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ASTHMA POLICY

Rationale:

- Asthma is a chronic health condition affecting approximately 10% of Australian children. Asthma exacerbations can commonly occur while attending school, particularly in February and May. It is important therefore for all staff members to be aware of asthma, its symptoms and triggers, and the management of asthma in a school environment.

Aims:

- To ensure the whole school community are aware of their obligations and best practice management of asthma in the school so that asthma episodes are managed as effectively and efficiently as possible.

Implementation:

- Asthma attacks involve the narrowing of airways making it difficult to breathe. Symptoms commonly include difficulty breathing, wheezy breathing, dry and irritating cough, tightness in the chest and difficulty speaking.
- Professional development will be provided regularly for all staff on the nature, prevention and treatment of asthma attacks. Such information will also be displayed on the staffroom wall.
- All students with asthma must have an up-to-date (annual) written Asthma Management Plan consistent with Asthma Victoria's requirements completed by their doctor or paediatrician. Appropriate asthma plan proformas are available at the school office or at www.asthma.org.au
- Asthma plans will be kept in the 'Asthma Friendly Schools' folder in the office and students listed in the student emergency contact folder.
- Parents/guardians are responsible for ensuring their children have an adequate supply of appropriate asthma medication (including a spacer) which is clearly labelled with them at school at all times.
- The school will provide, and have staff trained in the administering of, reliever puffer Ventolin and spacer devices in all first-aid kits, including kits on excursions and camps. Clear written instructions on how to use these medications and devices will be included in each first aid kit, along with steps to be taken to treat severe asthma attacks.
- The first aid staff member will be responsible for checking reliever puffer expiry dates.
- Care must be provided immediately for any student who develops signs of an asthma attack.
- Any asthma attacks which occur will be documented and parents will be advised.
- Children suffering asthma attacks should be treated in accordance with their asthma plan.

Evaluation:

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

Approved by School Council – 2019

To be reviewed – 2022

Signed: _____
Ian Denson, Principal

Date: _____

Asthma First Aid

1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone



2 Give 4 puffs of blue reliever puffer medication

- Use a spacer if there is one
 - **Shake** puffer
 - Put **1 puff** into spacer
 - Take **4 breaths** from spacer
- Repeat** until **4 puffs** have been taken
- Remember: Shake, 1 puff, 4 breaths**



3 Wait 4 minutes

- If there is no improvement, give **4 more puffs** as above



4 If there is still no improvement call emergency assistance (DIAL 000)*

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving **4 puffs** every **4 minutes** until emergency assistance arrives



*If calling Triple Zero (000) does not work on your mobile phone, try 112

Call emergency assistance immediately (DIAL 000)

- If the person is not breathing
- If the person's asthma suddenly becomes worse, or is not improving
- If the person is having an asthma attack and a puffer is not available
- If you are not sure if it's asthma

Blue reliever medication is unlikely to harm, even if the person does not have asthma



Asthma Australia

To find out more contact your local Asthma Foundation
1800 645 130 | asthmaaustralia.org.au

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