



MARIAN COLLEGE

ASTHMA GUIDELINE

Introduction

Marian College (the College) is committed to providing, as far as is practical, a safe and supportive environment in which students at risk of asthma can participate equally in all aspects of the student's schooling. The purpose of this policy is to explain to the College Parents & Guardians, staff and students the processes and procedures in place to support students diagnosed with asthma.

The College will follow the guidelines of the Asthma Foundation of Victoria for the implementation of individual action plans for those students who suffer from asthma.

This guideline applies to:

- All staff, including casual relief staff, contractors and volunteers.
- All students who have been diagnosed with asthma or who may require emergency treatment for asthma and their Parents & Guardians.

The College will ensure that students who suffer from asthma are identified and an Asthma Action Plan is provided by the family and stored and accessible to relevant staff at Marian College.

The College will ensure all staff receive regular training in asthma treatment practices with the Asthma First Aid Management for Education Staff online by the Asthma Foundation of Australia, valid for 3 years with annual refresher training during all staff onsite run training schedules.

The College will ensure each identified student's Asthma Action Plan is:

- Updated annually as part of the re-enrolment process.
- Is updated if there is a change in medication or medical status.
- Resides in the student's personal file and can be accessed at the front office.
- A copy of all Asthma Action Plans will reside in the front office where they are easily accessible to first aid staff and front office staff.
- Any student identified as suffering from Asthma is tagged as such on school administration software.
- A list of asthma sufferers together with a copy of all Asthma Action Plans will be contained within a folder that is taken on all overnight camps.

Students attending Marian College will be:

- Encouraged to carry or have available their spacer (if one is used) and their own prescribed asthma medication and to self-administer as necessary.
- Encouraged to take reliever medication as soon as any asthma-like symptoms develop.

Parents & Guardians of asthmatic students attending Marian College:

- Will complete the written authority section of Asthma Action Plan for College staff to administer prescribed medications should their child need assistance.
- Will be responsible for ensuring that their child has an adequate supply of appropriate asthma medication at the College.
- Will provide an updated Asthma Action Plan annually or at any time changes occur.
- Parents & Guardians should consent to a photo of the student to be included as part of the students Asthma Action Plan.

Asthma emergency response plan

Step	Action
1	Sit the person upright <ul style="list-style-type: none"> • Be calm and reassuring. • Do not leave them alone. • See assistance from another staff member or reliable student to located the student's reliever, the Asthma Emergency Kit and the students Asthmas Action Plan. • If the student's action plan is not immediately available, use the Asthma First Aid as described in steps 2 to 5.
2	Give 4 separate puffs of blue or blue/grey reliever puffer: <ul style="list-style-type: none"> • Shake the puffer • Use a spacer if you have one • Put 1 puff into the spacer • Take 4 breaths from the spacer REMEMBER - Shake - Puff - 4 breaths
3	Wait 4 minutes <ul style="list-style-type: none"> • If there is no improvement, give 4 more separate puffs or blue/grey reliever as above (or give 1 more dose of Bricanyl or Symbicort inhaler)
4	If there is still no improvement call Triple Zero "000" and ask for an ambulance. <ul style="list-style-type: none"> • Tell the operator the student is having an asthma attack. • Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives (or 1 dose of Bricanyl or Symbicort every 4 minutes – up to 3 doses of Symbicort).
5	If asthma is relieved after administering Asthma First Aid, stop the treatment and observe the student. Notify the student's emergency contact person and record the incident.

Staff will call Triple Zero "000" immediately if:

- The person is not breathing.
- If the person's asthma suddenly becomes worse or is not improving.
- If the person is having an asthma attack and a reliever is not available.
- If they are not sure if it is asthma.
- If the person is known to have anaphylaxis.

