

# Guildford Grammar School: asthma guidelines



**Asthma affects around 11% of Australian children and is one of the most common reasons for school absenteeism and hospital admission in school aged children.**

Guildford Grammar School is committed to providing a safe and supportive environment where children with asthma can participate in all aspects of their schooling.

Asthma attacks must be identified quickly and treated correctly to ensure the best outcome for students affected. Teachers and staff must be aware of the symptoms, triggers and best practice management of asthma so they can assist their asthmatic students whilst on the school grounds and at activities off campus.

In recognising the prevalence of asthma in our school community, a reliever puffer (Ventolin) and spacer are provided in every first aid kit in the school as well as every sporting first aid kit and excursion/tour kit.

## Responsibilities

### Students:

- It is the responsibility of students with asthma to carry their asthma medication and spacer with them, or have easy access to them as required.

### Parents:

- Must inform the school at enrolment about their child's asthma.
- Must provide an up to date Asthma Care Plan reviewed by their GP, and ensure contact details of parents/carers are updated as necessary.

### Staff:

- Must know the identity of students in their care with asthma, understand the triggers and be familiar with their student's asthma care plan as provided.
- Know the school's first aid emergency procedures in relation to asthma which includes an understanding of the Asthma First Aid Action Plan, and where the school's emergency reliever medications and spacers are kept.
- Undertake asthma online training every 3 years as part of the ongoing professional learning.
- Are familiar with the Asthma First Aid Action Plan as provided by Asthma Australia (please see attached). If the student does not respond to the Asthma First Aid Action Plan or his own medication, the medical centre and/or nursing staff are notified ASAP.
- Ensure students who have been diagnosed with asthma, carry their blue reliever medication with them at all times while at school and while off school campus during sporting and extra-curricular activities.

### Nursing Staff:

- Every first aid kit in the school is provided with a Ventolin puffer and a disposable spacer. The nurses ensure the reliever puffer is regularly checked and in date.
- Ensure the school is familiar with those students with asthma and their individual triggers as identified on their Asthma Care Plans.

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## ASTHMA STRATEGY:

# Exercise- induced asthma

Exercise is important for health and development, and as such students with asthma should not be restricted in their activity and therefore encouraged to get involved in Guildford Grammar School's vigorous sporting calendar.

The following guidelines have been produced by the Asthma Foundation for dealing with Exercise Induced Asthma (EIA).

### Before exercise:

- Students with exercise induced asthma should use their blue reliever or doctor recommended medication 5-20 minutes before exercising.
- The student should always warm up before exercise and have their reliever medication on hand.

### During exercise:

- If symptoms occur, stop activity and take reliever medication.
- Return to activity only if free of symptoms, and
- If symptoms re-occur, take reliever medication and do not return to activity.

### After exercise:

- Cool down and be alert for asthma symptoms.

**Parents should always be notified if their child has had an asthma incident that has resulted in them being pulled from play and unable to return to the activity.**

Please see attached: *Asthma First Aid Guidelines*



For more information on asthma, visit Asthma Australia at [www.asthmaaustralia.org.au](http://www.asthmaaustralia.org.au)