



# Australian Islamic College Adelaide

## Asthma & Anaphylaxis Care Policy and Procedure

Address: 22A Cedar Ave, West Croydon, SA 5008

Tel: (08) 8340-7799 Email: [info@aic.sa.edu.au](mailto:info@aic.sa.edu.au) Website: [aic.sa.edu.au](http://aic.sa.edu.au)

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## **Asthma and Anaphylaxis Care for Students**

This Policy is to be read in conjunction with other Australian Islamic College policies, including the Incident, Injury, Trauma, Illness and First Aid Policy and Excursion Policy NQF SA.

People with asthma have sensitive airways in their lungs. When exposed to certain triggers their airways narrow, making it hard for them to breathe. Trigger factors that may lead to an asthma attack include colds/flu, exercise, pollens, changes in temperature, dust mites and cigarette smoke. The triggers vary from person to person. The main symptoms of asthma are shortness of breath, wheezing, coughing and tightness in the chest.

### **Asthma Medication**

School staff are informed regarding the student's appropriate medication and how to administer it in the event of an asthma attack.

There are three main groups of asthma medications.

#### **1. Relievers:** Inhaled medications – Airomir, Asmol, Bricanyl, Ventolin (blue)

Relievers provide relief from asthma symptoms within minutes by relaxing the muscles around the airways for up to four hours.

Students should always carry their blue reliever medication at school in case they need to use it, particularly for an asthma emergency. If they are using their reliever medication more than three times per week to ease symptoms it may be a sign that their asthma is not well controlled. Suggestion should be made that they have their asthma checked by their doctor.

#### **2. Preventers:** Inhaled medications – Alvesco (rust), Flixotide (orange), Intal Forte (white), Pulmicort, Qvar (brown), Tilade (yellow); Oral medications – Singulair.

Students with moderate to severe asthma may use preventers. Students usually take these medications at home, however, they may be seen out of normal school hours eg. at school camps.

#### **3. Symptom Controllers:** Foradile (pale blue), Oxis, Serevent (green).

These are long-acting relievers that help to relax the muscles around the airways for up to 12 hours. They are taken daily, usually at morning and night.

### **Purpose**

- a. To administer asthma treatment and life support when in need, in a competent and timely manner for all staff, students and/or visitors.
- b. To communicate with parents of asthmatic children, when considered necessary.
- c. To provide resources and training to cater for the administering of asthma assistance.
- d. Staff are educated by the College to assist in the administering of medication in an Asthma First Aid situation.
- e. To encourage preventative measures to minimise risk and promote safety.

## Guidelines

- The enrolment office will give sufficient details to the teachers and First Aid officers regarding a child's asthmatic condition. Parents will be requested to complete and submit a Student Health Form and Medicine Administration Form.
- The Principal will ensure sufficient information is given to the staff.
- First Aid kits will be available throughout the school.
- A wheel chair, if required, is kept in the First Aid room.
- Staff are given sufficient information with a list of asthmatic students.
- All asthmatic students have their medication in class.
- In the event of a student complaining of being 'wheezy' or having difficulty breathing, they should be requested to take their own inhaler.
- If the teacher is not satisfied that the inhaler is taking effect, another student is sent to fetch the First Aid Officer.
- **In the school field:** Staff on duty during lunch, recess and PE should be aware of the list of asthmatic students. When a student complains, staff will immediately contact the First Aid Officer.
- Staff are required to carry a mobile phone when on duty or conducting a PE lesson on the field or courts.
- **Off school premises (excursions, trips, etc):** All teachers / group leaders on off-site activities are to have a list of the asthmatic students in their care and will be informed of any other relevant medical information (refer to Excursion Policy).
- The College and teachers have a responsibility to take reasonable steps to ensure the safety of all students under their control and supervision.
- Teachers must respond to all elements of foreseeable risk and take reasonable steps to ensure that a student does not risk injury and that the health of the student is not put at risk.
- The College will communicate with parents / guardians and reach agreements regarding their respective responsibilities.
- Teachers must administer medication and provide assistance to student's in an emergency situation where a teacher is reasonably aware of, and able to take some action, which could reduce or prevent harm to the student. To do otherwise, may constitute a breach of their duty of care to the student.
- In the case of a serious asthma attack, administer First Aid as required and at the same time an ambulance will be called and parents will be informed. Dial 000 for emergencies.

## **School's Responsibility**

Listed below are practices to be undertaken at the College to fulfil the College's responsibility to students with asthma:

- Request medical information from parents / guardians on all new students in the College to ensure the College is aware of all students with asthma or severe allergies.
- Keep a record of students with asthma eg. with College medical records and recording in a database.
- Provide teachers with a list of students in their care who have asthma.
- Asthma Awareness lessons.
- Students to be encouraged to carry their reliever medication (Ventolin, Airomir, Asmol, Bricanyl, or other Doctor recommended reliever medication) at all times and to take the medication immediately should symptoms develop.
- If a major asthma attack occurs and a puffer does not work, an ambulance will be called.

