



Supportive, Cooperative, Adventurous

Equality and Diversity

Campfire Education Trust is committed to promoting equality of opportunity for all staff and job applicants. The Trust aims to create a supportive and inclusive working environment in which all individuals are able to make best use of their skills, free from discrimination or harassment, and in which all decisions are based on merit. We do not discriminate against staff based on age; race; sex; disability; sexual orientation; gender reassignment; marriage and civil partnership; pregnancy and maternity; religion, faith or belief (Equality Act 2010 protected characteristics). The principles of non-discrimination and equality of opportunity also apply to the way in which staff and Governors treat visitors, volunteers, contractors and former staff members.

Data Protection

Campfire Education Trust will process personal data of staff (which may be held on paper, electronically, or otherwise). Campfire Education Trust recognises the need to treat it in an appropriate and lawful manner, in accordance with the Data Protection Act 2018 (DPA).

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CHILD HEALTH POLICIES

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1. First Aid Policy

Introduction

Because of our concern for the well-being of others who are involved in our trust community, BMET is committed to the provision of adequate first aid for all students, staff and, where reasonably possible, for visitors as well. Our aim is to provide professional and appropriate first aid and to secure 'secondary' aid when necessary as quickly as possible. We seek always to treat a casualty, relatives and others involved in an incident with care, compassion and courtesy.

General Policies

BMET will ensure that:

1. a sufficient number of staff (i.e. so that a qualified first aider is on site for the duration of each school day) are adequately qualified in first aid and therefore able to provide treatment in a professional manner.
2. 'duty first aiders', with the lead responsibility for provision of first aid, are identified.
3. first aiders regularly review their first aid skills, including refresher training courses.
4. first aid information is readily available and that all users of each school know how to call for help.
5. first aid kits for minor injuries are available for use throughout each school by all staff and that they are regularly maintained.
6. first aid 'accident books' are readily available and that recorded incident forms are kept on file.

First Aid Procedures

1. Once informed of an incident the duty first aider will go to the casualty(ies) without delay and provide emergency care.
2. Secondary aid will then be sought if necessary.
3. If secondary aid is sought a parent/guardian (or other appropriate adult) will be informed immediately.
4. If an appropriate adult cannot accompany a casualty to hospital a member of staff will accompany him/her if this is deemed appropriate.
5. All appropriate precautions will be taken by the support staff when cleaning up after an incident involving blood, vomit, etc. Ensure gloves are worn and use detergents to disinfect the area.
6. The first aider who handles an incident (together with witnesses) will record what happened in an 'accident book', which can be found in the medical room. Maintaining records of accidents is a statutory obligation.
7. Where there is a head injury a letter indicating what happened and what symptoms parents/guardians should watch for will be sent home. Head bumps shall be recorded in the first aid book as with all other accidents, and were deemed

necessary a text is sent to parents. If necessary then a call is made to parents informing them of the head bump injury and for them to collect their child.

8. An ambulance will be called in the event that we feel doubt about our ability to treat an injury.

In the event of a pupil feeling unwell during a lesson, he/she should be sent to the Headteacher or school administrator. The student may be permitted to rest in the designated 'area. Where this occurs, the parent/guardian will be notified.

2. Asthma Policy

CONTENTS

- Rationale
- What is asthma?
- How are children affected by asthma?
- Precautions to help prevent asthma attacks in school.
- Treatment for asthma attacks in school.
- Parent/Guardian responsibilities.
- Procedure in the event of an asthma attack in school.
- Asthma and sport in school.
- Some implications of implementing our Policy

Rationale

At Bourton Meadow Education Trust we adhere to the following principles:

- we welcome all pupils, including those who may suffer from asthma, recognising that asthma is a condition affecting many school children;
- we will encourage and help children with asthma to participate fully in all aspects of school life;
- we will be sensitive to the feelings of some asthma sufferers, who feel awkward about their condition and about taking medication;
- we recognise that immediate access to reliever inhalers is vital;
- we will do all we can to make sure that the school environment is favourable to children with asthma;
- we will ensure that other children understand asthma so that they can support their friends; and so that sufferers can avoid the stigma sometimes attached to this condition;
- we believe we encourage all staff, but especially our trained First Aiders, to have a clear understanding of what to do in the event of a child having an asthma attack;
- we aim to work in partnership with parents, governors, health professionals, school staff and children to ensure the successful implementation of this Policy;
- we will keep a register of all children with asthma, added to our main allergy register, which is accessible to all school staff and supply staff, and which is updated regularly.

What is asthma?

We understand asthma to be a condition which causes the airways in the lungs to narrow, making it difficult to breathe. Sudden narrowing produces an attack.

Asthma sufferers have almost continuously inflamed airways and are therefore particularly sensitive to a variety of triggers or irritants. These include:

- viral infections (especially colds);
- allergies (e.g. grass pollen, furry or feathery animals);

- exercise;
- cold weather, strong winds or sudden changes in temperature;
- excitement or prolonged laughing;
- numerous fumes e.g. from glue, paint, tobacco smoke.

We are aware that psychological stress may sometimes make symptoms worse.

How are children affected?

We are aware that children with asthma may have episodes of breathlessness and coughing during which wheezing or whistling noises can be heard coming from the chest. They feel a "tightness" inside their chest which can be frightening and may cause them great difficulty in breathing. We understand that different children have different levels of asthma and therefore may react differently.

Precautions to help prevention of asthma attacks in school

We believe in the principle of "prevention rather than cure ". So, in school:

- we have white boards instead of blackboards to avoid the use of chalk;
- we operate a no-smoking policy;
- we have warm-up sessions at the beginning of PE and Games lessons;
- we are aware of the dangers of glues, spirit pens etc. and of the need for correct use and ventilation.

