



Asthma Policy

Policy Code: PW-ASP
To be Reviewed: 2018
Ratified: 2015

Identity Statement

To provide a school community that draws on the traditions of the Brigidine Order, that celebrates life, reaches out to others and actively cares for our world.

Vision Statements

St Patrick's Primary School strives to:

- Guide and support students on their faith journey through experiences of the Catholic tradition, building a strong sense of belonging, responsibility and wonder within our school, church and global communities.
- Develop an environment that builds on student resilience, self - respect, confidence and empathy – in partnership with families.
- Foster a learning environment that provides a holistic education that nurtures all learners in order for them to realise their full potential.
- Model and foster a safe and supportive environment for students and their families within the school community.
- Provide learning and teaching experiences that promote decision making.
- Conserve God's creation and recognise the traditional owners of the land.

Graduate Outcomes

We endeavour to create graduates who will:

- Have a dynamic faith
- Be committed to social justice
- Be environmentally aware
- Develop and sustain loving relationships
- Be life-long learners
- Realise their potential
- Be creative problem-solvers
- Be resilient, confident and independent
- Be respectful
- Have courage and integrity
- Be self-aware
- Enjoy their experiences

Purpose of this policy

- To ensure schools support students diagnosed with asthma.

Schools must have for each student diagnosed with asthma, a written:

- Asthma Action Plan

Schools should have a whole school policy to manage asthma that addresses staff asthma awareness training, first aid kits content and maintenance, medication storage and management of confidential medical information.

Schools should:

- Ensure all staff with a duty of care for students are trained to assess and manage an asthma emergency and complete the free one-hour Asthma Education session at least every three years
- Ensure those staff with a direct student wellbeing responsibility such as nurses, PE/sport teachers, first aid and camp organisers have completed the Emergency Asthma Management (EAM) course at least every three years
- Provide equipment to manage an asthma emergency in their asthma first aid kits
- Ensure families are partners in the care of their children and supporting children to become self-managers.

Definition

- "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 an out of your lungs" (National Asthma Council 2011)

Symptoms of asthma may include, but are not limited to:

- shortness of breath
- wheezing (a whistling noise from the chest).
- tightness in the chest



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- a dry, irritating, persistent cough. Symptoms vary from person to person.

Triggers

- exercise
- colds/flu
- smoke (cigarette smoke, wood smoke from open fires, burn-offs or bushfires)
- weather changes
- dust and dust mites
- moulds
- pollens
- animals
- chemicals
- deodorants (including perfumes, after-shaves, hair spray and deodorant sprays)
- foods and additives
- certain medications (including aspirin and anti-inflammatories)
- emotions.

Strategies

This table describes how schools support students with asthma.

Developing an asthma action plan The Asthma Foundation Victoria's School Asthma Action Plan should be:

- completed by the student's medical/health practitioner in consultation with the parents/guardians
- **provided annually by the:** - doctor to the parents/guardian - parents/guardians to the school.
- Student photos and key health issues are displayed in the sick bay
- **Asthma plans are easily accessible in the sick bay**

The plan must include:

- the prescribed medication taken:
- on a regular basis
- as premedication to exercise
- if the student is experiencing symptoms.
- emergency contact details- business and after hours contact details of the student's medical/health practitioner

Details about deteriorating asthma including:

- signs to recognise worsening symptoms
- what to do during an attack
- medication to be used
- **an asthma first aid section and should:-** specify no less than 4 separate puffs of blue reliever medication, with 4 breaths taken per puff every 4 minutes, using a spacer if possible.
- **Plans for 12 monthly replenishment of stocks** – 'use by dates' must be checked each year.

Training staff

All school staff with a duty of care responsibility for the wellbeing of students should be trained in being able to manage an asthma emergency appropriately. Training should be conducted at least every three years. St. Patrick's accesses the support of the Asthma Foundation of Victoria who provides training sessions to educate school staff on how to manage asthma in the school setting.

We also use Asthma First Aid posters that are displayed in the:

- staff room
- sick room
- parents provide enough medication for the student for use at school to encourage self-management as per recommendations from the Asthma Foundation of Victoria.
- **Encouraging Camps and special event participation**

Schools should ensure:

- Parents provide enough medication for the student for use at school to encourage self- management as per



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recommendations from the Asthma Foundation of Victoria.

- When on camps or excursions it must be checked that enough asthma emergency kits are available
- Parents/guardians to complete the school's Medical Information Form and all excursion forms as provided by the school

Managing exercise induced asthma (EIA)

If a student has diagnosed Exercise Induced Asthma schools should ensure that they allow adequate time for the following procedures; before, during and after exercise: (Self-management strategy)

Before:

- reliever medication to be taken by student 5-20 minutes before activity
- student to undertake adequate warm up activity

During:

- if symptoms occur, student to stop activity, take reliever, only return to activity if symptom free
- if symptoms reoccur, student to take reliever and cease activity

After:

- ensure cool down activity is undertaken
- be alert for symptoms

TRACKING CHILDREN'S HEALTH SHOULD AN ATTACK OCCUR - SHOULD A CHILD REQUIRE MEDICATION – MEDICAL ATTENTION If students need to medicate while at school or experience a 'turn', the school will track and inform parents of any incidents and support parents to track the child's condition as can be reasonably facilitated.

Monitoring Implementation Program & Policy Development

- This policy will be reviewed on a 3 year cycle in accordance with the COSSI.

Principal Signature: _____

School Board Chair Signature: _____