## **Parent's Responsibility**

- Parents are responsible for advising the school of the student's asthma condition and for working with the school to ensure the school meets the student's health care needs.
- The College requires the parents or guardians of the student to provide information to the school for the long-term and day to day care, welfare and development of the child.
- At the beginning of enrolment, parents / guardians will be requested to complete a Student Medical Record form for their child with asthma (Medical Condition). Parents / guardians will be requested to notify the school if there are any changes to these notification forms.
- Parents should ensure their child has an adequate supply of appropriate medication and that the medication is current and correctly labelled.

## **Asthma Education of Staff / Parents / Guardians**

From time to time the Australian Islamic College organises The Asthma Foundation to conduct an Asthma Education Session for all staff. During these sessions, essential asthma management topics will be covered including: symptoms, triggers, medications, how to assess an asthma attack and importantly, how to handle an asthma emergency. An asthma education session can also be conducted for parents / guardians.

## Emergency Procedure of an Attack

*(Please refer to Appendix 1 for Action Plan for ANAPHYLAXIS)*

The severity of an asthma attack can be determined by symptoms which **may** involve:

- **Mild:** Coughing, soft wheeze, minor difficulty in breathing and no difficulty speaking in sentences.
- **Moderate:** Persistent cough, loud wheeze, obvious difficulty in breathing and able to speak in short sentences only.
- **Severe:** Distress and anxiousness, gasping for breath, unable to speak more than a few words, pale and sweaty and may have blue lips.

Regardless of whether an attack of asthma has been assessed as mild, moderate or severe, emergency procedure (as detailed below) must commence immediately.

If the person's condition suddenly deteriorates or you are concerned at any time call an ambulance immediately (Dial 000) and state that the person is having an asthma attack.

In an asthma emergency, follow the Asthma First Aid Plan on the student's Asthma Record. If the documentation is not available, follow the Asthma Medical Emergency Plan below.

If a person has difficulty breathing and is not known to have asthma, call an ambulance immediately and follow the Asthma Medical Emergency Plan below. No harm is likely to result from giving a blue reliever puffer.

### Asthma Medical Emergency Plan

In the event of an attack, the First Aid Plan on the student's Asthma Record should be followed. If documentation is not available, the steps below should be taken immediately. Should the student's own blue Reliever medication (Ventolin, Airomir, Asmol, or Bricanyl) not be available, a blue Reliever puffer should be obtained from a First Aid Kit, or borrowed from another student / staff member and given without delay. It does not matter if a different brand of blue Reliever medication (Ventolin, Airomir, Asmol, or Bricanyl) is used as all of these medications act in the same way.

**Step 1** Sit the student upright and provide reassurance. Do not leave the student alone.

**Step 2** Give 4 separate puffs of a blue Reliever.

The medication is best given one puff at a time via a spacer device. Ask the person to take 4 breaths from the spacer after each puff of medication. If a spacer is not available, use the blue reliever puffer on its own.

**Step 3** Wait 4 minutes.

**Step 4** If there is little or no improvement, repeat steps 2 and 3.

If there is still no improvement, call an ambulance immediately (Dial 000). Continue to repeat steps 2 and 3 while waiting for the ambulance.

\*A Bricanyl Turbuhaler may be used in First Aid treatment if a puffer and spacer is unavailable.

Blue Reliever medications are safe and it is not possible to overdose by following the instructions outlined. However, it is important to note the student may experience harmless side effects of shakiness, a fast heart or hyperactivity. These side-effects are considered 'normal' and will wear off.

### **What if it is the first attack of asthma?**

Staff are always concerned about the unpredictable possibility that a student in their care may experience their first asthma attack. Another major concern is the effect of blue reliever medication if it turns out that the student is not suffering from asthma.

Schools should be informed that it is important to call an ambulance for any first asthma attack (or a suspected first asthma attack) and that the use of blue reliever medication is extremely safe. Treatment could be lifesaving and will not be harmful even if the problem was not due to asthma. Blue reliever puffer medication is extremely safe and acceptable to be used in this circumstance.

It is essential that parents / guardians are informed of any asthma episode of their child and as much information as possible is made available. The College will record any medical treatment given to students in their care.

**APPENDIX A – Student Health Form**

**AUSTRALIAN ISLAMIC COLLEGE  
STUDENT HEALTH FORM**

***STRICTLY CONFIDENTIAL***

**THIS INFORMATION WILL ENABLE THE COLLEGE TO PROVIDE  
HEALTH CARE FOR YOUR CHILD.**

**STUDENT DETAILS**

Date: \_\_\_\_\_

Student's name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Parent/guardian's full name: \_\_\_\_\_

Address: \_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone number: Home: \_\_\_\_\_

Work: \_\_\_\_\_

Mobile: \_\_\_\_\_

Name of family doctor: \_\_\_\_\_

Telephone number: \_\_\_\_\_ Medicare number: \_\_\_\_\_

Health conditions:

Is your child subject to seizures fainting, epilepsy, diabetes, asthma or any other condition that may affect his or her safety during the excursion?