Treatment for asthma in school

We understand that treatment takes two forms: relievers and preventers - the former taken when needed and the latter regularly as a prevention. We are aware also, that relievers need to be taken promptly.

To ensure speedy and correct action, we undertake:

- to store medication, labelled with the child`s name, in an accessible place in the classrooms and duplicate medication in another suitable place (if needed).
- to ensure that medication is taken on school trips;
- to administer, or supervise self-administration of, medication.
- for the school to have at least one emergency inhaler kit is maintained and readily available in an emergency situation (see template K)

We also undertake to inform parents/guardians if we believe a child is having problems taking their medication correctly. We will also discuss with parents/guardians if we feel that there are signs of poorly controlled asthma.

Parent/Guardian responsibilities

We believe in a partnership with parents and guardians. We ask them:

- to inform us if a child suffers from or develops asthma;

- to ensure that the child is provided with appropriate medication, to notify us of this medication and the appropriate action for its use;
- to notify us of any change in medication or condition;
- to inform us if sleepless nights have occurred because of asthma;
- to take inhalers/spacers/nebulisers home regularly for cleaning and checking.

We request that parents of children who need to use an inhaler regularly in school should obtain a second one from their doctor so that one may be left at school.

Procedure in the event of an asthma attack in school

We expect that older children will be aware of what to do in the event of a threatened attack. However, we adhere to the following guidelines with all children:

- we will endeavour to remove the child from the source of the problem, if known;
- we ensure that the child's reliever medicine is taken promptly and a second dose taken if necessary;
- we stay calm, reassure the child and listen carefully to what the child is saying;
- it may be comforting to hold the child's hand but we try not to put an arm round their shoulders as this is restrictive;
- we help the child to breathe by encouraging slow and deep breaths;
- we encourage others around to carry on with their normal activities;
- we encourage the child to sit upright and lean slightly forward - hands on knees sometimes helps; we do not allow the child to lie down;
- we loosen tight clothing, offer a drink of water and open windows or doors to give a supply of fresh air;
- we encourage a return to gentle activity when the child is recovered.

We will call a doctor urgently if:

- the reliever has no effect after five to ten minutes;
- the child is either distressed, unable to talk or very pale;
- the child is getting exhausted;
- the condition is deteriorating;
- we have any doubts at all about the child's condition.

At this point we will also notify the parent or guardian, or contact the emergency number if the parent or guardian is unavailable. If a doctor is unobtainable, we will call an ambulance. We will repeat doses of reliever as needed while awaiting help, being aware of the possibility of overdosing.

Asthma and Sport in school

Full participation in all sport for all asthma sufferers is our aim, unless the pupil is a very severe sufferer and we are notified as such by the parents/guardians.

We bear the following in mind when planning sports lessons, with asthma sufferers in mind:

- if a child has exercise induced asthma, they may take a dose of medication before exercise;
- inhalers need to be speedily available when the child is out of the school building;

- any child complaining of being too wheezy to continue in sport, will be allowed to take reliever medication and to rest until they feel better;
- we aim to ensure a warm-up period before full exercise;
- we realise that we can help to identify undiagnosed asthma by spotting children who cough or wheeze a lot after exercising;
- we realise that long spells of exercise are more likely to induce asthma than short bursts and that exercise with arms or legs alone is less likely to trigger an attack than exercise using both.

Some implications of implementing our Policy

We are aware that, if medication is to be readily available in classrooms, there is always the possibility of another child, perhaps a non-sufferer, taking a dose. Since the medication simply dilates the airways, we understand this would not be harmful, though we would discourage the practice.

We would also discourage one child from using another child's inhaler, for reasons of hygiene and possible unsuitability. However, in an emergency, we regard it as more appropriate to use another child's inhaler, rather than none, despite the disadvantages.

3. Nut Aware Policy

Purpose:

- To provide a safe learning environment for all members of BMET.
- To raise the awareness of all members of the community regarding severe allergies.

Management

The Nut Aware policy will be managed by:

- Parents and caregivers being requested **NOT** to send food to school that contains nuts (especially peanuts). This includes peanut paste, nutella, all nuts and cooking oil containing peanut oil, as well as foods containing nuts. This is especially important in a primary school, where young children are less able to manage their allergy.
- Staff supervising eating at lunch time.
- Students being encouraged **NOT** to share food.
- Students being encouraged to wash hands after eating.
- Staff participating in training in understanding and dealing with Anaphylaxis (severe allergic reactions) as the need arises.
- The School canteen complying with the Nut Awareness Policy
- Students bringing food that contains nuts or nut products being asked to eat that food away from any other students and to wash their hands before going to play.

Promotion

The policy will be promoted by:

- Parents and caregivers being informed via the website
- New families to the school community being informed via websites and new starter information.
- Staff being informed and provided with training opportunities
- Students being informed via teachers and the websites

* The Trust acknowledges that due to food processing practices it is impractical to eliminate nuts or nut products entirely from an environment where there is food. Thus Nut "Aware" Schools.

Sun Safety Policy

Aims

The aim of this sun safety policy is to protect children from skin damage caused by the effects of ultraviolet radiation from the sun. The success of this health promotion programme will be greater when an integrated whole school approach is adopted. The main elements of this policy are:

- Protection: providing an environment that enables pupils to stay safe in the sun
- Education: learning about sun safety to increase knowledge and influence behaviour
- Partnership: working with parents/carers, governors and the wider community to reinforce awareness about sun safety and promote a healthy school.

