ASTHMA POLICY

Help for non-English speakers.

If you need help to understand the information in this policy, please contact the main office of Nelson Park School (03) 52783620.

1. PURPOSE:

a. The purpose of this policy is to ensure that Nelson Park School appropriately supports students diagnosed with asthma.
b. 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.
c. This policy applies to both the Libau and Illinois Campuses.

2. AIMS:

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

3. IMPLEMENTATION:

3.1. Asthma

Asthma is a long-term lung condition. People with asthma have sensitive airways in their lungs that 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.

3.2. 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.

3.3. 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
- Colds/flu

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- 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
- Weather changes such as thunderstorms and cold, dry air
- Moulds
- Animals such as cats and dogs
- Deodorants (including perfumes, after-shaves, hair spray and aerosol deodorant sprays)
- Certain medications (including aspirin and anti-inflammatories)

3.4. Asthma Management

If a student diagnosed with asthma enrols at Nelson Park School:

1. Parents/carers must provide the school with an Asthma Care 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 trigger
   - The emergency procedures to be taken in the event of an asthma flare-up or attack.
2. A photo of the student provided by the parent/carer of the school is included as part of the student's Asthma Action Plan to help identification.
3. Nelson Park School will keep all Asthma Care Plans:
   - Google Drive > PLC > Year > Classes > Student's Class > Student Information > Medical Plans & Information
   - Leading Teacher Offices
   - Sickbay
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 Student Health Support Plan will be developed in accordance with Nelson Park School's Health Care Needs Policy.
5. If a student diagnosed with asthma is going to attend a school camp or excursion, Nelson Park School parents/carers are required to provide any updated medical information.
6. If a student's asthma condition or treatment requirements change, parents/carers must notify the school and provide an updated Asthma Action Plan.
7. Once a year, school staff will review Asthma Action Plans (and if relevant, Student Health Support Plans) and communicate with the parents/carers to:
   - If available, provide updated medical or health advice
   - Review and provide written confirmation that the Asthma Action Plan is still current.

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3.5.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)
- A copy of the student's Asthma Care Plan.

Students will be required to have their asthma kits with them while at school.

Student Asthma kits will be stored in their classroom (class safe) or their school bag if appropriate.

3.6. Asthma Emergency Response Plan

If a student is:

- Having an asthma attack
- 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 a reliable student to locate the student's reliever, the Asthma Emergency Kit and the student's Asthma Care 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 Symbicort every 4 minutes – up to 3 doses of Symbicort).
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.

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a. Staff will call Triple Zero "000" immediately if:
   - The person is not breathing
   - If the person 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 – staff will follow their Anaphylaxis Action Plan, then give asthma first aid
   - At any time, the student's conditions suddenly worsen or are not improving
   - Staff are otherwise concerned about the student's health and safety.

3.7. Training For Staff

Nelson Park School will arrange the following Asthma management training for staff:

Staff	Completed by	Course	Provider	Cost	Valid for
All Staff	School staff with direct teaching roles 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.
Specific Staff	Staff working with high-risk children with a history of severe asthma, or with direct student wellbeing responsibility (such as nurses, first aid officers, camp organisers) or in high-risk teaching areas (such as PE/Sport, home economics or cooking teachers).	Course in management of Asthma Risks and Emergencies in the Workplace – 22556VIC (accredited).	Any RTO that has this course in its scope of practice	Paid by Nelson Park School.	3 years.

Nelson Park School will also provide 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.

3.8. Asthma Emergency Kit

Nelson Park School will provide and maintain at least two Asthma Emergency Kits. One kit will be kept on school premises in the sick bay, and one will be a mobile kit for activities such as:

- Yard duty
- Camps and excursions

Nelson Park school will look into providing an additional kit depending on student numbers.

The Asthma Emergency Kit will contain:

- At least 1 blue or blue/grey reliever medication such as Airomir, Admol or Ventolin.

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- At least 2 spacer devices (for single person use only) to assist with effective inhalation of the blue or blue/grey reliever medication (Nelson Park School will ensure spare spacers are available as replacements). Spacers will be 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 for recording the details of an asthma first aid incident, such as the number of puffs administered.

The first aid officer 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 place 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. If the devices come into contact with someone's mouth, they will not be used again and will be replaced.

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

3.9.Management of Confidential Medical Information

Confidential medical information provided to Nelson Park School to support a student diagnosed with asthma will be:

- Recorded in 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.

3.10 Epidemic Thunderstorm Asthma

Nelson Park school 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.

4. COMMUNICATION:

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

- School Website (publicly accessible)
- Compass

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- Staff handbook
- Staff Induction
- Enrolment packs

3.12Epidemic Thunderstorm Asthma

Nelson Park School 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.

- In the case of a Thunderstorm Asthma Event, where practical, all students will remain inside during Engaged Play activities. This will be an extreme weather timetable.

5. FURTHER INFORMATION AND REFERENCES:

Further information and resources can be found at the following websites:

- Asthma Australia: Resources for schools
- Asthma Australia: Asthma emergency kits
- Policy and Advisory Library:
  - Asthma
  - Treating an asthma attack.

The Nelson Park School Asthma Policy is to be read in conjunction with the following policies:

- Administration of Medication Policy
- Anaphylaxis Policy
- First Aid Policy
- Health Care Needs Policy.

6. APPENDIX:

Appendix a: Emergency Management for Asthma

7. EVALUATION:

This policy will be reviewed as part of the school's one-year review cycle.

Policy last reviewed	26/02/2026
Approved by	Principal
Next scheduled review date	March 2027

Appendix a.

ASTHMA FIRST AID

Blue/Grey Reliever

Airomir, Asmol, Ventolin or Zempreon and Bricanyl

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma

DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:

- is not breathing
- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- **is known to have anaphylaxis. ALWAYS GIVE ADRENALINE AUTOINJECTOR FIRST, and then Reliever even if there are no skin symptoms**

1 SIT THE PERSON UPRIGHT

- Be calm and reassuring
- Do not leave them alone

2 GIVE 4 SEPARATE PUFFS OF RELIEVER PUFFER

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
  - **Repeat** until 4 puffs have been taken

If using **Bricanyl**, give 2 separate inhalations (5 years or older)

3 WAIT 4 MINUTES

- If breathing does not return to normal, give **4 more separate puffs** of reliever as above

Bricanyl: Give 1 more inhalation

IF BREATHING DOES NOT RETURN TO NORMAL

4 DIAL TRIPLE ZERO (000)

- Say '**ambulance**' and that someone is having an asthma attack
- Keep giving **4 separate puffs every 4 minutes** until emergency assistance arrives

Bricanyl: Give 1 more inhalation **every 4 minutes** until emergency assistance arrives

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1800 ASTHMA (1800 278 462)
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