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## ASTHMA MANAGEMENT POLICY

### PURPOSE

To ensure that Camberwell Primary School appropriately supports students diagnosed with asthma.

### OBJECTIVE

To explain to Camberwell Primary School parents/carers, staff and students the processes and procedures in place to support students diagnosed with asthma.

### SCOPE

This policy applies to:

- all staff, including casual relief staff, contractors and volunteers
- all students who have been diagnosed with asthma or who may require emergency treatment for asthma and their parents/carers.

### 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 hard 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
- 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

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- smoke (cigarette smoke, wood smoke from open fires, burn-offs or bushfires)
- house dust mites
- pollens
- chemicals such as household cleaning products
- food chemicals/additives
- laughter or emotions, such as stress
- weather changes such as thunderstorms and cold, dry air
- moulds
- animals such as cats and dogs
- deodorants (including perfumes, after-shaves, hair spray and aerosol deodorant sprays)
- certain medications (including aspirin and anti-inflammatories)

### Epidemic Thunderstorm Asthma

Every year during grass pollen season there is an increase in asthma and hay fever symptoms, and during grass pollen season there is also the chance of an epidemic thunderstorm asthma event. Epidemic thunderstorm asthma events are thought to be triggered by an uncommon combination of high grass pollen levels and a certain type of thunderstorm, resulting in large numbers of people developing asthma symptoms over a short period of time.

Those at increased risk of epidemic thunderstorm asthma include people with asthma, people with a past history of asthma, those with undiagnosed asthma (i.e. people who have asthma symptoms but have not yet been diagnosed with asthma) and also includes people with hay fever who may or may not have asthma. Having both asthma and hay fever, as well as poor control and self-management of asthma increases the risk further.

For more information, refer to the Better Health Channel link in Other Resources.

## **POLICY**

### **Asthma Management**

If a student diagnosed with asthma enrolls at Camberwell Primary School:

1. Parents/carers must provide the school with an [Asthma Care Plan](#) which has been completed by the student’s medical practitioner. The plan must outline:
  - the prescribed medication taken by the student and when it is to be administered, for example as a pre-medication to exercise or on a regular basis
  - emergency contact details
  - the contact details of the student’s medical practitioner
  - the student’s known triggers

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- the emergency procedures to be taken in the event of an asthma flare-up or attack
2. Parents/carers should also provide a photo of the student to be included as part of the student’s Asthma Care Plan.
  3. The school will keep all Asthma Care Plans at the First Aid office, as well in classrooms and on the student’s compass profile page. This is so they can be accessed quickly.
  4. School staff will also work with parents/carers to develop an Individual Asthma Risk management Plan which will include details on:
    - how the school will provide support for the student
    - identify specific strategies
    - allocate staff to assist the student

Any Student Health Support Plan will be developed in accordance with the school’s mandatory Health Care Needs Policy.

If a student diagnosed with asthma is going to attend a school camp or excursion, parents/carers are required to provide any updated medical information on the school camp and excursion asthma form prior to camp.

5. If a student’s asthma condition or treatment requirements change, parent/carers must notify the school and provide an updated Asthma Care Plan.
6. School staff will work with parents/carers to review Asthma Care Plans (and Student Individual Asthma Risk Management Plans) at the beginning of the school year.
7. If a student is diagnosed with Exercise Induced Bronchoconstriction (EIB), staff will ensure adequate time (15 minutes) is allowed for reliever medication before the activity and cooling down after the activity. If a student has an asthma attack during exercise, the student will cease the activity and the Student’s Asthma Action Plan will be followed. The student may return to the activity only if symptom free. A cool down activity will be undertaken, and staff will be alert for symptoms.

### Student Asthma Kit

All students diagnosed with asthma are required to have a student asthma kit at school which contains:

- their own prescribed reliever medication labelled with the student’s name
- their spacer (if they use one)

Student asthma kits will be stored in the First Aid Room. Students may hold their asthma medication on them only with agreement with the Principal

### Asthma Emergency Response Plan

If a student is:

- having an asthma attack

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- having difficulty breathing for an unknown cause, even if they are not known to have asthma

school staff will endeavour to follow the Asthma First Aid procedures outlined in the table below. School staff may contact Triple Zero “000” at any time.