BMET believes in Sun Safety. We believe it is important for children to remain safe and are protected from skin damage caused by the harmful ultra-violet rays in sunlight. As part of the Sun Safety policy, our school will:

- Educate children throughout the curriculum about the causes of skin cancer and how to protect their skin;
- Encourage children to wear clothes that provide good sun protection
- Hold outdoor activities in areas of shade whenever possible, and encourage children to use shady areas during breaks, lunch-hours, sports and trips. Sunbathing is definitely discouraged
- Work towards increasing the provision of adequate shade for everybody
- Make sure the Sun Safety Policy is working. We will regularly monitor our curriculum, assess shade provision, and review the sun safety behaviour of our young people and staff (use of hats, sun cream and shade etc).

Suggestions to help cope with hot weather

- Pupils to wear hats when outside during PE, break times and lunchtimes
- Pupils **MUST** wear sun cream which must be applied **BEFORE** coming to school.
- Pupils can wear sunglasses if parents write to the academy to confirm that there is a medical reason to wear them.
- If a member of staff considers any pupil is at increased risk, i.e. not having a hat or sun cream then they may keep that pupil indoors.
- Teachers should make a judgement as to the temperature of classrooms and make internal arrangements to teach in cooler areas where possible.
- Teachers should encourage pupils to drink water and ensure there are regular breaks for them to do so. Parents must ensure that their children arrive at school with a water bottle filled with fresh water.
- Where possible, all doors and windows should be opened to provide a through breeze & class room blinds should be drawn
- Physical education lessons should be carefully planned to avoid sun exposure, unnecessary exertion and dehydration. In extreme weather, outdoor PE lessons should not last for more than 20 minutes when children should be brought indoors, given time to rest and drink water.

- Annual Sports' Day will be determined by preceding days' climate. Again children spectating should not do so for more than 20 minutes at a time.
- In rare cases, extreme heat can cause heatstroke.
- Symptoms to look out for are:
- Cramp in arms, legs or stomach, feeling of mild confusion or weakness.
- If anyone has these symptoms, they should rest for several hours, keep cool and drink water or fruit juice.
- If symptoms get worse or don't go away medical advice should be sought. NHS Direct is available by dialling 111.

If you suspect a member of staff or pupil has become seriously ill, call an ambulance.

While waiting for the ambulance:

- If possible, move the person somewhere cooler.
- Increase ventilation by opening windows or using a fan.
- Cool them down as quickly as possible by loosening their clothes, sprinkling them with cold water or wrapping them in a damp sheet. If they are conscious, give them water or fruit juice to drink. Do not give them aspirin or paracetamol.

4. Supporting pupils with medical conditions policy

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- 4.2 Roles and responsibilities
- 4.3 Staff training and support
- 4.4 Individual healthcare plans
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- 4.12 School's Arrangements for Common Condition
- 4.13 Liability and indemnity
- 4.14 Complaints
- 4.15 Suggested Procedures for Administering Medicines

5.1 introduction

- The Board of Trustees of BMET delegate responsibility to schools to ensure that all children with medical conditions, in terms of both physical and mental health, are properly supported in school so that they can play a full and active role in school life. To help achieve this, the school has adopted the Department for Education policy on "Supporting Pupils at School with Medical Conditions", which was issued under Section 100 of the Children and Families Act 2014.
- The aim of this policy is to ensure that the parents of children with medical conditions feel confident that the school will provide effective support and that children feel safe and reach their full potential.
- Some children with medical conditions may be considered to be disabled under the definition set out in the Equality Act 2010. The school will comply with their duties under the Act to make reasonable adjustments to support pupils with disabilities.
- Some children with medical conditions may also have special educational needs (SEN) and may have an Education, Health and Care (EHC) Plan which brings together health and social care needs as well as the provision for their special educational needs. Where the child has a special educational need identified in a statement or EHC plan, the individual healthcare plan will be linked to or become part of that statement or EHC plan. The Healthcare Plan will be developed with the child's best interests in mind to ensure that the risks to the child's education, health and social wellbeing are managed, and minimises disruption, for children with medical conditions.

- Supporting a child with a medical condition during school hours is not the sole responsibility of one person. The school will work collaboratively with parents, pupils, healthcare professionals (and, where appropriate, social care professionals) and local authorities to ensure that needs of pupils with medical conditions are met effectively.

5.2 roles and responsibilities

The trust will ensure that:

- arrangements are in place so that children with medical conditions
 - are properly supported
 - can play a full and active role in school life
 - can remain healthy and achieve their academic potential
- staff are properly trained to provide the support that pupils need
- in line with their safeguarding duties, ensure that pupil's health is not put at unnecessary risk from, e.g. infectious diseases
- in those circumstances, they do not have to accept a pupil at time where it would be detrimental to the health of that child or others to do so.

The **Headteacher** at BMET schools will ensure that:

- a person is appointed to have overall responsibility for the implementation of this policy
- all staff are aware of the policy for supporting pupils with medical conditions and understand their role in its implementation
- all staff including supply staff who support children with medical needs receive sufficient information to provide appropriate support
- individual Healthcare Plans are developed, monitored and reviewed annually or earlier if evidence is presented that the child's needs have changed. Where appropriate Healthcare Plans will be reviewed at the child's Annual Review
- sufficient staff are suitably trained and achieve the necessary level of competency before they take on responsibility to support children with medical conditions
- sufficient numbers of trained staff are available to support all individual healthcare plans to cover staff absence, contingency and emergency situations

- a register of children in the school is kept who have been diagnosed with asthma and/or prescribed a reliever inhaler
- all staff are trained to recognise the symptoms of an asthma attack (and are able to distinguish them from other conditions with similar symptoms);
- at least one emergency inhaler kit is maintained and readily available in an emergency situation
- a register of children in the school is kept who have been diagnosed with anaphylaxis and/or prescribed a epi pen/auto injector
- all staff are trained to recognise the symptoms of anaphylaxis
- Where a school has a defibrillator on-site, staff are encouraged to use this facility while seeking guidance from the emergency services
- risk assessments for school visits, holidays, and other school activities outside of the normal timetable are undertaken for children with medical conditions
- all staff are aware that medical information must be treated confidentially
- school staff are appropriately insured and are aware that they are insured to support pupils in this way.

