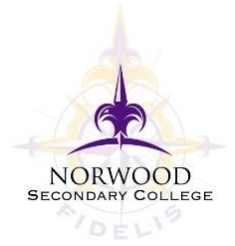


# NORWOOD SECONDARY COLLEGE

## ASTHMA POLICY



### **PURPOSE**

To ensure that Norwood Secondary College (NSC) appropriately supports students diagnosed with asthma.

### **OBJECTIVE**

To explain to NSC 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.

### **POLICY**

#### **Asthma**

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
- smoke (cigarettes 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
- colds/flu
- weather changes such as thunderstorms and cold, dry air
- moulds
- animals such as cats and dogs
- deodorants (including perfumes, aftershaves, hair spray and aerosol deodorant sprays)
- certain medications (including aspirin and anti-inflammatories)

### **Asthma Management**

If a student diagnosed with asthma enrolls at NSC:

1. Parents/carers must provide the College with an Asthma Action 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
  - 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 Action Plan.
3. NSC will keep all Asthma Action Plans:
  - In the Health Centre
4. College staff may also work with parents/carers to develop a Student Health Support Plan which will include details on:
  - how the College 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 NSC's Healthcare Needs Policy.

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

5. If a student's asthma condition or treatment requirements change, parent/carers must notify the College and provide an updated Asthma Action Plan.
6. College staff will work with parents/carers to review Asthma Action Plans (and Student Health Support Plans) once a year.

## Student Asthma Emergency kit

All students diagnosed with asthma are required to have a student Asthma Emergency Kit at the College which contains:

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

Students will be required to keep their asthma kits with them while at the College.

## Asthma Emergency Response Plan

If a student is:

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

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

Step	Action
1.	<p>Sit the person upright</p> <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 Action 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.	<p>Give 4 separate puffs of blue or blue/grey reliever puffer:</p> <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> <li>• Note time administered</li> </ul> <p><b>Remember – Shake, 1 puff, 4 breaths</b></p>
3.	<p>Wait 4 minutes</p> <ul style="list-style-type: none"> <li>• If there is no improvement, give 4 more separate puffs of blue/grey reliever as above</li> <li>• Note time administered</li> </ul> <p>(or give 1 more dose of Bricanyl or Symbicort inhaler - *only if prescribed and available in student’s Asthma Emergency Kit)</p>
4.	<p>If there is still no improvement, call Triple Zero “000” and ask for an ambulance.</p> <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</li> </ul> <p>(or 1 dose of Bricanyl or Symbicort every 4 minutes – up to 3 doses of Symbicort - *only if prescribed and available in student’s Asthma Emergency Kit)</p>
5.	<p>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</p>

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

NSC will arrange the following asthma management training for staff:

Staff	Completed by	Course	Provider	Cost	Valid for
<b>Group 1 General Staff</b>	College staff with a direct teaching role with students affected by asthma or other staff as directed by the Principal after conducting a risk assessment.	Asthma first aid management for education staff (non-accredited) 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 College staff attending camp)	<i>Course in Asthma Awareness</i> <i>10760NAT</i>  <i>OR</i> <i>Course in the management of Asthma Risks and Emergencies in the Workplace</i> <i>22556VIC</i>  (accredited)	Any RTO that has this course in their scope of practice	Paid by NSC	3 years

NSC will also conduct an annual briefing for staff on:

- the procedures outlined in this policy
- the causes, symptoms and treatment of asthma (using the introductory information at the start of this policy)
- identities of the students diagnosed with asthma
- how to use a puffer and spacer
- the location of:
  - the Asthma Emergency Kits
  - asthma medication which has been provided by parents for student use.

NSC will also 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 Kit**

As a minimum, NSC will provide and maintain at least two Asthma Emergency Kits. One kit will be kept on the College premises at the Health Centre and one will be a mobile kit for activities such as:

- yard duty
- camps and excursions.

NSC has a total of 12 portable First Aid Kits, located in the Health Centre for use at camps and excursions, all of which include Asthma Emergency Kits. Additionally, another 4 First Aid Kits (containing Asthma Emergency Kits) are located throughout the College, (in Science classrooms, Materials Technology and in the Gymnasium).

The Asthma Emergency Kit will contain:

- at least 1 blue or blue/grey reliever medication such as Airomir, Admol 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. (NSC 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.

NSC First Aid Officer will monitor and maintain the Asthma Emergency Kits. They 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 replace them if they have expired or are low on doses
- replace spacers in the Kits after each use (spacers are single-person use only)
- dispose of any previously used spaces.

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 NSC 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

This policy will be available on NSC's website so that parents and other members of the College community can easily access information about NSC's asthma management procedures.

### Epidemic Thunderstorm Asthma

NSC 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.

### COMMUNICATION

This policy will be communicated to our College community in the following ways:

- Available publicly on our College's website
- Included in staff induction processes and staff training
- Included in staff handbook/manual
- Discussed at annual staff briefings/meetings
- Hard copy available from the College General Office upon request

### FURTHER INFORMATION AND RESOURCES

- Asthma Australia: [Resources for schools](#)
- Policy and Advisory Library:
  - [Asthma](#)
  - [Treating an asthma attack](#)

### Local policies on the NSC website:

- Health Care Needs Policy
- First Aid Policy
- Medication Policy

### POLICY REVIEW AND APPROVAL

Policy last reviewed	November 2021
Approved by	Principal
Next scheduled review date	November 2022



### Help for non-English speakers

If you need help to understand the information in this policy please contact the General Office.