Asthma Management Guidelines
Asthma Management Guidelines (updated September 2012)

MISSION STATEMENT
In the spirit of John XXIII, Mary Ward and Ignatius Loyola, our College seeks to develop people of competence, conscience and compassion who are committed to God and the service of others.

Rationale
The College has a duty of care to provide a safe, healthy and supportive environment for all staff and students. John XXIII College is registered as an ‘Asthma Friendly School’ with The Asthma Foundation of Western Australia.

What is Asthma?
As we breathe, air moves in and out of the lungs through branching airways. People with asthma have sensitive or “twitchy” airways. When they are exposed to certain “triggers” (eg. Cigarette smoke, dust, exercise), their airways narrow making it hard for them to breathe.

- The main symptoms of asthma are:
  - Wheezing – a high pitched raspy sound on breathing
  - Coughing
  - Shortness of breath
  - Tightness in the chest
- These symptoms vary from person to person, and from time to time within the same person. Some people have all the symptoms, while some may only have a cough or wheeze. Symptoms can also vary considerably in intensity.

First Aid for Asthma
If a student has difficulty breathing or his/her asthma deteriorates John XXIII College follows the Asthma First Aid Plan by The Asthma Foundation of Western Australia. Staff to Follow First Aid Procedures.

Role of the College
- Parents complete and sign Medical Information on their child/ren at enrolment or as part of regular health updates.
  If a child has asthma, the asthma section should be completed by the parent/guardian.
- Ensure staff are aware of students with asthma by accessing information on College Database and this information is also available on hard copy in staff room.
- Ensure staff are given information and follow the management on Asthma first aid by The Asthma Foundation of Western Australia.
- Reliever medication(with asthma action plan) and spacers placed in all first aid kits.
• Ensure adequate staff have a current first aid qualification.

• Staff must never leave a student alone having an asthma attack. Staff must give immediate emergency asthma treatment.

• Ensure staff consider the needs of the child with asthma before planning class parties, excursions, camps, exams and sporting activities.

• Arrange Asthma Friendly seminar updates for staff facilitated by the Asthma Foundation of Western Australia.

• Asthma first aid poster placed in staff room, library, sport department, Health centre.

• Parents will be contacted if student has asthma symptoms of concern.

• Students who communicate any negative comments or behaviour towards a student with asthma, will be addressed by the College Anti-Bullying Policy.

Role of the Parent and Student

• Parents/carers are responsible for the provision of accurate, up to date health information about their child. Parents/carers complete and sign a medical information form on enrolment or as part of regular health updates.

• Information on child’s asthma is completed under asthma section on medical form. Parents encouraged to supply child’s Asthma Action Plan completed by doctor.

• Parents/Guardian should educate their child/ren on how to manage their Asthma at school. As soon as a child is old enough, the child must keep their reliever medication on them at all times.

• Parents/Guardian should inform teacher, College nurse of any changes to their child’s asthma.

• Parent/Guardian should keep their child at home if he/she is not well enough to attend school.

• Student must carry their reliever medication on them at all times.

• Student must attend health centre if feeling unwell with asthma symptoms.

Reference
Asthma Foundation of Western Australia