Appointed Person

The headteacher unless otherwise stated has been appointed to have overall responsibility for implementing the school's policy for supporting pupils with medical conditions. They will ensure that children with medical conditions are appropriately supported, ensure cover for 1:1 in case of absence and briefing supply staff.

All members of **School Staff** may be asked to provide support to pupils with medical conditions, including administering medicines

- All members of staff should know what to do and respond accordingly if they become aware that a pupil with a medical condition needs help
- Although administering medicine is not part of teacher's professional duties, teachers should take into account the needs of pupils with medical conditions that they teach.
- Staff must not give prescription medication or undertake healthcare procedures without appropriate training

Pupils

- Where appropriate pupils with medical conditions will be consulted to provide information about how their condition affects them.
- Where appropriate pupils with medical conditions will be fully involved in discussions about their medical support needs and contribute as much as possible to the development of, and comply with, their individual healthcare plan.

Parents

- Have the prime responsibility for their child's health. Parents include any person who is not a parent of a child but has parental responsibility for or care of a child.
- It only requires one parent to request that medicines are administered. As a matter of practicality, this will be the parent with whom the school has day-to-day contact.
- Parents should provide the school with sufficient and up to date information about their child's medical needs. Parents should tell the school of any change in prescription which should be supported by either new directions on the packaging of medication or by a supporting letter from a medical professional.
- Parents are key partners and will be involved in the development and review of the Healthcare Plan for their child.
- Parents should provide medicines and equipment as required by the Healthcare Plan.

Parents should:

- bring their child's medication and any equipment into school at the beginning of the school year
- replace the medication before the expiry date
- as good practice, take into school the new asthma reliever inhaler when prescribed
- dispose of expired items to a pharmacy for safe disposal
- during periods of high pollen count, encourage their children, who have been prescribed anti-histamines, to take their medication before school so that their condition can be better controlled during the school day
- keep their children at home when they are acutely unwell
- Parents should ensure that they or another nominated adult are contactable at all times

5.3 Staff training and support

- The Headteacher will ensure that all staff are aware of the school's policy for supporting pupils with medical conditions and their role in implementing the policy.

- Any member of staff who agrees to accept responsibility for administering prescribed medicines to a child does so voluntarily and will have appropriate training and guidance.
- Training needs will be identified during the development or review of individual healthcare plans and will be reviewed annually. The family of a child will often be key in providing relevant information to school staff about how their child's needs can be met, and parents will be asked for their views but will not be the sole trainer.
- Training will be provided for staff to ensure that they are competent and have confidence in their ability to support pupils with medical conditions, and to fulfil the requirements as set out in individual healthcare plans. Training for new staff will be provided on induction;
- Training will be provided by an appropriate healthcare professional so that staff have an understanding of the specific medical conditions they are being asked to deal with, their implications and preventative and emergency measures so that they can recognise and act quickly if a problem occurs. Template G may be used to confirm staff training.
- Only staff with appropriate training will give prescription medicines or undertake healthcare procedures. (A first-aid certificate does not constitute appropriate training in supporting children with medical conditions).
- The school will ensure that an appropriate number of people have attended Supporting Pupils at School with Medical Conditions training to understand County policy and to ensure medicines are appropriately managed within the school. BMET recommend training at least three people to cover sickness, absence or school trips.

5.4 Individual healthcare plans (template a)

A Healthcare Plan clarifies for staff, parents and the pupil the support that can be provided. Individual Healthcare Plans for pupils with medical conditions, (e.g. asthma, anaphylaxis, diabetes, epilepsy) will be drafted with parents/pupils and other healthcare professionals where appropriate. The plan will include:

- the medical condition, its triggers, signs, symptoms and treatments
- the pupil's resulting needs, including medication (dose, side effects and storage) and other treatments, time, facilities, equipment, testing, access to food and drink where this is used to manage their condition, dietary requirements and environmental issues e.g. crowded corridors, travel time between lessons
- specific support for the pupil's educational, social and emotional needs – for example, how absences will be managed, requirements for extra time to

complete exams, use of rest periods or additional support in catching up with lessons, counselling sessions

- the level of support needed (some pupils will be able to take responsibility for their own health needs) including in emergencies. If a pupil is self-managing their medication, then this will be stated with appropriate arrangements for monitoring
- who will provide this support, their training needs, expectations of their role and confirmation of proficiency to provide support for the pupil's medical condition from a healthcare professional; and cover arrangements for when they are unavailable
- who in the school needs to be aware of the pupil's condition and the support required
- arrangements for written permission from parents and the Headteacher for medication to be administered by a member of staff, or self-administered by the pupil during school hours
- separate arrangements or procedures required for school trips or other school activities outside of the normal school timetable that will ensure the pupil can participate, e.g. risk assessments
- where confidentiality issues are raised by the parent/child, the designated individuals to be entrusted with information about the child's condition; and
- what to do in an emergency, including whom to contact, and contingency arrangements.

Some pupils may have an emergency healthcare plan prepared by their lead clinician that could be used to inform development of their individual healthcare plan.

Healthcare Plans will be reviewed at least annually but some may need to be reviewed more frequently. Where appropriate the Healthcare Plan will be reviewed at the pupil's Annual Review.

