

# ASTHMA POLICY

## (HEALTH & SAFETY)



### DATE:

#### PURPOSE

This asthma policy has been developed to ensure that all students and staff attending Warragul Regional College understand the dangers of asthma and how they can be minimised. The practices in this policy will be applied to all college activities including sports carnivals, excursions and camps.

Asthma affects up to *one in seven teenagers* it is important for teachers to be aware of asthma, its symptoms and triggers and, most importantly, the management of asthma in the school environment.

#### GUIDELINES

Symptoms of asthma commonly include:

- difficulty in breathing
- wheezy breathing (a whistling noise from the chest)
- cough (usually dry and irritating)
- tightness in the chest
- difficulty in speaking

Every student with asthma attending the school should have a written asthma management plan filled out by their family doctor or paediatrician, in consultation with the student's parent/guardian. This should be attached to the student's records and updated annually, or more frequently if the student's asthma changes significantly.

Proforma copies of school and camp asthma management plans are available from Asthma Victoria or from Asthma Victoria's website at [www.asthma.org.au](http://www.asthma.org.au)

The management plan should include:

- usual medical treatment (medication taken on a regular basis when the student is 'well' or as premedication prior to exercise)
- a written action plan detailing medications to be used in cases of deteriorating asthma. This should include how to recognise worsening symptoms and what to do during an acute attack. This action plan is to be provided by the student's doctor and should be easily accessible to all staff. Staff should identify high risk asthma students and ensure their action plans are updated regularly
- name, address and telephone number of an emergency contact
- name, address and telephone number (including an after-hours number) of the student's doctor.

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### IMPLEMENTATION

- Ensure that all new students who enrol at Warragul Regional College notify the college through the enrolment form that the student is an asthmatic.
- Ensure that existing students who may develop asthma at a later date notify the college in writing. Parents are to be notified of this practice via Worth Reading and the January college mail out.
- Ensure that parents of asthmatic children know that they must provide a documented asthma management plan and that copy of this plan is taken on camps etc.
- Ensure that staff are trained to recognise the symptoms of an asthma attack and how to treat it.

Asthma attacks can be:

- Mild: This may involve coughing, a soft wheeze, minor difficulty in breathing, and no difficulty speaking in sentences.
- Moderate: This may involve a persistent cough, loud wheeze, obvious difficulty in breathing, and able to speak in short sentences only.
- Severe: The student is often very distressed and anxious, gasping for breath, unable to speak more than a few words, pale and sweaty, and may have blue lips.

That Warragul Regional College become an Asthma Friendly School.

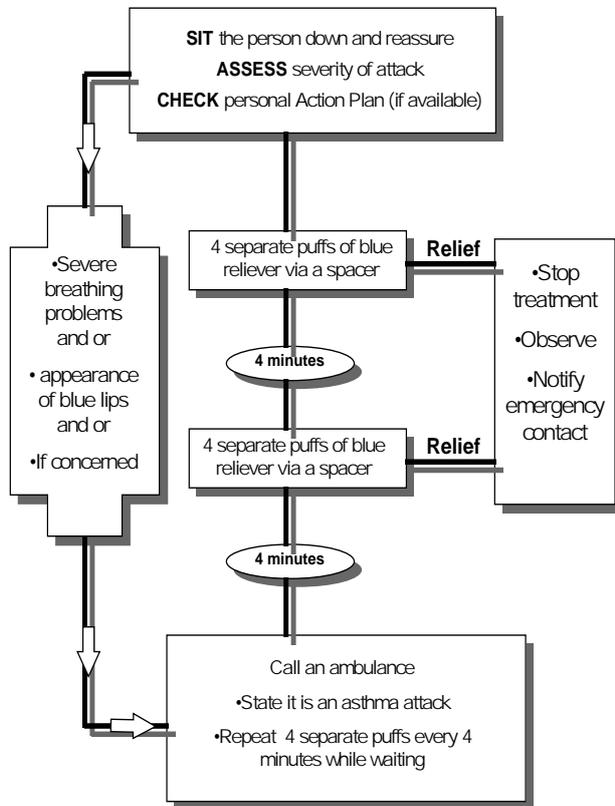
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## *Emergency Asthma Protocol*



### **EVALUATION**

This policy is to be evaluated at least every three years and updated sooner should the information contained in it become outdated.