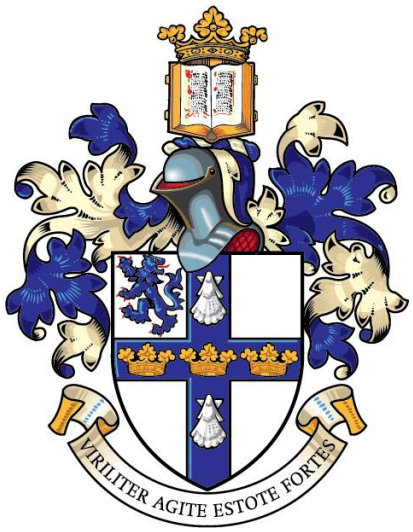


Culford School

Asthma Policy and Protocol

Reviewed June 2026 Deborah Coggan and Emily Fergus-Hillman
Due for review June 2027
V2.0

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1. What is Asthma?

Asthma is a serious but controllable condition affecting many school age children. Asthma affects the airways- the small tubes that carry air in and out of the lungs.

When a child or young person with asthma comes into contact with an asthma trigger, the muscles around the walls of the airways tighten so that the airways become narrower. The lining of the airways becomes inflamed and starts to swell. Often a sticky mucus or phlegm is produced. All these reactions cause the airways to become narrower and irritate- leading to the symptoms of asthma.

Asthma varies in severity from person to person and from attack to attack. An asthma attack could be mild just causing a slight wheeze however the most serious asthma attacks can be fatal and therefore the policy below must be followed carefully

- One in ten children and young people have asthma in the UK, on average that is three pupils with the condition in a class of 30.
- More boys aged under 14 have asthma than girls, but after the age of 14 and into adulthood the prevalence is higher in girls/women.

2. Managing a child with Asthma

Record Keeping

- On entry to the school all parents are required to complete a medical card for the child, if the child is a known asthmatic, the School Health Centre will contact the parents and ask them to complete a School Asthma Card/Care Plan which details their care including; known triggers, symptoms and treatment.
- Each pupil diagnosed with asthma will have an individual School Asthma Card/Care Plan; this will be devised by the school nurse, parent, GP and pupil.
- The plan will include
    - Details of their triggers
    - Details of the child's asthma medicine
    - How to tell when the child's asthma symptoms are getting worse and what they should do about it
    - What to do if the child has an asthma attack
- If a day pupil is diagnosed asthmatic once they have started school the parents must inform the school Health Centre who will ask them to complete a School Asthma Card/Care Plan which details their care including; known triggers, symptoms and treatment
- All asthmatic pupils will be placed on the School Asthma Register and this information will be recorded on the pupil's isams medical red flag.
- All medication including inhalers must be clearly documented on the child's School Asthma Card /Care Plan
- Each boarding pupil will have an asthma review/check annually or more regularly if necessary
- All staff with pupil facing roles complete annual asthma training with additional Culford specific arrangements highlighting routine and emergency procedures

3. Stock Emergency Medicines (Inhalers and Adrenaline auto-injectors)

From the 1st October 2014 if a diagnosed asthmatic pupil does not have access to their own emergency inhaler the school nurse can supply one for their use.

If an asthmatic pupil is going on a school trip the 1st aid kit supplied by the Health Centre will include an emergency inhaler.

Stock emergency inhalers are stored in a red bag with emergency adrenaline auto-injectors in the following areas:

- Reception: Pre-Prep, Prep, Senior school
- Boarding Houses: Cadogan, Fitzgerald, Jocelyn, Edwards, Cornwallis
- Sports centre
- Ashby dining hall

Location of pupil personal emergency medicines is dependent on the age of the pupil, therefore varies across the school site.

Pre-Prep

Pupils that are prescribed inhalers will have a medicine bag containing their inhalers. This bag will be looked after by the pupil's class teacher and will follow the pupil around the school site e.g. be given to pupil's sports teacher, swimming teacher etc. A copy of the pupil's care plan will be in the bag.

Prep School

Lower Prep pupils (L1- L2) will follow the same system as Pre-Prep and the medicine bag should be handed over to each teacher responsible for them during the school day. Upper Prep pupils (U2-U3) will carry the medicine bag around with them. A copy of the pupil's School Asthma Card/Care plan can be found on iSAMS Pupil Manager Docs & Files

Senior School

Senior school pupils are responsible for carrying their own inhalers on their person around the school site. A copy of the pupil's School Asthma Card/Care plan can be found on iSams Pupil Manager Docs & Files

- An emergency inhaler must only be given to a person who has previously been prescribed one.
- Emergency inhalers cannot be shared between persons/pupils for infection control reasons. If a pupil requires the use of a stock emergency inhaler, they should not return the inhaler to the teacher/nurse
- Asthma cards are sent out annually to parents of asthmatic day pupils for updating of information/care.
- Boarding pupils with asthma have annual asthma checks at the school Health Centre during which care plans are updated. Day pupils with have annual asthma checks with their own registered GP
- Personal spare inhalers for asthmatic boarders are stored in the medical centre

4. Common Asthma Triggers

Asthma Trigger	Measures to reduce risks
Cigarette smoke	A non-smoking policy throughout school
Furry and Feathered Animals	Do not keep animals in the classroom
Chemicals and fumes	The appropriate use of fume cupboards
Chalk dust	Wet-dust chalk boards
House-dust mites	Ensure rooms are regularly wet-dusted and cleaned
Mould	Ensure classrooms and bedrooms are well aired and avoid condensation
Pollen and grass cuttings	Avoid keeping pollinating plants in the classroom Close the windows during a thunderstorm as large amounts of pollen can be released at this time. Allow children to wear wrap-a-round sunglasses at break time.
Scented deodorants and perfumes	Be aware of children whose asthma is triggered by these products Ensure changing rooms are well ventilated
Exercise	Always include correct warm up and cool down for the sport Be aware that pupil may need to use their inhaler before starting, and may need their inhaler with them during sport
Stress	Be aware of likely stressful situations for asthmatics

5. Symptoms of an Asthma Attack

Note that the symptoms can be different for each child

- Coughing
- Shortness of breath
- Wheezing
- Tightness in the chest
- Being unusually quiet
- Difficulty speaking in full sentences
- Sometimes younger children express feeling tight in the chest as a tummy ache

6. Managing an Asthma Attack

First Response

- Contact the school Health Centre immediately for help (ext. 5501)
- Never leave a pupil alone who is having an asthma attack. Send a runner to get help.
- Try and keep the child calm.
- Encourage the child to sit up and slightly forward, do not hug them or lie them down.
- Loosen any tight clothing
- If the pupil has their inhaler (usually blue) ask the child to take two puffs immediately (use a spacer if available), reliever medicine is very safe. During an asthma attack do not worry about a pupil overdosing.

If there is no immediate improvement

- Continue to make sure the child takes one puff of the reliever inhaler every minute for five minutes or until their symptoms improves.

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If there is no improvement call 999

Ensure the pupil takes one puff of their reliever inhaler every minute up to 10 puffs, until the ambulance arrives

CALL 999 IMMEDIATELY IF:

- **the child is too breathless or exhausted to talk**
- **the child is unconscious**
- **the child's lips are blue**
- **you are in any doubt**

After a minor asthma attack

- When the pupil feels better, they can return to normal school activities.
- Inform the Health Centre if a child has had an attack during school hours.
- The parents must be informed if the pupil has had an attack during school time.