5.5 The pupil's role in managing their own medical needs

- After discussion with parents, pupils who are competent will be encouraged to take responsibility for managing their own medicines and procedures. Parents will be asked to sign Template F to acknowledge that their child is mature and responsible to manage their own medication. This information will be recorded in the Healthcare Plan.
- Parents should be aware that if their child holds their own medication then school staff will not be recording the doses self-administered;
- If it is not appropriate for a child to self-manage, then relevant staff will help to administer medicines and manage procedures for them; a record of administration will be made.

- If a pupil refuses to take medicine or carry out a necessary procedure, staff will not force them to do so but will contact the parents and follow the procedure agreed in the individual healthcare plan.
- Parents will be contacted where a pupil is seen to be using their asthma inhaler more frequently than usual as this may indicate their condition is not well controlled.

5.6 Managing medicines on school premises

Pupils will only be given prescription or non-prescription medicines after parents have completed a consent form (Template B) – (except in exceptional circumstances where the medicine has been prescribed to the child without the knowledge of the parents. In such cases the school will encourage the pupil to involve their parents while respecting their right to confidentiality).

When no longer required, medicines will be returned to the parent to arrange for safe disposal. Sharps boxes will be used for the disposal of needles and other sharps.

Medicine brought into school must be given to the School Office.

Prescribed medication the school will only accept prescribed medicines that are in-date, labelled, provided in the original container as dispensed by a pharmacist and include instructions for administration, dosage and storage. The exception to this is insulin which must still be in date, but will be available inside an insulin pen or a pump, rather than in its original container

- Parents should note the expiry date so that they can provide a new prescription as and when required.
- Medicines will only be administered at school when it would be detrimental to a child's health or school attendance not to do so.
- Where clinically possible, medicines should be prescribed in dose frequencies which enable them to be taken outside school hours.

Short-Term Medical Needs

Many children will need to take medicines during the day at some time during their time in the school. This will usually be for a short period only, perhaps to finish a course of antibiotics, which will minimise the time that they need to be absent.

Antibiotics prescribed three times a day can be taken out of the school day. The school will support children who have been prescribed antibiotics that need to be taken **four** times a day.

It is the parent's responsibility to bring and collect the antibiotic each day and to complete the necessary forms prior to medicine being administered. All medicines must be signed in and out by a parent.

Controlled Drugs

- Some medicines prescribed for pupils (e.g. methylphenidate, known as Ritalin) are controlled by the Misuse of Drugs Act, 1971. A pupil who has been prescribed a controlled drug may legally have it in their possession if they are competent to do so, but passing it to another pupil for use is an offence.
- The school will keep controlled drugs in a locked non-portable container, to which only named staff have access but will ensure they are easily accessible in an emergency.
- School staff may administer a controlled drug to the child for whom it has been prescribed in accordance with the prescriber's instructions.
- A record will be kept of any doses used and the amount of the controlled drug held in school, i.e. total number of doses (tablets) provided to the school, the dose given and the number of doses remaining.
- where the dose is half a tablet then this will be cut using a tablet cutter at the time that the medication is required
- half tablets will be retained but not issued at the time of the next dose; a fresh tablet will be cut
- half tablets will be returned to the parent for disposal.
- A controlled drug, as with all medicines, will be returned to the parent when no longer required to arrange for safe disposal. If this is not possible, it will be returned to the dispensing pharmacist.
- Some pupils with epilepsy are prescribed rectal diazepam or buccal midazolam. Templates H or I will be used to gain authorisation for administration from parents.

Non-prescription Medication

Non-prescription medication will only be given in exceptional circumstances and only with the expressed permission of the Headteacher. An exception may be made for school residential visits.

The school will not keep Calpol or hay fever remedies to administer on an ad-hoc basis during the school day. Parents will be contacted if their child has a fever. If pupils require medication to control hay fever symptoms then parents will be asked to take their children to their GP for a formal diagnosis and advice on appropriate medication.

Parents will be asked to sign a consent form confirming that the medicine has been administered without adverse effect to the child in the past and that they will inform the school immediately if this changes.

Pain Relief

Pupils sometimes ask for pain relief (analgesics) at school, i.e. paracetamol tablets or liquid.

- Pain relief will only be given with the expressed consent of the Headteacher for example, for pupils returning to school after sustaining a fracture, dental treatment or older girls with dysmenorrhoea (painful periods).
- Parents will be asked to sign a consent form when they bring the medicine to school, which confirms that they have given the medicine to their child without adverse effect in the past and that they will inform the school immediately if this changes.
- If ibuprofen is the analgesic of choice then parents will be advised that a dose could be given before school (ibuprofen is effective for six hours); if required the school will 'top up' the pain relief with paracetamol.
- A child under 16 will never be given aspirin-containing medicine unless prescribed by a doctor.
- When a pupil requests pain relief staff will first check maximum dosages and when the previous dose was taken. Parents will be contacted for confirmation. If parents are unavailable, a dose will not usually be given before 12 noon.
- A record will be made of all doses given using either Template D or Template E.

5.7 Record keeping

- The school will keep a record of all medicines administered to individual pupils, using Template D or template E stating what, how and how much was administered, when and by whom in a **bound book**. Any side effects of the medication to be administered at school will be noted.
- A second person will witness the administration of all medicines including controlled drugs.
- A record of administration of medicine will not be recorded where the pupil has taken responsibility for their own medication, e.g. asthma inhalers and take their medication, as and when it is required.
- A record will be made where medication is held by the school but self-administered by the pupil.

