

Earlscliffe (Sussex Summer Schools Ltd)

ASTHMA EMERGENCY

Recognition of an Asthma Attack

Asthma varies from child to child it is impossible to give rules that apply to everyone

- 1) Difficulty in breathing. Chest may feel tight, possible audible wheeze.
- 2) May find it difficult to speak.
- 3) Increased pulse rate
- 4) Anxiety
- 5) Coughing, sometimes persistently.

Procedure

- 1) Keep yourself and the child calm.
- 2) Encourage slower deeper breaths.
- 3) Loosen tight clothing around neck and chest.
- 4) Sit child down and lean slightly forward over a support if possible. E.g. Table
- 5) Use aerochamber (spacer) whenever possible
- 6) Shake inhaler.
- 7) Attach inhaler to spacer
- 8) Administer one puff into spacer and instruct child to breathe (suck) in.
- 9) Repeat administration (normally 2-4 times) until relief or help has arrived.
- 10) Document the incident and treatment. Report to College Office.

Minor attacks should not interrupt a child's involvement in school. As soon as they feel better they can return to school activity.

CALL AN AMBULANCE IF

The reliever has no effect after 5-10minutes

The child is distressed, unable to speak, exhausted and cyanosed (blue)

If at any time you are concerned about the severity of the attack.

Salbutamol is a prescription only medicine and should only be given to those who have been prescribed it.

NB Asthma and Panic attacks/hyperventilation can often be mistaken.

For Staff and Parents

This school recognises that asthma is a widespread, serious but controllable condition affecting many pupils at the school. Earlscliffe welcomes all pupils with asthma and encourages them to achieve and meet their full potential in all aspects of school life.

Parents Role

Parents should inform the College Office of their child's condition and treatment on an annual basis or if treatment is changed. They should include normal peak flow reading, treatment for respiratory infection and emergency action.

A labelled spare reliever inhaler should be sent to school to remain with the student or House Manager

School's Role

Asthma records are maintained in the College Office.

Individual care plans are created in liaison with parents and pupil where necessary. Names and photographs of all known asthmatic students are listed in the Staff Room.

Develop an understanding of asthma through the schools PHSE programme; poster displays activities and staff training.

Create awareness amongst children and staff in recognising and treating Asthma. (See emergency treatment of asthma)

Provide emergency care /referral to GP or hospital as appropriate.

An Emergency Salbutamol inhaler pack is to be kept in College Nurse office and Deputy Head's office.

Teaching/sports Staff

Taking part in sports, games and activities is an essential part of school life. All teachers know which children have asthma. PE teachers will remind students whose asthma is triggered before exercise to take their inhaler before the lesson, and to warm up and down before and after each lesson.

No inhaler no sport. Students must take a named inhaler to the sport or activity.

School Staff are not required to administer asthma medication to students except in an emergency. All school staff will let students take their medication when they need too.

Students' Role

To ensure they ask questions and have a clear understanding of their condition and trigger factors.

To recognise symptoms of their condition and when to seek help.

To take their medication as prescribed.

Students are responsible for their inhalers and should carry them at all times.

School Environment

We help to be asthma-friendly through:

No Smoking Policy,

No Pets within the classroom

Awareness in Science Labs.