Help for non-English speakers

If you need help to understand the information in this policy, please contact Horsham College, on 5381 7100, or email horsham.co@education.vic.gov.au .

PURPOSE

To ensure that Horsham College appropriately supports students diagnosed with asthma.

OBJECTIVE

To explain to Horsham College parents/carers, staff, and students the processes and procedures in place to support students diagnosed with asthma.

SCOPE

This policy applies to:

- all staff, including casual relief staff, contractors, and volunteers
- all students who have been diagnosed with asthma or who may require emergency treatment for asthma and their parents/carers.

POLICY

Asthma

Asthma is a long-term lung condition. People with asthma have sensitive airways in their lungs which react to triggers, causing a 'flare-up'. In a flare-up, the muscles around the airway squeeze tight, the airways swell and become narrow and there is more mucus. This makes it hard to breathe. An asthma flare-up can come on slowly (over hours, days or even weeks) or very quickly (over minutes). A sudden or severe asthma flare-up is sometimes called an asthma attack.

Symptoms

Symptoms of asthma can vary over time and often vary from person to person. The most common asthma symptoms are:

- breathlessness
- wheezing (a whistling noise from the chest)
- tight feeling in the chest
- persistent cough

Symptoms often occur at night, early in the morning or during/just after physical activity. If asthma is well controlled, a person should only have occasional asthma symptoms.

Triggers

A trigger is something that sets off or starts asthma symptoms. Everyone with asthma has different triggers. For most people with asthma, triggers are only a problem when asthma is not well controlled with medication. Common asthma triggers include:

- exercise
- smoke (cigarette smoke, wood smoke from open fires, burn-offs, or bushfires)
- house dust mites
- pollens
- chemicals such as household cleaning products
- food chemicals/additives
- laughter or emotions, such as stress
- colds/flu
- weather changes such as thunderstorms and cold, dry air
- moulds
- animals such as cats and dogs
- deodorants (including perfumes, aftershaves, hairspray, and aerosol deodorant sprays)
- certain medications (including aspirin and anti-inflammatories)

Asthma management

If a student diagnosed with asthma enrols at Horsham College:

1. Parents/carers must provide the school with an Asthma Action Plan which has been completed by the student's medical practitioner. The plan must outline:
   - the prescribed medication taken by the student and when it is to be administered, for example as a pre-medication to exercise or on a regular basis
   - emergency contact details
   - the contact details of the student's medical practitioner
   - the student's known triggers
   - the emergency procedures to be taken in the event of an asthma flare-up or attack.
2. Parents/carers should also provide a photo of the student to be included as part of the student's Asthma Action Plan.
3. Horsham College keeps all Asthma Action Plans in appropriate locations including the Administration Office, as well as information being confidentially stored on the Information Portal SEQTA and CASES21.
4. A student with an Asthma Action Plan only requires a Student Health Support Plan if their asthma is **not** well-controlled, and needs individualised medical or health related supervision, care, or adjustments at school.. School staff will work with parents/carers to develop a Student Health Support Plan which will include details on:
   - how the school will provide support for the student
   - identify specific strategies
   - allocate staff to assist the student

Any required student Health Support Plan will be developed in accordance with Horsham College's Health Care Needs Policy.

5. If a student diagnosed with asthma is going to attend a school camp or excursion, Horsham College parents/carers are required to provide any updated medical information.
6. If a student's asthma condition or treatment requirements change, parent/carers must notify the school and provide an updated Asthma Action Plan.
7. School staff will work with parents/carers to review Asthma Action Plans (and if relevant, Student Health Support Plans) during Term 1 OR at the beginning of each school year, and communicate with the parents/carers to:
   a. if available. provide updated medical or health advice
   b. review and provide written confirmation that the Asthma Action Plan is still current.

Student asthma kit
All students diagnosed with asthma are required to have a student asthma kit at school which contains:

- their own prescribed reliever medication labelled with the student's name
- their spacer (if they use one)

Student asthma kits are stored in the Sick Bay and/or students will keep their personal asthma kits with them while at school.

Asthma emergency response plan
If a student is:

- having an asthma attack
- having difficulty breathing for an unknown cause, even if they are not known to have asthma

School staff will endeavour to follow the Asthma First Aid procedures outlined in the table below. School staff may contact Triple Zero "000" at any time.

Step	**Action**
1.	Sit the person upright ● Be calm and reassuring ● Do not leave them alone ● Seek assistance from another staff member or reliable student to locate the student's reliever, the Asthma Emergency Kit and the student's Asthma Action Plan (if available). ● If the student's action plan is not immediately available, use the Asthma First Aid as described in Steps 2 to 5.
2.	Give 4 separate puffs of blue or blue/grey reliever puffer: ● Shake the puffer ● Use a spacer if you have one ● Put 1 puff into the spacer ● Take 4 breaths from the spacer **Remember – Shake, 1 puff, 4 breaths**
3.	Wait 4 minutes ● If there is no improvement, give 4 more separate puffs of blue/grey reliever as above (or give 1 more dose of Bricanyl or Symbiocort inhaler)
4.	If there is still no improvement call Triple Zero "000" and ask for an ambulance. ● Tell the operator the student is having an asthma attack ● Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives (or 1 dose of Bricanyl or Symbiocort every 4 minutes – up to 3 doses of Symbiocort)
5.	If asthma is relieved after administering Asthma First Aid, stop the treatment and observe the student. Notify the student's emergency contact person and record the incident in eduSafe Plus.