5.8 Safe storage of medicines

- Medicines will be stored strictly in accordance with product instructions - paying particular note to temperature and in the original container in which dispensed.
- Pupils know where their medication is stored and are able to access them immediately or where relevant know who holds the key.
- Medicines and devices such as asthma inhalers, blood glucose testing meters and adrenaline pens are always readily available and not locked away.
- A few medicines require refrigeration. They will be kept in a clean storage container, clearly labelled, and stored in a refrigerator, which is not accessible to pupils. A temperature log of the refrigerator will be taken during the period of storage. (recommended temperature is between 2C & 8C)
- Medication will never be prepared ahead of time and left ready for staff to administer.
- An audit of pupil's medication will be undertaken every half term disposing of any medication that is no longer required.
- It is the parent's responsibility to ensure their child's medication remains in date. The school will not remind parents when their child's medication is due to expire.

5.9 Disposal of medicines

- Parents are responsible for ensuring that date-expired medicines are returned to a pharmacy for safe disposal. The return of such medicines to parents will be recorded;
- Parents should also collect medicines held at the end of the summer term. If parents do not collect all medicines, they will be taken to a local pharmacy for safe disposal;
- Sharp boxes will always be used for the disposal of needles.

5.10 Hygiene and infection control

All staff should be familiar with normal precautions for avoiding infection and follow basic hygiene procedures.

8 Steps to hand washing



5.11 Day visits, residential visits and sporting activities

- The school will actively support pupils with medical conditions to participate in school trips and visits or in sporting activities;
- The school will make reasonable adjustments for the inclusion of pupils in such activities;
- Some children may need to take precautionary measures before or during exercise, and may need access, for example, to asthma inhalers. Staff supervising sporting activities will be made aware of relevant medical conditions, and will consider the need for a risk assessment to be made.
- The school will consider the reasonable adjustments that can be made to enable pupils with medical needs to participate fully and safely in visits. These arrangements will be included in the risk assessment for the event.
- One member of staff accompanying the visit will be asked to take on the lead role for administering medicines or healthcare procedures. Individual Healthcare Plans, medicines, equipment and consent forms will be taken on school visits.
- Medicines are administered and witnessed and recorded on a copy of [Template D](#) or [Template E](#). This form is added to the file on return from the visit.

5.12 School's arrangements for common conditions

Asthma (see asthma Policy)

Anaphylaxis (Severe Allergic Reaction)

- An inventory of all pupils with anaphylaxis will be compiled
- All staff will be trained annually on the symptoms of anaphylaxis, and how to respond in an emergency following Template R
- An Individual Healthcare Plan will be developed which includes the arrangements the school will make to control exposure to allergens
- Auto-injectors will be kept readily available
- For pupils who have been prescribed epi-pens/jext pen, e.g. they need to contact their school for instructions on storage, availability, procedures for self-management, record keeping etc
- Emergency Adrenaline Auto Injectors (AAI's) will only be given to pupils previously diagnosed with anaphylaxis whose AAI is not in school or whose AAI has run out, who are on the register and whose parents have signed the consent form
- All staff will know how and when to use the Emergency Adrenaline Auto Injector (AAI)
- Parents will be asked to sign Template M giving permission to administer an emergency dose(s)
- Parents will be informed of any emergency dosages given using Template N.

Epilepsy

- An Individual Healthcare Plan will be developed
- A appropriate number of staff will be trained in identifying the symptoms and triggers for epilepsy, including administering medication
- There will be a trained member of staff available at all times to deliver emergency medication. Details will be recorded on the pupil's Healthcare Plan
- A medical room with a bed will be kept available so that if needed the pupil will be able to rest following a seizure, in a safe supervised place
- The school will offer support with a mentoring or buddying system to help broaden an understanding of the condition
- The school will enable students to take a full part in all outings and activities
- The school will make necessary adjustments e.g. exam timings, coursework deadlines, timetables
- The school will liaise fully with parents and health professionals
- Some pupils with epilepsy are prescribed rectal diazepam or buccal midazolam. This will be administered by staff who are specifically trained to undertake this task and have agreed to this responsibility
- The administration of medication will be recorded on Template H or Template I as appropriate
- Two adults will be present for the administration of rectal diazepam, at least one being of the same gender as the child. The dignity of the pupil will be protected as far as possible, even in an emergency
- If appropriate, a record will be kept of the pupil's seizures, using Template O, so that any changes to seizure patterns can be identified and so that this information can be shared with the pupil's parents and healthcare team

Diabetes

- An Individual Healthcare Plan will be developed;
- Pupils diagnosed with Type 1 diabetes and have been prescribed insulin will be supported by staff who have specifically agreed to this responsibility and have received training and support from the Diabetic Nurses Team.
- A suitable private place will be provided for pupils to carry out blood tests and administer doses, e.g. Medical Room;
- Pupils will not be prevented from eating drinking or taking toilet breaks whenever they need to in order to manage their medical condition effectively.
- If a pupil has a hypo, they will not be left alone; a fast acting sugar, such as glucose tablets, a glucose rich gel, or a sugary drink will be given immediately.
- Once the pupil has recovered, slower acting starchy food, such as a sandwich or two biscuits and a glass of milk, will be given, some 10-15 minutes later.
- Add your own procedures here for pupils who have been prescribed insulin, e.g. storage, availability, procedures for self-management, record keeping etc.)

5.13 Liability and indemnity

The Trustees of BMET will ensure that the appropriate level of insurance is in place for staff providing support to pupils with medical conditions and appropriately reflects the level of risk.

The trust will contact their insurers to extend their cover should a medical intervention fall outside the conditions covered by this policy.

5.14 Complaints

Parents/pupils should discuss any concerns directly with the school if they become dissatisfied with the support provided. If for whatever reason this does not resolve the issue, they may make a formal complaint via the school's complaints procedure.

