

# The Rydal Academy

## Asthma policy

**Accepted by:** The Rydal Academy LGB October 2023

**Approving Body :** Local Governing Body

**Committee :** LGB

**Review Cycle:** 1 year

**Last reviewed:** June 2023

**Date for next review:** June 2024

### **Rationale**

There is no legal or contractual duty on teachers to administer medicine or to supervise a pupil taking it. This is a purely voluntary role and is recognised as such by the Government. While teachers have a general legal duty of care to their pupils, this does not extend to a requirement to routinely administer medicines.

Support staff may, as part of their contract, have specific duties to administer medication. However, if they do not have a contractual requirement to administer medicines, then they cannot be made to do so.

At The Rydal Academy we take seriously our duty of care and consent to administer medication, subject to the conditions set out in this policy. This policy sets out general guidance, but each case will be dealt with on its own merits.

This document is a statement of the aims, principles and strategies used for supporting pupils with asthma within our school.

### **Definition**

Asthma is a common lung condition that causes occasional breathing difficulties. Asthma is caused by swelling (inflammation) of the breathing tubes that carry air in and out of the lungs. This makes the tubes highly sensitive, so they temporarily narrow. It may happen randomly or after exposure to a trigger.

Common asthma triggers include:

- allergies (to house dust mites, animal fur or pollen, for example)
- smoke, pollution and cold air
- exercise
- infections like colds or flu

### **Aims**

The school:

- Ensures that pupils with asthma can and do participate fully in all aspects of school life, including art lessons, PE, science, visits, outings and other out of school activities
- Recognises that pupils with asthma need immediate access to reliever inhalers at all times
- Keeps records of all pupils with asthma and medicines they take
- Ensures that the whole school environment, including the physical, social, sporting and educational environment is favourable to pupils with asthma

- Ensures that pupils understand asthma
- Ensures that all staff who come into contact with pupils with asthma know what to do in an asthma attack

### **Asthma medicines**

All inhalers must be prescribed by a doctor, and must have the medical instructions, including dosage, attached to the inhalers. Inhalers are kept centrally and close to the child's classroom.

All inhalers should come with a spacer device to ensure efficient administration of the dose.

### **Record keeping**

At the beginning of each school year or when a child joins the school, parents/carers are asked if their child has any medical conditions including asthma. From this information the school keeps an asthma register for all conditions. Individual health care plans are completed by parents/carers of children with asthma on an annual basis to update. Parents/carers are asked to update individual health care plans if their child's medicine, or how much they take, changes during the year.

### **Exercise and activity**

Taking part in sports, games and activities is as essential part of school life for all our pupils. All teachers know which children in their class have asthma. Pupils with asthma are encouraged to participate fully in PE lessons.

### **After school sports**

All pupils at The Rydal Academy are encouraged to participate in after school clubs. All staff have information shared at least termly recording which pupils have asthma in school. Staff are aware of the potential triggers for pupils with asthma when exercising and where inhalers are stored.

### **Asthma Attacks**

All staff who come into contact with pupils with asthma know what to do in the event of an asthma attack.

- Sit the child up straight and help them to remain calm.
- Encourage them to take one puff of their reliever inhaler (usually blue) every 30 to 60 seconds up to 10 puffs.
- If they feel worse at any point, or do not feel better after 10 puffs, staff will call 999 for an ambulance.
- If the ambulance has not arrived after 10 minutes and the symptoms are not improving, then we will repeat step 2.
- If the symptoms are no better after repeating step 2, and the ambulance has still not arrived, we will contact 999 again immediately.

Source: NHS