

Training for Schools

Asthma Awareness

School Nursing Service 2014

Your partner in health



Welcome & Introduction

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Policy context

New statutory guidance from the Department for Education (2014) Supporting pupils at school with medical conditions.

- <https://www.gov.uk/government/publications/supporting-pupils-at-school-with-medical-conditions--3>

Includes Templates for Care-plans and links to other useful resources



Aims & objectives

- We will explain **asthma** a very common condition suffered by many children and young people. A simple plan can help them to manage their asthma safely.

We have lots to get through but please ask questions as we go along!



ASTHMA AWARENESS

- 1 in 11 children are currently receiving treatment for asthma in the UK
- A frequent cause of absence. Overall 28,000 children are admitted to hospital each year because of asthma
- Most common reason for pupil to take medication during school hours



What is Asthma?

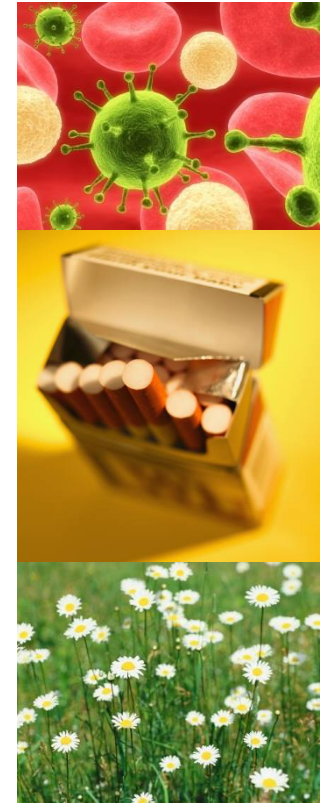
When a person with asthma comes into contact with something that irritates their airways (an asthma trigger), the muscles around the walls of the airways tighten so that the airways become narrower and the lining of the airways becomes inflamed and starts to swell. Sometimes, sticky mucus or phlegm builds up, which can further narrow the airways.

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TRIGGERS

- Viral infections
- House dust mites
- Cigarette smoke
- Mould and damp
- Pollen and grass cuttings
- Furry and feathery animals
- Chemicals and fumes
- Exercise – very common



The usual symptoms of asthma in children are:

- wheezing, or a whistling noise in the chest
- getting short of breath
- coughing, particularly at night and after exercise
- feeling tight in the chest – sometimes children will describe this as their chest hurting or even a tummy ache.
- Difficulty speaking in full sentences or unusually quiet

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MANAGING THE CONDITION

- Trigger avoidance (except exercise induced)
- Relievers and Preventers
 - Relievers (Typically blue) in school - dilate the airways and relax the muscles, relieve symptoms and treat asthma attacks.
 - Preventers (Typically brown/orange) - reduce swelling and stops airways from being so sensitive, given regularly to prevent attacks.
- Regular reviews by GP/Practice Nurse
 - A well controlled asthmatic should not need to use their reliever inhaler more than twice a week (except exercise induced asthmatics).



