



Westbourne
House School

CHICHESTER

ASTHMA & ASTHMA ATTACK POLICY & PROTOCOL

This is a medical protocol of Westbourne House School, which incorporates the Prep School, Pre-Prep, Early Years Foundation Stage, as well as provision for boarding, and should be read in conjunction with the school's First Aid Policy

This document describes the school's approach to asthma and asthma attacks. The Policy and Protocol is intended as guidance for all staff and for awareness of parents and pupils.

This policy has been written with advice from the National Asthma Campaign and the local school health service. All staff who work with children at Westbourne House School are responsible for reading the policy. The School Nurses are responsible for keeping the policy up to date.

Westbourne House School recognises that asthma is an important condition and positively welcomes all children with asthma. They are encouraged to achieve their potential in all aspects of school life.

Medication

Immediate access to reliever inhalers is vital, individual pupils' inhalers with their care plans are always accessible in the Medical Room.

Spare inhalers (and spacers if required) must be provided by parents in the original box with prescription label and provide consent for their child's inhaler to be given, in addition to completing the asthma information sheet with the medical questionnaire.

Pupils are encouraged to always keep their inhaler on them and keep a spare in the medical room. However, if an inhaler is kept on the pupil, it is the responsibility of the pupil to alert nursing staff and parents if they have needed to use it.

Consent is also asked for any child with a prescribed inhaler to use the school's emergency inhaler. Since October 2014, schools can buy Salbutamol inhalers as a spare in case of emergency, for example, pupil has broken or forgotten their own inhaler. These can only be administered to a pupil who is prescribed an inhaler.

Spare inhalers are stored in the medical centre in Main School and in the Medicine Cupboard at Pre-Prep School.

School staff, other than the School Nurse, are not required to administer an inhaler to pupils except in an emergency.

If prescribed medication changes, parents are asked to inform the school as soon as possible.

Record Keeping

All parents will be asked by means of the medical questionnaire, completed on admission to the school, whether their son/daughter has asthma and if their child requires a reliever inhaler to be kept in school.

The school keeps an asthma register, which is maintained by the School Nurses. Details of treatment, when provided by the parents, are kept by the School Nurses and included in the Individual Health Care Plans. It is the parent's responsibility to update the school nurses if there are any changes to their child's care plan. Care Plans are reviewed and updated yearly.

PE/Sport

Taking part in sport is an essential part of school life and children with asthma are encouraged to participate fully. The School Nurse, at the start of every school year provides the PE staff with an up-to-date list of children who suffer from asthma and require an inhaler in school. They must refer to this list at the start of every games lesson and encourage these pupils to take their reliever inhaler with them. PE staff are all aware of practical asthma management and will remind pupils with asthma triggered by exercise to take their reliever inhaler before the lesson and during it if necessary.

Inhalers must go off site with the pupil for fixtures and is signed out of the medical room by a responsible adult.

School Environment

The school does all it can to ensure that the school environment is favourable to children with asthma. The school has a non-smoking policy. As far as possible, chemicals in art and science are used that do not act as triggers to children with asthma.

When a child is falling behind in lessons

If a child is missing a lot of time from school because of asthma or is tired in class because of disturbed night's sleep and falling behind in class, the teacher will talk to the parents.

If appropriate the teacher will talk to the School Nurse and special educational needs co-ordinator about the situation. The school recognizes that it is possible for children to have special educational needs because of asthma.

Asthma Attacks

All staff that come in to contact with children with asthma know what to do in the event of an asthma attack. The school follows the following procedure:

- Call School Nurse

- Ensure the reliever inhaler is taken immediately. If this is not available in school the School Nurse will provide the emergency reliever inhaler, if consent has been received.
- Stay calm and reassure the child
- Help the child to breathe by ensuring tight clothing is loosened

Mild	If your child starts to cough, wheeze or has a tight chest but can continue day to day activities	Give 2-5 puffs blue (salbutamol) reliever inhaler every 4 hours until symptoms improve.
Moderate	If your child is: <ul style="list-style-type: none"> • Wheezing and breathless and blue (salbutamol) reliever inhaler 2-5 puffs is not lasting 4 hours • Having a cough or wheeze/tight chest during the day and night • Too breathless to run / play/ do normal activities 	<p style="color: red;">Contact GP /healthcare professional for advice and management.</p> <p>Increase blue (salbutamol) reliever inhaler 6-10 puffs every 4 hours</p>
Severe	If your child is: <ul style="list-style-type: none"> • Too breathless to talk / eat or drink • Has blue lips • Having symptoms of cough/wheeze or breathlessness which are getting worse despite 10 puffs blue (salbutamol) inhaler every 4 hours • Confused and drowsy 	<p style="color: red;">Ring 999 for immediate help.</p> <p>Give 10 puffs of blue (salbutamol) reliever inhaler every 10 minutes until ambulance arrives.</p> <p>Keep child in upright position and reassure them.</p>

After the attack

Minor attacks should not interrupt a child's involvement in the school. When they feel better, they can return to school activities. Staff must ensure parents are informed.

Emergency Procedure

If on site, call the School Nurse immediately. If off site, call 999 and provide emergency treatment as per Health Care Plan.

ASTHMA ATTACK PROTOCOL

All staff that are in contact with children with Asthma should know what to do in the event of an asthma attack. School Nurses can provide up to date, relevant training to staff caring for these pupils. An interactive inhaler demo is available to view on www.asthma.org.uk

EMERGENCY CARE OF AN ASTHMA ATTACK

- Keep calm – do not panic
- Do not leave the child alone
- Inform the School Nurse and she can bring the spare reliever inhaler from the medical room or the emergency reliever inhaler.
- Encourage child to sit up and forward – do not lie them down
- Make sure child takes 2 puffs of their reliever inhaler – usually blue

- Loosen tight clothing
- Reassure the child
- If there is no immediate improvement:
 - Give 6 – 10 puffs reliever inhaler, call parents to update them.

CALL 999 if:

- The child’s condition deteriorates
- The child does not improve in 5-10 minutes
- The child is too breathless to talk
- The child has blue lips
- If you are in any doubt about their condition
- The child should continue to take 1 puff of the reliever inhaler every minute until help arrives.
- A minor asthma attack should not interrupt a child’s involvement in school. Therefore, the child can return to school activities as soon as he/she feels better.
- The child’s parents MUST always be told if their child has had an asthma attack

Monitoring and review

The School will review and monitor the effectiveness and compliance of this protocol (in conjunction the school’s First Aid Policy). This protocol will be kept up-to-date and amended to take account of legislative and regulatory changes.

Last Review Date	Next Review Date	Reviewer(s)
September 2025	September 2026	Chelcie Chamberlain & Gina Dutt - School Nurse