5.15 School procedures for managing medicines

- 1 Medicines should be brought to the school office by 9am by parents/carers. The designated member of staff will ask the parent to sign the relevant consent form.
- 2 The designated person will check that the
 - medicine is in its original container as dispensed by a chemist and details match those on the form;
 - label clearly states the child's
 - first and last name
 - name of medicine
 - dose required

- method of administration
 - time/frequency of administration
 - patient information leaflet is present to identify any side effects;
 - medication is in date
- 3 The designated person will log the medicine in the record book and store the medicine appropriately
- Medicines requiring refrigeration will be kept in the fridge in a clean storage container
 - A daily temperature of the fridge will be taken and recorded.
- 4 The following procedure will be followed:
- The pupil will be asked to state their name – this is checked against the label on the bottle, authorisation form and record sheet.
 - The name of the medicine will be checked against the authorisation form and record sheet.
 - The time, dosage and method of administration will be checked against the authorisation form and record sheet.
 - The expiry date will be checked and read out.
 - The medicine is administered.
 - The record sheet is signed by the designated person and the witness (*Controlled medication must be witnessed by a second adult.*)
 - Any possible side effects will be noted.
 - The medicine is returned to appropriate storage.
- 5 If a child refuses to take their medicine, staff will not force them to do so. Staff will record the incident and follow agreed procedures (which are set out in the pupil's Healthcare Plan) and contact parents. If a refusal results in an emergency, the emergency procedures detailed in the Healthcare Plan will be followed.
- 6 If the designated person has concerns about a procedure or a medication that they are being asked to administer they will not administer the medicine, but check with the parents or a health professional before taking further action.
- 7 At the end of the day parents of pupil's prescribed anti-biotic medication (four doses a day) should collect their child's medicine from the school office and sign it out. For children staying to the After School Club the designated person(s) will pass anti-biotic medicine to the supervisor of the After School Club to return to the parents. The After School Club Supervisor will sign and date the back of the authorisation form to confirm that they have received the medicine and accept responsibility to return it to parents.

Appendix 1 Templates Supporting Pupils in Schools with Medical Conditions

Template A	individual healthcare plan
Template B	parental agreement for setting to administer medicine
Template C	confirmation for Headteacher's agreement to administer medication
Template D	record of medicine administered to an individual child
Template E:	record of medicine administered to all children
Template F	request for child to carry their own medication
Template G	staff training record – administration of medicines
Template H	authorisation for the administration of rectal diazepam
Template I	authorisation for the administration of buccal midazolam
Template J	contacting emergency services
Template K	parents' consent form for the emergency use of salbutamol inhaler
Template L	model letter to inform parents of use of salbutamol inhaler
Template M	parents' consent form for the emergency use of Auto Adrenaline Injector (AAI)
Template M	model letter to inform parents of use of Auto Adrenaline Injector (AAI)
Template O	witness seizure form
Template P	how to recognise an asthma attack
Template Q	what to do in the event of an asthma attack
Template R	Recognition and management of an allergic reaction/anaphylaxis

Insert
Pupil's
Photo

Template A: individual healthcare plan

Name of school/setting

Child's name

Group/class/form

Date of birth

Child's address

Medical diagnosis or condition

Date

Review date

Family Contact Information

Name

Phone no. (work)

(home)

(mobile)

Name

Relationship to child

Phone no. (work)

(home)

(mobile)

Clinic/Hospital Contact

Name

Phone no.

G.P.

Name

Phone no.

Who is responsible for providing
support in school

Describe medical needs and give details of child's symptoms, triggers, signs, treatments, facilities, equipment or devices, environmental issues etc.

Name of medication, dose, method of administration, when to be taken, side effects, contra-indications, administered by/self-administered with/without supervision

Daily care requirements

Specific support for the pupil's educational, social and emotional needs

Arrangements for school visits/trips etc.

Other information

Describe what constitutes an emergency, and the action to take if this occurs

Who is responsible in an emergency (*state if different for off-site activities*)

Plan developed with

Staff training needed/undertaken – who, what, when

Signed by:

Job Title:

Date:

Signed by:

Name of Parent:

Date:

Template B: parental agreement for school to administer medicine

The school will not give your child medicine unless you complete and sign this form.

Date for review to be initiated by	
Name of school/setting	
Name of child	
Date of birth	
Group/class/form	
Medical condition or illness	

Medicine

Name/type of medicine <i>(as described on the container)</i>		
Expiry date		
Dosage and method		
Timing		
Special precautions/other instructions		
Are there any side effects that the school/setting needs to know about?		
Self-administration – y/n		
Procedures to take in an emergency		
Prescription/Non-Prescription <i>(Delete as appropriate)</i>	Prescription	Non-prescription

NB: Medicines must be in the original container as dispensed by the pharmacy

Contact Details

Name	
Daytime telephone no.	
Relationship to child	
Address	
I understand that I must deliver the medicine personally to	[agreed member of staff]

The above information is, to the best of my knowledge, accurate at the time of writing and I give consent to school staff administering medicine in accordance with the school’s policy. Prescribed Medication: I will inform the school immediately, in writing, if there is any change in dosage or frequency of the medication or if the medicine is stopped. Non-prescription medication: I confirm that I have administered this non-prescription medication, without adverse effect, to my child in the past. I will inform the school immediately, in writing, if my child subsequently is adversely affected by the above medication.

If more than one medicine is required a separate form should be completed for each one.

Signature(s) _____

Date _____

Template C: confirmation of the Headteacher’s agreement to administer medicine

Name of School _____

It is agreed that (*name of pupil*) will receive
(*quantity and name of medicine*) every day at
..... (*time medicine to be administered e.g. Lunchtime or afternoon break*).

..... (*name of pupil*) will be given/supervised whilst he/she takes their
medication by (*name of member of staff*).

This arrangement will continue until (*either end date of course of medicine
or until instructed by parents*).