Relievers

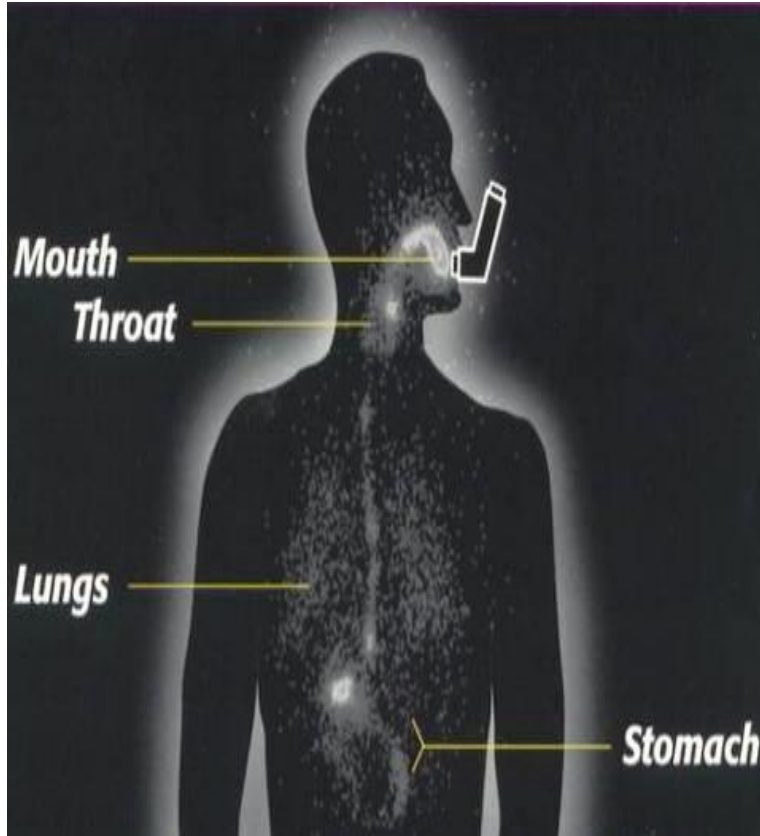
Bronchodilators



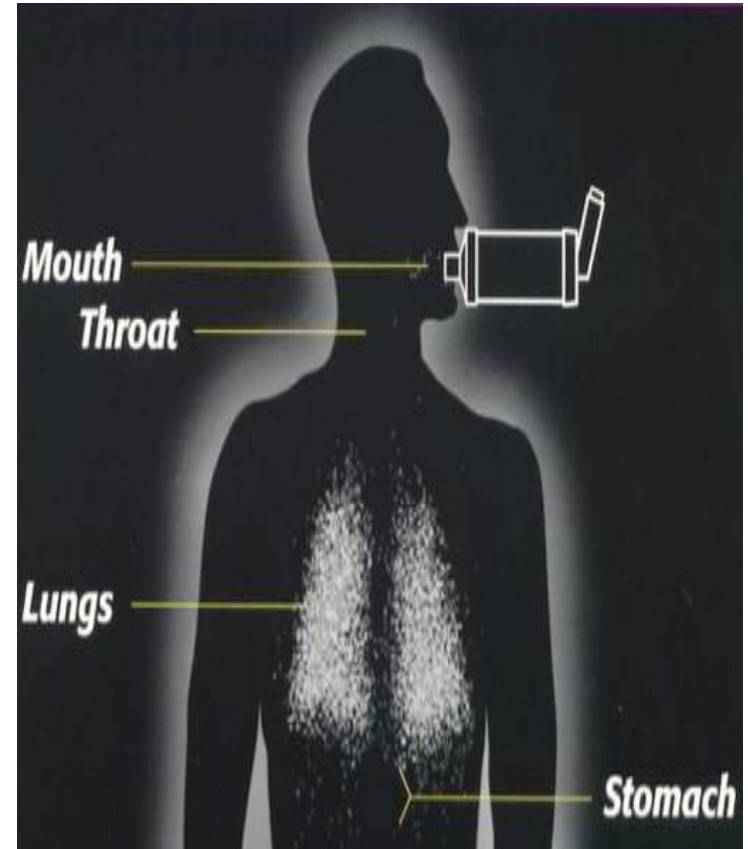
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Is spacer device essential with Metre Dose Inhaler?



