



Asthma Policy

Rationale:

- Good Shepherd is registered as an Asthma Friendly School through the Australian Asthma Foundation of Victoria
- Staff and the Management Team have a Duty of Care towards their staff and students to ensure the health and safety of each individual.

Implementation

- School of The Good Shepherd offers Asthma management and support by providing and continually refining a plan for managing Asthma through:
 1. An Asthma Education Program in the school – Health Curriculum
 2. Recognition/Targeting children diagnosed with Asthma:
 - to have available appropriate medication and encouragement to self-administer
 3. Asthma records kept for each student in a central location and updated at the beginning of each school year.
 4. Each student that has been diagnosed with asthma is required to bring their own prescribed reliever medication and needs their own Asthma Action Plan (which is completed by the student's medical practitioner).
 5. Records detailing an Emergency Action Plan for an acute attack
 6. Provide equipment to manage an asthma emergency in the form of an emergency Asthma Kit
 7. Asthma education provided for all staff and carers through the Asthma Foundation Victoria
 8. Minimising potential Asthma triggers within the school environment
 9. Act on advice and warnings associated with potential thunderstorm asthma activity
 10. A plan is in place for managing Asthma during:
 - Recess
 - Excursions
 - Camps
 - Sporting Events

The plan is for:

- parents provide enough medication (including preventer medication) for the student if they are going away overnight
- enough Asthma Emergency Kits are available for the camp or excursion needs
- that 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.

First time asthma attack

If a student appears to be having difficulty breathing, but has not been diagnosed with asthma, the school staff should follow the school's first aid procedures.

This should include immediately:

- locating the administering reliever medication from the Asthma Emergency Kit
- after the first 4 doses of reliever medication call Triple Zero "000" for an ambulance
- continue giving 4 doses of reliever medication every 4 minutes whilst waiting for the ambulance to arrive.

Treating an asthma attack

Use National Asthma First Aid protocol for kids (see attached or the below table)

Step	Action
1	Sit the person upright: <ul style="list-style-type: none"> • be calm and reassuring • do not leave them alone • seek assistance from another teacher (or reliable student) to locate the student's Asthma Action Plan and an Asthma Emergency Kit if required. If the student's action plan is not immediately available, use Asthma First Aid as described below.
2	Give 4 separate puffs of blue or blue/grey reliever puffer. Give one puff at a time: <ul style="list-style-type: none"> • shake the blue or blue/grey reliever puffer • use a spacer if you have one • put 1 puff into the spacer. • Take 4 breaths after each puff.

3	<p>Wait 4 minutes.</p> <p>If there is no improvement, give 4 more separate puffs of blue or blue/grey reliever as above and wait 4 minutes.</p> <p>(OR give 1 more dose of Bricanyl or Symbicort inhaler).</p>
4	<p>If there is still no improvement call Triple Zero “000” and ask for an ambulance.</p> <p>Tell the operator the student is having an asthma attack</p> <p>Keep giving 4 separate puffs, every 4 minutes until emergency assistance arrives.</p> <p>(OR 1 dose of Bricanyl or Symbicort every 4 minutes – up to 3 more doses of Symbicort)</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>

School of the Good Shepherd Asthma Policy supports **SoGS Child Safe Policy**.

Evaluation

- Additions were made to his policy in term 4 2017.
- This policy was reviewed in term three 2014 through consultation with the staff and will be reviewed again as part of the school’s review cycle.

Kids' First Aid for Asthma

National Asthma Council Australia
leading the attack against asthma

1

Sit the child upright.

Stay calm and reassure the child.
Don't leave the child alone.

2

Give 4 separate puffs of a reliever inhaler – blue/grey puffer (e.g. Ventolin, Asmol or Airomir)

Use a spacer, if available.
Give one puff at a time with 4–6 breaths after each puff.
Use the child's own reliever inhaler if available.
If not, use first aid kit reliever inhaler or borrow one.

OR

Give 2 separate doses of a Bricanyl inhaler

If a puffer is not available, you can use Bricanyl for children aged 6 years and over, even if the child does not normally use this.

3

Wait 4 minutes.

If the child still cannot breathe normally, **give 4 more puffs.**
Give one puff at a time (Use a spacer, if available).

Wait 4 minutes.

If the child still cannot breathe normally, **give 1 more dose.**

4

If the child still cannot breathe normally,

CALL AN AMBULANCE IMMEDIATELY (DIAL 000)

Say that a child is having an asthma attack.

Keep giving reliever.

Give 4 separate puffs every 4 minutes until the ambulance arrives.

If child still cannot breathe normally,

CALL AN AMBULANCE IMMEDIATELY (DIAL 000)

Say that a child is having an asthma attack.

Keep giving reliever

Give one dose every 4 minutes until the ambulance arrives.

HOW TO USE INHALER

WITH SPACER

Use spacer if available*



- Assemble spacer (attach mask if under 4)
- Remove puffer cap and shake well
- Insert puffer upright into spacer
- Place mouthpiece between child's teeth and seal lips around it OR place mask over child's mouth and nose forming a good seal
- Press once firmly on puffer to fire one puff into spacer
- Child takes 4–6 breaths in and out of spacer
- Repeat 1 puff at a time until 4 puffs taken – remember to shake the puffer before each puff
- Replace cap

*If spacer not available for child under 7, cup child's/helper's hands around child's nose and mouth to form a good seal. Fire puffer through hands into air pocket. Follow steps for WITH SPACER.

