



IMMACULATE HEART COLLEGE

Through Mary to Jesus: "The Way, the Truth and the Life"
John 14:6

ASTHMA FRIENDLY SCHOOL POLICY

October 2017

This Policy will be reviewed by September 2018

Asthma Friendly School

Immaculate Heart College is recognised as an Asthma Friendly School by the Asthma Foundation of Western Australia. This means that members of staff have been trained to respond to an asthma emergency and that they are committed to providing a safe and supportive environment for students with asthma.

Members of staff undertook a Staff Asthma Training Session in 2014. In 2016, all staff participated in a First Aid PL and this included an Asthma Training Session. They learned about asthma, signs and symptoms of an asthma attack, asthma medications, and how to perform asthma first aid.

Parents and guardians of Immaculate Heart College must ensure that their child's Asthma Action Plan is up to date and that their child's asthma has been discussed with his/her teacher so that the school is aware of how to best care for their child.

All students with asthma are encouraged to keep a blue reliever puffer (Airomir, Asmol, Epaq or Ventolin) and spacer at school or in their school bags for use in an emergency. Meanwhile, the school has an Asthma Emergency Kit (AEK) that is available for both onsite and offsite asthma emergencies.

Asthma Emergency

Everybody with asthma should have their own Asthma Action Plan. Where this is not available, the school will follow the generic Asthma First Aid Plan outlined below. If the condition suddenly deteriorates or if members of staff are concerned, an ambulance will be called. Parents/guardians will be informed prior to the administration of the below-listed plan and/or upon calling an ambulance.

Asthma First Aid Plan

1. Sit the person upright and give reassurance.
2. Without delay, give four puffs of a blue reliever puffer (Airomir, Asmol, Epaq or Ventolin), one puff at a time and preferably through a spacer device.

3. Wait four minutes.
4. If there is little or no improvement, repeat steps 2 and 3. If there is still little or no improvement, call an ambulance immediately (Dial 000). Continuously repeat steps 2 to 3 while waiting for the ambulance.
5. A Bricanyl Turbuhaler may be used in First Aid treatment if a puffer and spacer are unavailable.
6. Use the puffer if a spacer is not available.
7. For more information about Asthma First Aid, call the Asthma Foundation of WA on (08) 9289 3600.

Asthma Puffers and Spacers

It is important that reliever medication (blue/grey puffers such as Ventolin or Asmol) is on hand in case of an asthma attack. Students who have asthma should bring their reliever medication and spacer to school and on all school excursions (even if it is only 'mild' or infrequent asthma). Please check that your child's medication is in date.

A spacer holds the spray from a puffer until your child has breathed it in, helping to get more medication down to their lungs. It is important for everyone to use a spacer with their puffer.

Bricanyl, Airomir and Symbicort are not in a puffer device and can be used without a spacer.

Recognising Asthma

Does your child have a wheeze, cough or tight chest, or does he/she suffer from shortness of breath:

- With a cold or chest infection?
- Early in the morning or late at night?
- During or after exercise?
- When it is really cold?
- If the temperature suddenly changes?
- Near cats or other animals?
- Around cigarette smoke?

- Around pollens or moulds?

If the answer is 'yes' to any of the above, it could be a sign that your child has asthma. For more information, contact the Asthma Foundation of WA on (08) 9289 3600.

Exercise-induced Asthma

Some people have exercise-induced asthma (EIA) when they play sport or do exercise. This includes wheezing, coughing, feeling tightness in the chest or feeling shortness of breath.

If parents feel that their child has exercise-induced asthma, they must discuss how to manage this with their doctor and inform the school, ensuring that appropriate medication is provided. Often, people use their blue reliever puffer before sport to control EIA. Students with EIA should not miss out on sport and exercise if their asthma is well controlled.

Winter Asthma Warning

With the onset of winter and cooler weather, many people find that their asthma seems to flare up. If your child suffers in this way, some measures to help manage the situation include the following:

- See your doctor and have your child's asthma reviewed
- Ensure that your child's Asthma Action Plan is up to date and that the school has been informed about it
- Ensure that your child carries his/her reliever medication at all times
- Continue to provide a healthy lunch for your child
- Ensure that your child stays warm
- Ensure that your home is heated uniformly throughout. A warm bedroom temperature seems to reduce night coughing and wheezing.
- Ensure that you continue to comply with the treatment plan that your doctor has devised for your child

Checklist for Parents of Children with Asthma

1. Does your child have an up to date Asthma Action Plan that tells the school how to manage your child's asthma and what to do if his/her asthma gets worse?
2. Does your child carry his/her reliever puffer and spacer with him/her at all times?
3. Are you and your child aware of your child's asthma triggers and do you take steps to avoid them?
4. Do you listen to what your child says?
5. Does your child take their asthma medication correctly?

Summary

Immaculate Heart College is working with the Asthma Foundation of WA to provide a safe and supportive environment for students with asthma. If your child has asthma, please help the school to provide a supportive environment by doing the following:

- Provide the school with an Asthma Action Plan from your child's doctor
- Talk to your child's teachers about his/her asthma symptoms and asthma triggers
- Make sure that your child has his/her blue reliever puffer (and spacer)
- Talk to your child about their asthma so that they know when to ask for help