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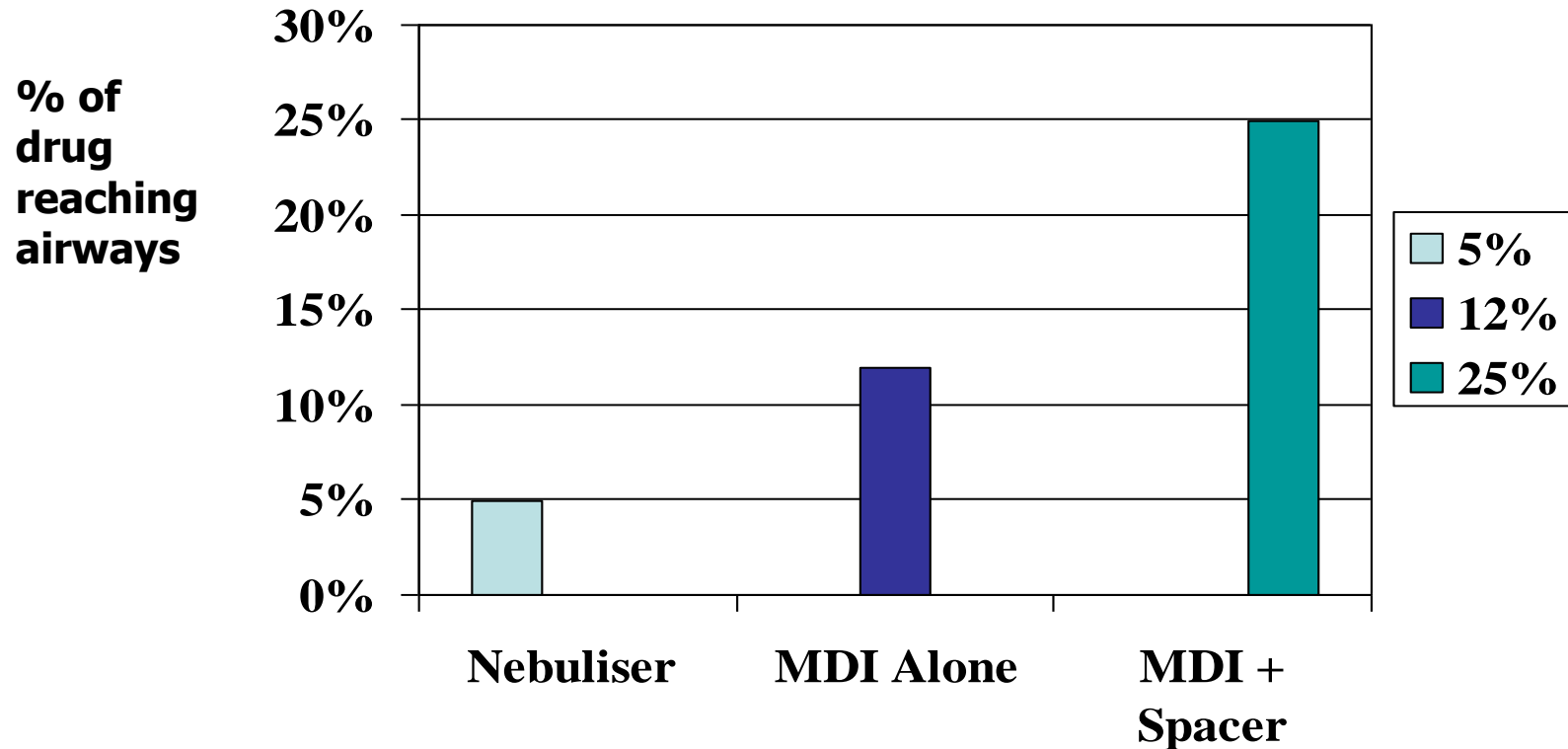


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Drug delivery to airways is vital for asthma symptom control



Breathe Easy No 53 Summer 2004 issue

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Call for an ambulance if....

- Symptoms don't improve within 5 minutes of taking relieving medication
- Child unable to complete a sentence in one breath
- Child appears exhausted
- Child starts turning blue
- You are worried at any time!

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What to do in an emergency...

- Send for medication, administer, monitor and record information.
- Keep child still and as calm as possible (It is very frightening being short of breath!)
- Keep child upright and in a well ventilated area
- Give lots of reassurance and stay with the child



Step 1: ■ Help the child to take their usual dose of reliever inhaler (usually blue) immediately, preferably through a spacer.