Definitions

For the purpose of this policy the following terms are defined as follows:

Asthma	Demonstrating the values of honesty, trust, fairness, respect, and responsibility in all academic endeavours, including preparing and presenting work for assessment.
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Supporting Documentation:

- [Asthma Action Plan](#)
- Asthma Communication Plan

Legislation and Standards:

Disability Discrimination Act 1992 (Cth)
 Equal Opportunity Act 2010 (Vic.)
 Occupational Health and Safety Act 2004 (Vic.)

Document History

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ASTHMA ACTION PLAN

Take me when you visit your doctor



Photo (optional)

Name:

Plan date: Review date:

Doctor details:

EMERGENCY CONTACT

Name:

Phone:

Relationship:



WELL CONTROLLED is all of these...

- needing reliever medicine no more than 2 days/week
- no asthma at night
- no asthma when I wake up
- can do all my activities

Peak flow reading (if used) above

TAKE preventer

Name

morning night puffs/inhalations

• Use my preventer, even when well controlled • Use my spacer with my puffer

TAKE reliever

Name

puffs/inhalations as needed puffs/inhalations 15 minutes before exercise

• Always carry my reliever medicine



FLARE-UP Asthma symptoms getting worse such as any of these...

- needing reliever medicine more than usual OR more than 2 days/week
- woke up overnight with asthma
- had asthma when I woke up
- can't do all my activities

Peak flow reading (if used) between and

My triggers and symptoms

TAKE preventer

Name

morning night puffs/inhalations for days then back to well controlled dose

TAKE reliever

Name puffs/inhalations as needed

START other medicine

Name/dose/days/other treatments

MAKE appointment to see my doctor same day or as soon as possible



SEVERE Asthma symptoms getting worse such as any of these...

- reliever medicine not lasting 3 hours
- woke up frequently overnight with asthma
- had asthma when I woke up
- difficulty breathing

Peak flow reading (if used) between and

My triggers and symptoms

TAKE preventer

Name

morning night puffs/inhalations for days then back to well controlled dose

TAKE reliever

Name puffs/inhalations as needed

START other medicine

Name/dose/days/other treatments

MAKE appointment to see my doctor TODAY

• If unable to see my doctor, visit a hospital

OTHER INSTRUCTIONS

Other medicines, treatments, dose, duration, etc



EMERGENCY is any of these...

- reliever medicine not working at all
- can't speak a full sentence
- extreme difficulty breathing
- feel asthma is out of control
- lips turning blue

Peak flow reading (if used) below



1 CALL AMBULANCE NOW

Dial Triple Zero (000)



2 START ASTHMA FIRST AID

Turn page for Asthma First Aid

If you are using a dual purpose reliever, your doctor will discuss the correct plan for you.

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ASTHMA FIRST AID

Blue/Grey Reliever

Airomir, Asmol, Ventolin or Zempreon and Bricanyl

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma



DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:

- is not breathing
- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- **has a known allergy to food, insects or medication and has SUDDEN BREATHING DIFFICULTY, GIVE ADRENALINE AUTOINJECTOR FIRST (if available)**

1



SIT THE PERSON UPRIGHT

- Be **calm** and reassuring
- **Do not leave** them alone

2



GIVE 4 SEPARATE PUFFS OF RELIEVER PUFFER

- **Shake** puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer
 - **Repeat** until **4 separate puffs** have been taken



If using **Bricanyl** (5 years or older)

- **Do not shake.** Open, twist around and back, and take a deep breath in
- **Repeat** until **2 separate inhalations** have been taken

If you don't have a spacer handy in an emergency, take **1 puff** as you take **1 slow, deep breath** and hold breath for as long as comfortable. **Repeat** until all puffs are given

3



WAIT 4 MINUTES

- If breathing does not return to normal, give **4 more separate puffs** of reliever as above



Bricanyl: Give 1 more inhalation

IF BREATHING DOES NOT RETURN TO NORMAL

4



DIAL TRIPLE ZERO (000)

- Say '**ambulance**' and that someone is having an asthma attack
- Keep giving **4 separate puffs every 4 minutes** until emergency assistance arrives



Bricanyl: Give 1 more inhalation **every 4 minutes** until emergency assistance arrives