

**PURPOSE**

To ensure Kunyung Primary School supports students diagnosed with asthma.

**POLICY**

Kunyung Primary School will have for each student diagnosed with asthma, a written:

* Asthma Care Plan
* Student Health Support Plan.

# MANAGEMENT OF CONFIDENTIAL MEDICAL INFORMATION

# Kunyung Primary School will ensure effective management of asthma that addresses

# staff asthma awareness training,

# Asthma Emergency Kit content and maintenance,

# medication storage and management of confidential medical information.

# We will:

# ensure all staff with a duty of care for students are trained to assess and manage an asthma emergency

# provide equipment to manage an asthma emergency in the form for an Asthma Emergency Kit,

### DEFINITION

# Asthma is a long term lung condition. People with asthma have sensitive airways in their lungs which react to triggers, causing a ‘flare-up’. In a flare-up, the muscles around the airway squeeze tight, the airways swell and become narrow and there is more mucus. This makes it harder to breathe. An asthma flare-up can come on slowly (over hours, days or even weeks) or very quickly (over minutes). A sudden or severe asthma flare-up is sometimes called an asthma attack.

### SYMPTOMS

# Symptoms of asthma can vary over time and often vary from person to person. The most common asthma symptoms are;

# breathlessness

# wheezing (a whistling noise from the chest)

# tight feeling in the chest• a persistent cough.

# Symptoms often occur at night, early in the morning or during/just after physical activity. If asthma is well controlled, a person should only have occasional asthma symptoms.

### TRIGGERS

# A trigger is something that sets off or starts asthma symptoms. Everyone with asthma has different triggers. For most people with asthma, triggers are only a problem when asthma is not well controlled with medication. Common asthma triggers include:

