



POLICIES - Asthma

RATIONALE

The purpose of this policy is to ensure that our school supports students diagnosed with asthma.

“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 and out of your lungs” (National Asthma Council 2011)

Symptoms may include, but are not limited to:

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

These can be brought on by:

- ✓ exercise
- ✓ colds/flu
- ✓ smoke
- ✓ weather changes
- ✓ dust and dust mites
- ✓ pollen, moulds
- ✓ chemicals, perfumes, deodorants, hairspray etc
- ✓ animals
- ✓ foods and additives
- ✓ certain medications
- ✓ emotions

IMPLEMENTATION

Each asthmatic child must have a written Asthma Care Plan provided annually and completed by the student’s medical/health practitioner in consultation with the parents/guardians.

It must include:

- ✓ prescribed medication taken on a regular basic, before exercise and if the student is experiencing symptoms.
- ✓ emergency contact details
- ✓ doctor contact details
- ✓ signs and medication to be used
- ✓ details specifying no less than 4 separate puffs of blue reliever medication, with 4 breaths taken per puff, every 4 minutes using a spacer

All staff with a duty of care for students will be trained to assess and manage an asthma emergency and complete the one hour Asthma Education session at least every three years

Our school is to provide equipment to manage an asthma emergency in our First Aid kits and display asthma Victoria posters in the First Aid room and Staff room. Portable kits with asthma medication and spacers are to be provided for excursions and camps.

Our school will endeavour to reduce the risk of asthma triggers by mowing lawns out of school hours, having carpets steam cleaned regularly and where practicable, planting low allergen gardens.

Our school will keep up the Asthma Friendly Schools registration and meet the requirements every three years when renewal is due.

Responsibility

First Aid coordinator, First Aid officers and all staff

REVIEW DATE

This policy will be reviewed 2016 or as DET requirements change.

RATIFIED BY SCHOOL COUNCIL 28th April 2015