Step 2: ■ Sit the child upright.
■ Get them to take slow steady breaths.
■ Keep calm and reassure them.
■ Do not leave them alone.

Have the symptoms improved immediately?

How to deal with an asthma attack



Step 1: ■ Help the child to take their usual dose of reliever inhaler (usually blue) immediately, preferably through a spacer.

Step 2: ■ Sit the child upright.
■ Get them to take slow steady breaths.
■ Keep calm and reassure them.
■ Do not leave them alone.

No

Have the symptoms improved immediately?

Yes

Continue to sit with the child until they are feeling completely well and can go back to previous activity.

No

Contact their parents or carers and inform them about the situation.

Step 3:

Step 4:

Step 5:

Step 3: ■ Continue to give two puffs of reliever inhaler (one puff at a time) every two minutes, up to ten puffs.

Step 4: ■ If the child does not start to feel better after taking the reliever inhaler as above or if you are worried at any time call 999.

Step 5: ■ If an ambulance does not arrive within ten minutes repeat step 3 while you wait.

Common signs of an asthma attack include any one or more of the following:

- coughing
- shortness of breath
- wheezing
- tightness in the chest
- being unusually quiet
- difficulty speaking in full sentences
- lips are blue.

Contact carers about the situation.

Contact their parents or carers and inform them about the situation.

- Asthma UK publish guides and posters detailing 'How to deal with an asthma attack'

<http://www.asthma.org.uk/advice-resources-for-teachers>



From 1st October 2014

- The Government laid before Parliament on 18th July the Human Medicines (Amendment No. 2) Regulations 2014.
<http://www.legislation.gov.uk/id/uksi/2014/1878>
- These Regulations amend the Human Medicines Regulations 2012, to allow schools to hold stocks of asthma inhalers containing salbutamol for use in an emergency. These regulations come into effect on 1st October 2014.
- From this date onwards, schools can buy inhalers and spacers in small quantities provided it is done on an occasional basis and is not for profit.



Emergency Inhalers Guidance

The emergency salbutamol inhaler should only be used by children:

- who have been diagnosed with asthma, and prescribed a reliever inhaler;
- OR who have been prescribed a reliever inhaler;

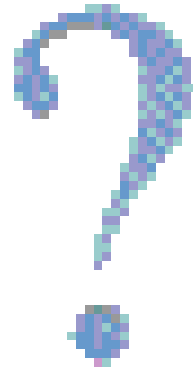
AND for whom written parental consent for use of the emergency inhaler has been given.

This information should be recorded in a child's individual healthcare plan.

- Schools which choose to keep an emergency inhaler should establish a policy or protocol for the use of the emergency inhaler based on this guidance. <https://www.gov.uk/government/publications/emergency-asthma-inhalers-for-use-in-schools>



Questions



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References

- Medicines and Healthcare Products Regulatory Agency (MHRA) (June 2014)
<http://www.mhra.gov.uk/Safetyinformation/DrugSafetyUpdate/CON418520>
- Asthma UK <http://www.asthma.org.uk/advice-children-and-asthma> and
<http://www.asthma.org.uk/advice-resources-for-teachers> to download 'How To Deal With An Asthma Attack' poster.
- Department of Health (2014) Emergency asthma inhalers for use in schools.
<https://www.gov.uk/government/publications/emergency-asthma-inhalers-for-use-in-schools>
- Department for Education (2014) Supporting pupils at school with medical conditions. <https://www.gov.uk/government/publications/supporting-pupils-at-school-with-medical-conditions--3>



Further information

- www.asthma.org.uk
- [Nice Guidance](#)
- [Asthma Pathway:](#)
<http://pathways.nice.org.uk/pathways/asthma/asthma-overview>
- [British Thoracic Society:](#) <https://www.brit-thoracic.org.uk/document-library/clinical-information/asthma/btssign-asthma-guideline-2014/>
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Or contact your local School
Nursing team

www.hertschs.nhs.uk

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