RATIONALE
Asthma affects 1 in 4 primary school children and 1 in 7 teenagers and there is evidence of increasing asthma prevalence and severity in children. People die from asthma and more than half of these deaths are preventable. Asthma is a major cause of childhood admissions to hospital and is a common cause of school absenteeism amongst children – approx. 1,000,000 school days are lost nationally each year. Asthma can result in lethargy, tiredness, decreased motivation and inability to concentrate.

POLICY
The Principal and staff accept their responsibility to initiate treatment for children with Asthma in emergency situations to ease their distress and facilitate resumption of health where possible. Mt St Patrick Primary School staff will ensure that Asthma treatment is administered in a manner that protects and assists both staff and children. The following guidelines and procedures must be adhered to by all staff and families to ensure the safety and health of students.

ENROLMENT CONSEQUENCES
All Asthmatics need to be identified by their parents on the Mt St Patrick Enrolment Forms and on the annual Parental Consent and Authority Forms.

A separate register of Asthmatics will be kept in the Asthma File and updated annually by the Asthma Coordinator.

EMERGENCY ACTION PLAN
Treatment will be started as soon as emergency symptoms commence and the child presents to the teacher or Sick Bay.

Parents/guardians need to accept the responsibility to complete a current action plan for Asthmatics (preferably with the advice of the student’s General Practitioner) which is lodged with the school.

Emergency Action Plans will be kept in individual student files.

Contact to the student's parent/guardian will be made in all situations where the emergency plan was instigated.

TRAINING
All staff members will have Asthma training provided by St John’s Ambulance and/or Asthma Foundation on a three year cycle.

A log of Asthma trained First Aiders, including name, qualifications and expiry, will be maintained in individual Staff Record Files.

These Staff Record Files will be maintained and updated annually.

FIRST AID KIT
An Asthma First Aid Kit will be kept including:
- Reliever Medication
- Spacer
- Emergency Action Plan
- Forms to notify parents of Asthma attack

The Asthma First Aid Kit will be checked each term by the Asthma Coordinator or Assistant Principal and stock items will be replaced or reordered as necessary.

EMERGENCY FIRST AID PROCEDURES
Administration of medication and treatment is to be made strictly as per Emergency Care Plan.

Emergency procedures can be done by qualification Asthma First Aiders, checking they have the correct drug and expiry date of medications.
The student must be supervised and assisted as needed

Qualified staff must follow Emergency First Aid procedures on the Chart in the Sick Bay and be thoroughly familiar with the listed instructions on the following page

**CLEANING OF DEVICES**

Devices (i.e. Spacer) will be cleaned after every use of students by the Emergency Asthma trained First Aider

Spacers and mouthpieces / masks will be cleaned by placing in boiling water and then washed in soapy warm water.

They will be rinsed in water, lightly shaken to remove excess water and then air dried

**STORAGE OF MEDICATION**

Emergency Reliever medications will be kept in the school's First Aid Room

Students will carry their own medications where agreed by both the Principal and the Parent/Guardian and when the relevant documentation is signed and placed in the individual student file

**Mt St Patrick Primary**

**RECOGNISED AS AN ASTHMA FRIENDLY SCHOOL**

Mt St Patrick has been nationally recognised as an Asthma Friendly school as we have achieved the essential criteria to gain this important status.

- Criteria 1 - Asthma records kept for students with asthma in a central location
- Criteria 2 - Asthma First Aid posters are on display
- Criteria 3 - Asthma medications are readily available to students with asthma;
- Criteria 4 - Spacer device(s) are/is readily available
- Criteria 5 - A plan for managing asthma during school sporting activities, excursions or camps.
- Criteria 6 - Asthma Education offered to parents/carers within the school eg: In the School's newsletter
- Criteria 7 - Asthma education provided for all school staff
- Criteria 8 - Asthma education program in the school health curriculum
- Criteria 9 – Minimising potential Asthma triggers within school environment
- Criteria 10 – Becoming a community member of the Asthma Foundation of NSW

<table>
<thead>
<tr>
<th>Year Adopted:</th>
<th>2007</th>
<th>Year to be revised:</th>
<th>2010 2012</th>
<th>Area:</th>
<th>O H &amp; S</th>
</tr>
</thead>
</table>

**FIRST AID FOR ASTHMA**
What is an asthma attack?

People with asthma have extra-sensitive airways. Triggers like dust, pollens, animals, tobacco smoke and exercise may make their airways swell and narrow, causing wheeze, cough and difficulty breathing.

1. Sit the person comfortably upright. Be calm and reassuring.

2. Give 4 puffs of a blue Reliever inhaler (puffer) – Ventolin, Airomir, Bricanyl, or Asmol. Relievers are best given through a spacer, if available.
   - Use 1 puff at a time and ask the person to take 4 breaths from the spacer after each puff.
   - Use the person’s own inhaler if possible. If not, use the First Aid kit inhaler or borrow one from someone else.

3. Wait 4 minutes. If there is no improvement, give another 4 puffs.

4. If little or no improvement,
   - CALL AN AMBULANCE IMMEDIATELY (DIAL 000)
   - and state that the person is having an asthma attack.
   - Keep giving 4 puffs every 4 minutes until the ambulance arrives.
   - Children: 4 puffs each time is a safe dose.
   - Adults: up to 6 - 8 puffs every 5 minutes may be given for a severe attack while waiting for the ambulance.

**WITH SPACER**

△ Shake inhaler and insert mouthpiece into spacer.
△ Place spacer mouthpiece in person's mouth and fire 1 puff.
△ Ask the person to breathe in and out normally for about 4 breaths.
△ Repeat in quick succession until 4 puffs have been given.

**WITHOUT SPACER**

△ Shake inhaler.
△ Place mouthpiece in the person's mouth. Fire 1 puff as the person inhales slowly and steadily.
△ Ask the person to hold that breath for 4 seconds, then take 4 normal breaths.
△ Repeat until 4 puffs have been given.

**WHAT IF IT IS THE FIRST ATTACK OF ASTHMA?**

△ If someone collapses and appears to have difficulty breathing, **CALL AN AMBULANCE IMMEDIATELY**, whether or not the person is known to have asthma.

△ Give four puffs of a Reliever and repeat if no improvement.

△ Keep giving 4 puffs every 4 minutes until the ambulance arrives.

△ No harm is likely to result from giving a Reliever to someone who does not have asthma.

△ For more information on asthma, contact your local Asthma Foundation 1800 645 130

△ For more copies of this chart, contact the National Asthma Council 1800 032 495

Although all care has been taken, this chart is a general guide only which is not intended to be a substitute for individual medical advice/treatment. The National Asthma Council expressly disclaims all responsibility (including for negligence) for any loss, damage or personal injury resulting from reliance on the information contained.
Dear Parent / Guardian,

Today, ____________________________ (Today’s Date)

Your child, ____________________________ (Child’s full Name)

Required the use of ____________________________ (Medication Name)

This medication was applied to relieve the following symptoms:

__________________________________________________________________________

__________________________________________________________________________

(e.g. Coughing, Wheezing, Difficulty Breathing, Tightness in the Chest)

Please contact the school if you require further information. This may be an appropriate time for you to discuss and/or update your child’s current Asthma Emergency Action Plan with your General Practitioner. Please notify the school if changes in medication or Action Plan need to be made.

Sincerely,

(Emergency First Aider)