Yes     No

If "yes" please give details:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is your child allergic to: (please tick)

Please give details:

Any medications	
Any food	
Any insect stings	
Other	

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Date of last tetanus vaccination: \_\_\_\_\_

**Medication:**

Parent/guardians are requested to make arrangements with the teacher-in charge for the safekeeping and handling of prescribed medications prior to the excursion.

Does your child presently taking tablets and / or other forms of prescribed medication? YES  NO

Does your child self-administer the medication? YES  NO

If "yes" state name of Medication, dosage and frequency of use:

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Does your child have a current Health Care Plan at school? YES  NO

**Other information:**

Please provide any other information about your child which will enable staff to provide better care for your child.

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Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

## APPENDIX B – Action Plan for Anaphylaxis

### Action Plan for ANAPHYLAXIS

#### INDEX:

1. Names of students with severe allergies.
2. Moderate to Mild Allergic Reaction and Action to be taken.
3. Severe Allergic Reaction and Action to be taken.
4. How to Administer the EpiPen or EpiPen Jr.

### NAMES OF STUDENTS WITH SEVERE ALLERGIES

A list of students with severe responses to allergies or asthma to be posted in the staff room with a photograph for easy identification. Information to include:

1. Student name
2. Photograph
3. Year level
4. Allergies
5. EpiPen locations

### Action Plan for ANAPHYLAXIS

#### SEVERE Allergies:

- Peanuts
  - Nuts
  - Eggs
  - Legumes
  - Kiwifruit
- \* A child can have any of the above allergies \***

#### MILD to MODERATE ALLERGIC REACTION:

- Swelling of lips, face, eyes
- Hives or welts
- Abdominal pain, vomiting (**these are also signs of a severe allergic reaction to insects**)

#### Action:

*\*For insect allergy, flick out sting if it can be seen (but do not remove ticks)\**

- Stay with the child and call for help
- Give medications (if prescribed)
- Locate EpiPen or EpiPen Jr
- Contact parent / guardian or family's emergency contact
- Stay with the child until help arrives

**\*\*WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS\*\***

#### ANAPHYLAXIS (SEVERE ALLERGIC REACTION):

- Difficulty / noisy breathing
- Swelling of tongue
- Swelling / tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Loss of consciousness and/or collapse
- Pale and floppy (young children)

#### Action:

1. Give EpiPen or EpiPen Jr
2. Call ambulance (Dial 000)
3. Lay person flat and elevate legs. If breathing is difficult, allow to sit, but not to stand.
4. Contact parent / guardian or family emergency contact
5. Further adrenaline doses may be given if no response after 5 minutes (if another adrenaline auto injector is available).

**\*\*\*If in doubt, give EpiPen or EpiPen Jr\*\***

## HOW TO ADMINISTER THE EPIPEN OR EPIPEN JR

1. Remove the EpiPen from the plastic container.



2. Remove the grey cap from the end of the EpiPen.



3. Hold the EpiPen tightly in the palm of your hand. Place black tip gently against the outer thigh (at right angle to leg). Push down HARD until you hear or feel a 'click'. Hold in place for 10 seconds.



4. Remove the EpiPen from thigh, being careful not to touch the needle. Massage the injection site for 10 – 20 seconds. Apply firm pressure with a clean cloth. Record time EpiPen was given. Call an ambulance.



**APPENDIX C – Medicine Administration Request form**

**AUSTRALIAN ISLAMIC COLLEGE**

**MEDICINE ADMINISTRATION REQUEST FORM**

Child's name	
Name of prescribing doctor	
Condition medication prescribed for	
Name of medication	
Dosage and time of dosage	
Instructions	
Name of parent	
Contact number of parent	

I request that my child \_\_\_\_\_ be allowed to take medication during the time they are at the Australian Islamic College. I understand this will be either in the College or out on excursions at various other facilities. The details of the medication, prescribing doctor, dosage and administration guidelines have been outlined above and to the best of my knowledge are accurate. I understand that depending on the nature of the medication, staff at the College may need to obtain relevant information from the prescribing doctor or pharmacist.

I agree to observe the conditions imposed by the College and understand that it is my responsibility to inform the Coordinator of any changes involving the administration of the medication. I also acknowledge that the staff of Australian Islamic College are not responsible in any way whatsoever for any damage or injury that may occur to my child after the administering of this medication as per the instructions as outlined above.

Parent/Guardian Signature: .....

Parent/Guardian Name: .....

Date: .....