WITHOUT SPACER

Kids over 7 if no spacer



- Remove cap and shake well
- Get child to breathe out away from puffer
- Place mouthpiece between child's teeth and seal lips around it
- Ask child to take slow deep breath
- Press once firmly on puffer while child breathes in
- Get child to hold breath for at least 4 seconds, then breathe out slowly away from puffer
- Repeat 1 puff at a time until 4 puffs taken – remember to shake the puffer before each puff
- Replace cap

BRICANYL

For children 6 and over only



- Unscrew cover and remove
- Hold inhaler upright and twist grip around then back
- Get child to breathe out away from inhaler
- Place mouthpiece between child's teeth and seal lips around it
- Ask child to take a **big strong breath in**
- Ask child to breathe out slowly away from inhaler
- Repeat to take a second dose – remember to twist the grip both ways to reload before each dose
- Replace cover

Not Sure if it's Asthma?

CALL AMBULANCE IMMEDIATELY (DIAL 000)

If the child stays conscious and their main problem seems to be breathing, follow the asthma first aid steps. Asthma reliever medicine is unlikely to harm them even if they do not have asthma.

Severe Allergic Reactions

CALL AMBULANCE IMMEDIATELY (DIAL 000)

Follow the child's Action Plan for Anaphylaxis if available. If you know that the child has severe allergies and seems to be having a severe allergic reaction, use their adrenaline autoinjector (e.g. EpiPen, Anapen) before giving asthma reliever medicine.

For more information on asthma visit: Asthma Foundations www.asthmaaustralia.org.au National Asthma Council Australia www.nationalasthma.org.au

If an adult is having an asthma attack, you can follow the above steps until you are able to seek medical advice.

Although all care has been taken, this chart is a general guide only which is not intended to be a substitute for individual medical advice/treatment. The National Asthma Council Australia expressly disclaims all responsibility (including for negligence) for any loss, damage or personal injury resulting from reliance on the information contained. © National Asthma Council Australia 2011.

First Aid for Asthma

1	<p>Sit the person comfortably upright. Be calm and reassuring. Don't leave the person alone.</p>
2	<p>Give 4 puffs of a blue/grey reliever (e.g. Ventolin, Asmol or Airomir) Use a spacer, if available. Give 1 puff at a time with 4 breaths after each puff Use the person's own inhaler if possible. If not, use first aid kit inhaler or borrow one.</p>
3	<p>Wait 4 minutes. If the person still cannot breathe normally, give 4 more puffs.</p>
4	<p>If the person still cannot breathe normally, CALL AN AMBULANCE IMMEDIATELY (DIAL 000) Say that someone is having an asthma attack. Keep giving reliever. Give 4 puffs every 4 minutes until the ambulance arrives. Children: 4 puffs each time is a safe dose. Adults: For a severe attack you can give up to 6–8 puffs every 4 minutes</p>
HOW TO USE INHALER	<p>WITH SPACER</p>  <ul style="list-style-type: none"> • Assemble spacer • Remove puffer cap and shake well • Insert puffer upright into spacer • Place mouthpiece between teeth and seal lips around it • Press once firmly on puffer to fire one puff into spacer • Take 4 breaths in and out of spacer • Slip spacer out of mouth • Repeat 1 puff at a time until 4 puffs taken – remember to shake the puffer before each puff • Replace cap
	<p>WITHOUT SPACER</p>  <ul style="list-style-type: none"> • Remove cap and shake well • Breathe out away from puffer • Place mouthpiece between teeth and seal lips around it • Press once firmly on puffer while breathing in slowly and deeply • Slip puffer out of mouth • Hold breath for 4 seconds or as long as comfortable • Breathe out slowly away from puffer • Repeat 1 puff at a time until 4 puffs taken – remember to shake the puffer before each puff • Replace cap
	<p>BRICANYL OR SYMBICORT</p>  <ul style="list-style-type: none"> • Unscrew cover and remove • Hold inhaler upright and twist grip around and then back • Breathe out away from inhaler • Place mouthpiece between teeth and seal lips around it • Breathe in forcefully and deeply • Slip inhaler out of mouth • Breathe out slowly away from inhaler • Repeat to take a second dose – remember to twist the grip both ways to reload before each dose • Replace cover

OR

Give 2 separate doses of a Bricanyl or Symbicort inhaler
If a puffer is not available, you can use Symbicort (people over 12) or Bricanyl, even if the person does not normally use these.

Wait 4 minutes.
If the person still cannot breathe normally, give 1 more dose.

If the person still cannot breathe normally, **CALL AN AMBULANCE IMMEDIATELY (DIAL 000)** Say that someone is having an asthma attack.

Keep giving reliever while waiting for the ambulance:

For Bricanyl, give 1 dose every 4 minutes
For Symbicort, give 1 dose every 4 minutes (up to 3 more doses)

Not Sure if it's Asthma?

CALL AMBULANCE IMMEDIATELY (DIAL 000)

If a person stays conscious and their main problem seems to be breathing, follow the asthma first aid steps. Asthma reliever medicine is unlikely to harm them even if they do not have asthma.

For more information on asthma visit:

Asthma Foundations – www.asthmaaustralia.org.au

National Asthma Council Australia – www.nationalasthma.org.au

Severe Allergic Reactions

CALL AMBULANCE IMMEDIATELY (DIAL 000)

Follow the person's Action Plan for Anaphylaxis if available. If the person has known severe allergies and seems to be having a severe allergic reaction, use their adrenaline autoinjector (e.g. EpiPen, Anapen) before giving asthma reliever medicine.



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