# exercise

# colds/flu

# smoke (cigarette smoke, wood smoke from open fires, burn-offs or bushfires)

# weather changes such as thunderstorms and cold, dry air

# house dust mites

# moulds

# pollens

# animals such as cats and dogs

# chemicals such as household cleaning products

# deodorants (including perfumes, after-shaves, hair spray and aerosol deodorant sprays)

# food chemicals / additives

# certain medications (including aspirin and anti-inflammatories)

# emotions such as stress and laughter.

# A detailed description of triggers can be found on the Asthma Foundation of Victoria website

## STRATEGIES

# The table below describes the tools and steps that we use to manage students with asthma.

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| Strategy | Description |
| ​Communication Plan | Asthma Policy available on school website  Asthma First Aid posters will  be displayed in the First Aid Room |
| ​Emergency Response Plan | ​Procedures for an emergency response to a severe / life-threatening asthma attack for all in-school and out-of-school activities is documented and displayed in the First Aid Room |
| ​Individual Asthma Action Plans (for each student diagnosed with asthma) | ​Parents must provide the school with an Asthma Action Plan completed by the student’s medical practitioner at the start of each school year. The plan must outline the students known triggers and the emergency procedures to be taken in the event of an asthma flare-up or attack.  The Asthma Action Plan for Victorian schools will be completed/reviewed annually for each student with asthma and contain the prescribed medication taken and when it is to be administered e.g.: - on a regular basis - as premedication to exercise - if the student is experiencing symptomsemergency contact detailscontact details of the student’s medical/health practitionerdetails about deteriorating asthma including:- signs to recognise worsening symptoms - what to do during an attack - medication to be used. |
| ​Student Health Support Plan | ​An individual plan will be developed for each student diagnosed with asthma, in consultation with the student's parents. These plans include the Individual Asthma Action Plan.  The Student Health Support Plan includes details on how the school will provide support, identify specific strategies and allocate staff to assist the student. |
| ​Asthma Training for school staff | ​All school staff with a direct duty of care responsibility for students will be trained in being able to manage an asthma emergency appropriately.  Online Training available through the Asthma Foundation will be facilitated for all staff annually.  More formal, accredited training will be completed by staff in a direct role of health and wellbeing support - the First Aid Coordinator,  PE teacher and a staff member attending camp i.e. an accredited Emergency Asthma Management (EAM) course at least every three years |
| ​Annual Asthma Briefing for all staff | Kunyung Primary School will conduct an annual Asthma Briefing at the beginning of the school year on: the school's asthma management policycauses, symptoms and treatment of asthmathe identities of students diagnosed with asthma and where their medication is locatedhow to use a puffer and spacerthe school's general first aid and emergency response proceduresthe location of, and access to, reliever medication that has been provided by parents or the Asthma Emergency Kits.A presentation template and facilitators notes can be downloaded from the Asthma Foundation of Victoria website |
| ​Reducing asthma triggers | ​To reduce asthma triggers we will endeavour to: mow school grounds out of hoursplant a low allergen plantslimit dust, for example having the carpets and curtains cleaned regularly and out of hoursexamine the cleaning products used in the school and their potential impact on students with asthmaconduct maintenance that may require the use of chemicals, such as painting, during school holidaysturn on fans, air conditioning and heaters out of hours when being used for the first time after a long period of non-use. |
| ​Student Asthma Kit | ​Where a student is enrolled diagnosed with asthma, the child is required to bring their own prescribed reliever medication. Depending on the severity of their asthma and the discussion with parents, the medication and spacer can be stored:   * in their school bag and/or * in their asthma kit, with a copy of their Asthma Action Plan and their spacer, in the First Aid Room   We will purchase reliever medication and spacers to have in Yard Duty bags and in the First Aid Room.  **Contents**   * at least 1 blue or blue/grey reliever medication such as Airomir, Asmol, or Ventolin * at least 2 spacer devices (for single person use only) to assist with effective inhalation of the blue or blue/grey reliever medication (ensure spare spacers are available as replacements) * clear written instructions on Asthma First Aid, including:   + how to use the medication and spacer devices   + steps to be taken in treating an asthma attack * a record sheet/log for recording the details of a first aid incident, such as the number of puffs administered - record sheets can be downloaded from the Asthma Foundation of Victoria web site.   The First Aid Coordinator will regularly check the kits to:   * ensure all contents are maintained and replace if necessary * ensure expiry date is valid   **Cleaning Requirements**  Asthma spacers are single-person use only. School supplied puffers will be cleaned after every use  The student’s personal spacer should be washed monthly or as required, to wash the spacer: wash the spacer in warm soapy waterdo not rinse the spacerleave it to air drywipe the mouthpiece before use.The students spacer will be replaced if contaminated with blood or vomit **Location**  Asthma Kits will be kept in the first aid room, with the students in the classroom, in yard duty bags  and taken on all excursions and camps.. |
| Encourage participation in camps and special events | Kunyung Primary School will ensure: parents provide enough medication (including preventer medication) for the student if they are going away overnightenough Asthma Emergency Kits are available for the camp or excursion needsthat parents/guardians complete the Asthma Foundation’s School Camp and Excursion Medical Update Form and the Department’s *Confidential Medical Information for School Council Approved School Excursions* form. |
| Managing Exercise Induced Bronchoconstriction (EIB) | If a student has EIB Kunyung Primary School will ensure that they allow adequate time for the following procedures: before, during and after exercise.  Before: blue or blue/grey reliever medication to be taken by student 15 minutes before exercise or activity (if indicated on the student's’ Asthma Action Plan)student to undertake adequate warm up activityDuring:if symptoms occur, student to stop activity, take blue or blue/grey reliever medication, only return to activity if symptom freeif symptoms reoccur, student to take blue or blue/grey reliever medication and cease activity for the rest of the day. This is known as ‘two strikes and out’.After:ensure cool down activity is undertakenbe alert for symptomsIf a student has an asthma attack during or after exercise or activity, we will follow their Asthma Action Plan and  notify parents of any incidents or medication usage as agreed when developing Individual Management Plans |
| Communicating with parents | Regularly communicate with the student’s parents about the student’s successes, development, changes and any health and education concerns.  In particular the frequency and severity of the student’s asthma symptoms and use of medication at school. |

# RESOURCES

# <http://www.asthma.org.au/>

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**Ratified by School Council (date): September 19the 2017**

**Year for Review**