asthma emergency kits for the camp or excursion needs. • Ask the parents/guardians to provide an Asthma Action Plan and the Department's Confidential Medical Information for School Council Approved School Excursions form.
Managing exercise induced asthma (EIA)	<p>If a student has diagnosed EIA schools should ensure that they allow adequate time for the following procedures; before, during and after exercise.</p> <p>Before:</p> <ul style="list-style-type: none"> • Reliever medication to be taken by student 5-20 minutes before activity. • Student to undertake adequate warm up activity. <p>During:</p> <ul style="list-style-type: none"> • If symptoms occur, student to stop activity, take reliever, only return to activity if symptom free. • If symptoms reoccur, student to take reliever and cease activity. <p>After:</p> <ul style="list-style-type: none"> • Ensure cool down activity is undertaken. • Be alert for symptoms. • If a student has an asthma attack during exercise, follow their Asthma Action Plan if easily accessible, or commence first aid procedure. • Always notify parent of any incidents.
Communicating with parents	<p>Regularly communicate with the student's parents about the student's successes, development, changes and any health and education concerns. In particular the frequency and severity of the student's asthma symptoms and use of medication at school.</p>

Resources

- [Asthma Foundation of Victoria](#) website including the [Resource Manager](#) web page for downloadable resources.
- Department of Education and Early Childhood Development Policy Guidelines 08/11/2012.

Evaluation

This policy will be reviewed as part of the school's three year review cycle.