

Legsby Primary School

Asthma Policy

<u>Policy Information</u>			
Reviewed date	January 2026	Next review due	January 2027
Cycle of Review:	Annual	Agreed at Governors:	22/01/2026

Asthma occurs when the airways throughout the lungs become narrow. The resulting obstruction leads to difficulties in breathing and, in most cases, coughs and wheezing.

Whilst the exact cause is unknown, family history does play a part. It is however, vital to know that many children (and adults) who suffer from asthma react to “trigger” factors which set off within minutes the characteristic symptoms of difficulties in breathing.

School environment “triggers”:

- Infections due to viruses (particularly common in late autumn and winter)
- Pursuit of physical exercise
- Changes in weather from hot to cold and vice versa, or dry weather
- Allergies to fluff, dust, grass, pollen and occasionally food
- Presence of school pets, if appropriate
- Emotional factors

What to do:

If the asthmatic child becomes breathless and wheezy or coughs continually:

- Keep calm
- Allow child to sit down in a position comfortable to them. Do not make child lie down (Hold hand but do not place arm around shoulders)
- Let child administer usual reliever treatment
- In the absence of above, either: Call parents or failing that, call family doctor
- Wait 5 – 10 minutes
- If symptoms disappear continue as before
- If symptoms persist, call parents

Severe attacks

A severe attack may be noted by any of the following signs:

- Normal relief medication does not work
- Pupil is breathless enough not to be able to talk normally
- Pulse rate is 120 per minute or more
- Rapid breathing of 30 breaths per minute or more

In the event of a severe attack:

- Use a “spacer” device if provided by GP
- Call doctor and ask for immediate assistance
- If above fails call an ambulance
- Inform parents
- Keep trying with usual inhaler every 5 – 10 minutes – don’t worry about possible overdosing

Precautions

Staff (including supply staff and non-teaching staff) should be aware of all diagnosed pupils and ensure that inhalers are easily available to the child at all times.
(In the child’s classrooms.) Particular care should be taken for off-site activities

Parental Responsibilities

Parents must be made aware that they are responsible for informing the school of children suffering from asthma.

Diagnosis brings with it anxiety and concern and it is important that parents reassure their children of its effects.

Modern medical management is designed to allow a normal quality of life which means taking part in all normal school activities and sport.

The vigilance of school staff in dealing with incidents will hopefully ensure the well-being of all our pupils.

This policy was approved by Dr. Judith Williams, Consultant Respiratory Paediatrician, Heartlands Hospital, Birmingham