Staff will call Triple Zero "000" immediately if:

- the student is not breathing
- the student is having a severe or life-threatening attack (reliever medication not working at all; cannot speak a full sentence; extreme difficulty breathing; feeling asthma is out of control; lips turning blue)
- the student is having an asthma attack and a reliever is not available
- the student is known to have anaphylaxis or is showing signs of anaphylaxis – staff will follow their Anaphylaxis Action Plan then give asthma first aid

- at any time the student's condition suddenly worsens or is not improving
- staff are otherwise concerned about the student's health and safety.

Commence CPR at any time if the student is unresponsive and not breathing.

Training for staff
Horsham College will arrange the following asthma management training for staff:

Staff	Completed by	Course	Provider	Cost	Valid for
Group 1 **General Staff**	School staff with a direct teaching role with students affected by asthma or other school staff directed by the Principal after conducting a risk assessment.	Asthma first aid management for education staff (non-accredited) One hour online training.	Asthma Australia	Free to all schools	3 years
Group 2 **Specific Staff**	Staff working with high risk children with a history of severe asthma, or with direct student wellbeing responsibility, (including nurses, PE/sport, home economics or cooking teachers, first aid and school staff attending camp)	Course in the Management of Asthma Risks and Emergencies in the Workplace 22556VIC (accredited)	Any RTO that has this course in their scope of practice	Paid by Horsham College	3 years

Horsham College also advises staff of any students who have notified the school of having asthma and their individual asthma management procedures. Staff should be aware of:

- the procedures outlined in this policy
- the causes, symptoms, and treatment of asthma
- identities of the students diagnosed with asthma
- how to use a puffer and spacer
- the location of:
    - the Asthma Emergency Kits
    - asthma medication which has been provided by parents and carers for student use.

Horsham College also provides this policy to casual relief staff and volunteers who will be working with students, and may also provide a briefing if the Principal decides it is necessary depending on the nature of the work being performed.

Asthma Emergency Kit
Horsham College provides and maintains at least three Asthma Emergency Kits. One kit is kept in the sick bay of each of the two school campuses, and one will be a mobile kit for activities such as:

- camps and excursions.

The Asthma Emergency Kit contains:
- at least one blue or blue/grey reliever medication such as Airomir, Asmol or Ventolin
- at least two spacer devices (for single person use only) to assist with effective inhalation of the blue or blue/grey reliever medication (Horsham College ensures spare spacers are available as replacements). Spacers are stored in a dust proof container.
- clear written instructions on Asthma First Aid, including:
    - how to use the medication and spacer devices
    - steps to be taken in treating an asthma attack
- a record sheet/log to record the details of an asthma first aid incident, such as the number of puffs administered, to support kit maintenance [see template record sheet on the Asthma Australia website - Asthma-Emergency-Kit-Log.pdf].

First Aid trained Education Support staff will monitor and maintain the Asthma Emergency Kits. They will:

- ensure all contents are maintained and replaced where necessary
- regularly check the expiry date on the canisters of the blue or blue/grey reliever puffers and replace them if they have expired or are low on doses
- replace spacers in the Kits after each use (spacers are single person use only)
- dispose of any previously used spacers.

The blue or blue/grey reliever medication in the Asthma Emergency Kits may be used by more than one student as long as they are used with a spacer, and are cleaned thoroughly.

After each use of a blue or blue/grey reliever (with a spacer):

- remove the metal canister from the puffer (do not wash the canister)
- wash the plastic casing
- rinse the mouthpiece through the top and bottom under running water for at least 30 seconds
- wash the mouthpiece cover
- air dry, then reassemble
- test the puffer to make sure no water remains in it, then return to the Asthma Emergency Kit.

Management of confidential medical information

Confidential medical information provided to Horsham College to support a student diagnosed with asthma will be:

- recorded on the student's file
- shared with all relevant staff so that they are able to properly support students diagnosed with asthma and respond appropriately if necessary.

Epidemic Thunderstorm Asthma
Horsham College will be prepared to act on the warnings and advice from the Department of Education when the risk of epidemic thunderstorm asthma is forecast as high.

COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Included in staff induction processes and staff training
- Discussed at annual staff briefings/meetings
- Included in transition and enrolment packs
- Reminders in our school newsletter
- Hard copy available from school administration upon request

ADDITIONAL RESOURCES

- Asthma Australia website
- Policy and Advisory Library:
  - Asthma
  - Treating an asthma attack
  - Health Care Needs Policy
  - Allergies
  - Decision Making Responsibilities for Students
  - Excursions

REVIEW CYCLE
This policy will be reviewed in accordance with the Policy Review Schedule.