Step	Action
1.	Sit the person upright <ul style="list-style-type: none"> <li>● Be calm and reassuring</li> <li>● Do not leave them alone</li> <li>● Seek assistance from another staff member or reliable student to locate the student’s reliever, the Asthma Emergency Kit and the student’s Asthma Care Plan (if available).</li> <li>● If the student’s action plan is not immediately available, use the Asthma First Aid as described in Steps 2 to 5.</li> </ul>
2.	Give 4 separate puffs of blue or blue/grey reliever puffer: <ul style="list-style-type: none"> <li>● Shake the puffer</li> <li>● Use a spacer if you have one</li> <li>● Put 1 puff into the spacer</li> <li>● Take 4 breaths from the spacer</li> </ul> <b>Remember – Shake, 1 puff, 4 breaths</b>
3.	Wait 4 minutes <ul style="list-style-type: none"> <li>● If there is no improvement, give 4 more separate puffs of blue/grey reliever as above (or give 1 more dose of Bricanyl or Symbicort inhaler)</li> </ul>
4.	If there is still no improvement, call Triple Zero “000” and ask for an ambulance. <ul style="list-style-type: none"> <li>● Tell the operator the student is having an asthma attack</li> <li>● Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives (or 1 dose of Bricanyl or Symbicort every 4 minutes – up to 3 doses of Symbicort)</li> </ul>
5.	If asthma is relieved after administering Asthma First Aid, stop the treatment and observe the student. Notify the student’s emergency contact person and record the incident

Staff will call Triple Zero “000” immediately 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 reliever is not available
- if they are not sure if it is asthma
- if the person is known to have anaphylaxis

### Training for Staff

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The school will arrange the following asthma management training for staff:

Staff	Completed by	Course	Provider	Cost	Valid for
<b>Group 1 General Staff</b>	School staff with a direct teaching role with students affected by asthma or other school staff directed by the Principal after conducting a risk assessment.	Asthma first aid for school  One hour face-to-face or online training.	Asthma Australia	Free to all schools	3 years
<b>Group 2 Specific Staff</b>	Staff working with high risk children with a history of severe asthma, or with direct student wellbeing responsibility, (including nurses, PE/sport teachers, first aid and school staff attending camp)	<i>Course in Asthma Awareness</i>  <i>10760NAT</i>	Any RTO that has this course in their scope of practice	Paid by CPS	3 years

Camberwell Primary School also will conduct an annual briefing for staff on:

- the procedures outlined in this policy
- the causes, symptoms and treatment of asthma
- identities of the students diagnosed with asthma
- how to use a puffer and spacer
- the location of:
  - o the Asthma Emergency Kits
  - o asthma medication which has been provided by parents/carers for student use.

New staff will be briefed as part of the induction process.

The school will provide this policy to casual relief staff and volunteers who will be working with students and may also provide a briefing if the Principal decides it is necessary depending on the nature of the work being performed.

### Asthma Emergency Kits

The school will provide and maintain at least two Asthma Emergency Kits. One kit will be kept on school premises in the First Aid room, and one will be a mobile kit for activities such as:

- yard duty
- camps and excursions.

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The school will provide an additional kit for every 300 students as enrolments increase.

The Asthma Emergency Kit will contain:

- at least one blue or blue/grey reliever medication such as Airomir, Asmol, Zempreon or Ventolin
- at least two spacer devices (for single person use only) to assist with effective inhalation of the blue or blue/grey reliever medication. CPS will ensure spare spacers are available as replacements. Spacers will be stored in a dust proof container.
- 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 an asthma first aid incident, such as the number of puffs administered [see template record sheet in “additional resources”].

The School Nurse will monitor and maintain the Asthma Emergency Kits. She/he will:

- ensure all contents are maintained and replaced where necessary
- regularly check the expiry date on the canisters of the blue or blue/grey reliever puffers and place them if they have expired or a low on doses
- replace spacers in the kits after each use (spacers are single-person use only)
- dispose of any previously used spacers

The blue or blue/grey reliever medication in the Asthma Emergency Kits may be used by more than one student as long as they are used with a spacer. If the devices come into contact with someone’s mouth, they will not be used again and will be replaced.

After each use of a blue or blue/grey reliever (with a spacer):

- remove the metal canister from the puffer (do not wash the canister)
- wash the plastic casing
- rinse the mouthpiece through the top and bottom under running water for at least 30 seconds
- wash the mouthpiece cover
- air dry then reassemble
- test the puffer to make sure no water remains in it, then return to the Asthma Emergency Kit.

**Management of Confidential Medical Information**

Confidential medical information provided to the school to support a student diagnosed with asthma will be:

- recorded on the student’s file
- shared with all relevant staff so that they are able to properly support students diagnosed with asthma and respond appropriately if necessary.

**Communication Plan**

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This policy will be available on the school’s website so that parents/carders and other members of the school community can easily access information about the school’s asthma management procedures.

Readily available in the school documents on Compass.

### **Epidemic Thunderstorm Asthma**

Camberwell Primary School will be prepared to act on the warnings and advice from the Department of Education and Training when the risk of epidemic thunderstorm asthma is forecast as high.

### **FURTHER INFORMATION AND RESOURCES**

This policy was developed with reference to the following resources:

- Asthma Foundation Victoria: [Resources for schools](#)

This Policy should be read in conjunction with the following school policies and procedures:

- *Duty of Care Policy*
- *Health Care Needs Policy*

### **REVIEW CYCLE AND EVALUATION**

This policy was last updated in March 2022 and is scheduled for review in March 2023.

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