



# ASTHMA POLICY

## **Aim**

Asthma is the most common chronic childhood disease in the UK and it is increasing. It is a treatable condition but unless the correct action is taken an asthma attack can prove fatal. Trust schools recognises that immediate access to reliever inhalers is vital so keep records of students with asthma and their prescribed medication. The sufferer must be in a position to administer medication and adults must be aware of the action to take when a severe attack occurs.

## **Purpose**

To allow students with asthma to be involved in normal school activities with minimal absence in a secure, safe and caring environment. This document will give clear guidelines to members of staff and others in the school on the procedures to be adopted when treating a student. Working in partnership with parents is encouraged to enable their children to cope with, and overcome, their difficulties and any embarrassment they have in dealing with their asthma.

## **Asthma Management**

- Parents must inform school if their child is asthmatic and give details of medication and respiratory conditions.
- Parents must provide a Asthma Care Plan to the Reception.
- Children are encouraged to take responsibility for their own reliever inhaler age appropriately and based on their abilities. For primary age pupils these will be kept in classrooms with a record book and their asthma plan and staff will support the pupils in accessing and correctly taking their inhalers.
- School will publish a list of diagnosed students with asthma on the medical board. This will be updated regularly and is displayed in an area confidential to members of staff.
- Training will be provided to keep staff updated on managing asthma in school.
- The school will ensure the school environment is favourable to children with asthma.
- Staff will use opportunities to educate other children to understand asthma.
- All staff will be informed of procedures for managing student asthma attacks before a first aider arrives.
- On educational visits students will be reminded to ensure that they have their inhalers. On residential visits inhalers will be checked by a first aider before departure. For primary aged pupils these will remain in the care of the adults attending.

## **Recognising an Asthma Attack (per NHS guidance)**

During an asthma attack a child may display:

- Severe wheezing when breathing both in and out.
- Coughing that won't stop.
- Very rapid breathing.
- Chest tightness or pressure.
- Tightened neck and chest muscles, called retractions.
- Difficulty talking.
- Feelings of anxiety or panic.
- Pale, sweaty face.

## Recommended Actions

The following steps are NHS guidelines for treating an asthma attack:

1. Sit up straight, to help your breathing. Try to stay calm.
2. Use asthma reliever inhaler if you have one:
  - If you have a blue reliever inhaler, take 1 puff every 30 to 60 seconds until you feel better, up to a maximum of 10 puffs. Shake the inhaler between each puff and use a spacer with the inhaler if you have one.
  - If you have an AIR or MART inhaler (used for both preventing and treating symptoms), take 1 puff every 1 to 3 minutes until you feel better, up to a maximum of 6 puffs.
3. If your personal asthma action plan has a different maximum dose for treating an asthma attack, follow the instructions in your plan.
4. **Call 999 if:** You or someone else is having an asthma attack and:
  - Start to feel worse at any time.
  - Do not feel better after taking the maximum dose using an asthma reliever inhaler
  - Do not have an asthma inhaler
  - If symptoms are no better after 10 minutes and an ambulance has not arrived, use an asthma inhaler again if you have one, taking up to the same maximum dose. The person you speak to at 999 will give you advice about what to do.

[\(Asthma - NHS\)](#)

## Physical Education

Taking part in physical activity is an essential part of school life. Students with asthma are encouraged to participate fully in PE. During games and physical activities teachers will be aware of students with asthma who need to use an inhaler either before or during exercise. Students will be encouraged to use their medication if they become wheezy during lesson time and will be allowed time to recover if necessary. The teacher will remind the student to take their inhaler to the pool or sports field, for primary age pupils staff will ensure they have access to their inhalers. It is the student's responsibility to ensure that they carry relevant inhalers and bring them to the lesson for secondary aged pupils, for primary aged pupils the staff supervising the pupils have this responsibility.

Any teacher who feels a student is becoming over-reliant on their reliever inhaler, or has poorly controlled asthma, must report this to either the parent or the school first aider(s), who will take appropriate action.

### 1. Monitoring and review

The Governing Body will be responsible for monitoring the effectiveness of this policy annually. Any changes will be made in line with legislation.

Ratified by the Governing Body	SVCS LGB
Date	December 2025