



Asthma

At Mount Alexander College Asthma Management is conducted in accordance with the Department of Education and Training (DET) School Policy and Advisory Guide.

1. Asthma Register

Students suffering from Asthma are identified via the College's enrolment form. Parents/Guardians of all identified students are required to complete a School Asthma Action Plan (Appendix 1) in consultation with the student's doctor and updated annually. These are reviewed and compiled to form the Asthma Register, which is easily accessible in the First Aid room.

2. Medication

Students are encouraged to carry their own inhaler medication ('puffers') and parents/guardians are responsible for ensuring their children have an adequate supply of the appropriate medication. The First Aid Room, staffrooms, and offices around the school and each portable (backpack type) First Aid kit will have a supply of blue bronchodilator inhaler and single person use spacers for emergencies. The First Aid Officer will keep a record of the expiry dates and location of First aid kits containing the blue inhalers.

3. Pumps

Mount Alexander College, in keeping with the DET Policy, does not have its own nebuliser pump. If a student requires the use of a nebuliser pump as part of their management plan, then a **prior** asthma management plan needs to be negotiated and agreed to by all parties.

4. Emergency Care

The college will always maintain its duty of care for its students. In an emergency situation the school's First Aiders will follow the DET Student Health Policy, which is clearly displayed in the First Aid room and in each First Aid kit. This emergency treatment does not include the use of a nebuliser pump unless a prior agreed management plan is in place.

Appendix

School Asthma Action Plan

Related Policies and Links

Administration of Medication

Ambulance

First Aid

Sick Bay

Camps, Tours, Excursions, Incursions and Adventure Activities

<http://www.education.vic.gov.au/school/principals/spag/health/Pages/studenthealth.aspx>

<http://www.education.vic.gov.au/school/principals/spag/health/Pages/asthma.aspx>

<http://www.education.vic.gov.au/school/principals/spag/health/Pages/conditionasthma.aspx>

Evaluation

This policy will be reviewed every three years or in line with DET/medical updates.

Key Reviewer	Date Ratified	Next Review
First Aid Officer	26/06/2017	

Signatures

Wayne Haworth
Principal

School Council President

SCHOOL ASTHMA ACTION PLAN



This record is to be completed by parents/carers in consultation with their child's doctor. Please tick the appropriate box and print your answers clearly in the blank spaces where indicated. This school is collecting information on your child's asthma so we can better manage asthma while your child is in our care. The information on this Plan is confidential. All staff that care for your child will have access to this information. It will only be distributed to them to provide safe asthma management for your child at school. The school will only disclose this information to others with your consent if it is to be used elsewhere. Please contact the school at any time if you need to update this Plan or you have any questions about the management of asthma at school. If no Asthma Action Plan is provided by the parent/carer, the staff will treat asthma symptoms as outlined in the Victorian Schools Asthma Policy (Section 4.5.7.8 of the Department of Education and Early Childhood Development Victorian Government Schools' Reference Guide).



Student's Name _____

Gender M F Age _____ Date of birth ____/____/____ Form/Class _____

Emergency Contact (e.g. Parent/Carer) _____ Relationship _____

Phone: (H) _____ (W) _____ (M) _____

Doctor's Name _____ Phone _____

Ambulance Subscriber Yes No Subscriber number _____

Does this student have any other health plans? Yes No If so what are they? _____

PHOTO
(optional)

USUAL ASTHMA ACTION PLAN

Usual signs of student's asthma	Worsening signs of student's asthma	What triggers the student's asthma?
Wheeze _____	Increased signs of: Wheeze _____	Exercise _____
Tightness in chest _____	Tightness in chest _____	(refer to managing EIA)
Coughing _____	Coughing _____	Colds/Viruses _____
Difficulty breathing _____	Difficulty breathing _____	Pollens _____
Difficulty speaking _____	Difficulty speaking _____	Dust _____
Other (please describe) _____	Other (please describe) _____	Other Triggers (please describe) _____

Managing Exercise Induced Asthma (EIA)

Students with asthma are encouraged to take part in school based exercise and physical activity to contribute to their cardiovascular fitness and general wellbeing. Most individuals with EIA can exercise to their full potential if the following steps are taken:

1. Students should take their blue reliever medication 5-10 minutes before warm up, then warm up appropriately.
2. If the student presents with asthma during the activity the student should stop the activity, take their blue reliever medication and wait 4 minutes. If the symptoms improve, they may resume activity. If their symptoms reoccur, recommence treatment. **THE STUDENT SHOULD NOT RETURN TO THE ACTIVITY UNDER ANY CIRCUMSTANCES** and the parent/carer should be informed of any incident.
3. Cool down at the end of activity and be alert for asthma symptoms after exercise.

Does the student need assistance taking their medication? Yes No If yes, how? _____

Asthma medication requirements usually taken: (Including relievers, preventers, symptom controllers, combination)		
Name of Medication (e.g. Flixotide, Ventolin)	Method (e.g. puffer & spacer, dry powder inhaler)	When and how much? (e.g. at home, 1 puff in morning and 1 at night, before exercise)

SCHOOL ASTHMA ACTION PLAN



Asthma First Aid Plan



Please tick preferred Asthma First Aid Plan

Victorian Schools Asthma Policy for Asthma First Aid

(Section 4.5.7.8 of the Department of Education and Early Childhood Development Victorian Government Schools' Reference Guide)

1. Sit the student down and remain calm to reassure them. Do not leave the student alone.
2. Without delay shake a blue reliever puffer (*Airomir, Asmol, Epaq or Ventolin*)* and give 4 separate puffs through a spacer (use the puffer alone if a spacer is not available). Use one puff at a time and ask the student to take 4 breaths from the spacer after each puff.
3. Wait 4 minutes. If there is no improvement, repeat steps 2 and 3.
4. If there is still no improvement after a further 4 minutes – call an ambulance immediately (dial 000) and state that the student is having breathing difficulties. Continuously repeat steps 2 and 3 while waiting for the ambulance.

* A *Bricanyl* Turbuhaler may be used in First Aid treatment if a puffer and spacer is unavailable
If at any time the student's condition suddenly worsens, or you are concerned, call an ambulance immediately.

OR

Student's Asthma First Aid Plan (if different from above)

- Please notify me if my child regularly has asthma symptoms at school.
- Please notify me if my child has received Asthma First Aid.
- In the event of an asthma attack, I agree to my son/daughter receiving the treatment described above.
- I authorise school staff to assist my child with taking asthma medication should they require help.
- I will notify you in writing if there are any changes to these instructions.
- I agree to pay all expenses incurred for any medical treatment deemed necessary.

Parent's/Guardian's Signature: _____

Date ___/___/___

Doctor's Signature: _____

Date ___/___/___

For further information about the Victorian Schools Asthma Policy, the Asthma Friendly® Schools Program or asthma management please contact The Asthma Foundation of Victoria on (03) 9326 7088, toll free 1800 645 130, or www.asthma.org.au or www.asthmafriendlyschools.org.au.