Date: _____

Signed: _____

(The Headteacher/Named Member of Staff)

Template D: record of medicine administered to an individual child

Name of school/setting	
Name of child	
Date medicine provided by parent	
Group/class/form	
Quantity received	
Name and strength of medicine	
Expiry date	
Quantity returned	
Dose and frequency of medicine	

Staff signature _____

Signature of parent _____

Date			
Time given			
Dose given			
Name of member of staff			
Staff initials			

Date			
Time given			
Dose given			
Name of member of staff			
Staff initials			

D: Record of medicine administered to an individual child (Continued)

Date			
Time given			
Dose given			
Name of member of staff			
Staff initials			

Date			
Time given			
Dose given			
Name of member of staff			
Staff initials			

Date			
Time given			
Dose given			
Name of member of staff			
Staff initials			

Date			
Time given			
Dose given			
Name of member of staff			
Staff initials			



Template F: request for child to carry his/her medicine

THIS FORM MUST BE COMPLETED BY PARENTS/GUARDIAN

If staff have any concerns they should discuss this request with school healthcare professionals

Name of School: _____

Child's Name: _____

Group/Class/Form: _____

Address: _____

Name of Medicine: _____

Procedures to be taken in an emergency: _____

Contact Information

Name: _____

Daytime Phone No: _____

Relationship to child: _____

I would like my son/daughter to keep his/her medicine on him/her for use as necessary.

Signed:

Date:

If more than one medicine is to be given a separate form should be completed for each one.

Template G: staff training record – administration of medicines

Name of school/setting	
Name	
Type of training received	
Date of training completed	
Training provided by	
Profession and title	

I confirm that [name of member of staff] has received the training detailed above and is competent to carry out any necessary treatment. I recommend that the training is updated [name of member of staff].

Trainer’s signature _____

Date _____

I confirm that I have received the training detailed above.

Staff signature _____

Date _____

Suggested review date _____

Template H: authorisation for the administration of rectal diazepam

Name of School

Child's name

Date of birth

Home address

GP

Hospital consultant

..... (*name of child*) should be given Rectal Diazepam..... mg. If he/she has a *prolonged epileptic seizure lasting over minutes

OR

*serial seizures lasting over minutes.

An Ambulance should be called for *at the beginning of the seizure

OR

If the seizure has not resolved *after minutes.

(* please delete as appropriate)

Doctor's signature:

Parent's signature:

Print Name:

Date:

NB: Authorisation for the Administration of Rectal Diazepam

As the indications of when to administer the diazepam vary, an individual authorisation is required for each child. This should be completed by the child's GP, Consultant and/or Epilepsy Specialist Nurse and reviewed regularly. This ensures the medicine is administered appropriately.

The Authorisation should clearly state:

- when the diazepam is to be given e.g. after 5 minutes; and
- how much medicine should be given.

Included on the Authorisation Form should be an indication of when an ambulance is to be summoned.

Records of administration should be maintained using Template D or similar

Template I: authorisation for the administration of Buccal Midazolam

PERSONAL DETAILS		Child/Young Person's Photo
Name of Child/Young Person:	Address:	
Date of Birth:	GP:	
Name of School:	Next of Kin:	
Date Health Care Plan Completed:	Date to be Reviewed:	
Family Contact 1		Family Contact 2
Name:		Name:
Phone No: (Home):		Phone No: (Home):
(Work):		(Work):
(Mobile):		(Mobile):
Relationship:		Relationship:
The Midazolam is kept in the medical cabinet in the first aid room.		
Keys held by:		

Emergency Medication

- Start timing seizure
- If seizure not resolved within 5 minutes
- Administer Midazolam into the buccal cavity between cheek and lower gums
- Dial 999
- Watch breathing does not become shallow
- Put person in recovery position

Midazolam
Dose
In mg / ml

PARENT	Signature	Date
HEAD TEACHER:	Signature	Date
HEALTHCARE PROFESSIONAL:	Signature	Date

Note for parents: Parents/carers are reminded of the importance of informing school of any changes in treatment/medication or ongoing concerns/changes in seizure patterns.

Template J: contacting emergency services

Request an ambulance - dial 999, ask for an ambulance and be ready with the information below.

Speak clearly and slowly and be ready to repeat information if asked.

1. your telephone number
2. your name
3. your location as follows [insert school/setting address]
4. state what the postcode is – please note that postcodes for satellite navigation systems may differ from the postal code
5. provide the exact location of the patient within the school setting
6. provide the name of the child and a brief description of their symptoms
7. inform Ambulance Control of the best entrance to use and state that the crew will be met and taken to the patient
8. put a completed copy of this form by the phone

Template K: parent consent form – use of emergency salbutamol inhaler

..... (insert school name)

Child showing symptoms of asthma / having asthma attack

1. I can confirm that my child has been diagnosed with asthma / has been prescribed an inhaler (*delete as appropriate*).
2. My child has a working, in-date inhaler, clearly labelled with their name, which they will bring with them to school every day.
3. In the event of my child displaying symptoms of asthma, and if their inhaler is not available or is unusable, I consent for my child to receive salbutamol from an emergency inhaler held by the school for such emergencies.

Signed:Date:

Name (print).....

Child's name:

Class:

Parent's address and contact details:

.....
.....
.....

Telephone:

E-mail:

Template L: letter to inform parents of emergency salbutamol inhaler use

Child's name:

Class: Date:

Dear.....,

This letter is to formally notify you that.....has had problems with their breathing today.

This happened when.....

A member of staff helped them to use their asthma inhaler.

They did not have their own asthma inhaler with them, so a member of staff helped them to use the emergency asthma inhaler containing salbutamol. They were given puffs. Their own asthma inhaler was not working, so a member of staff helped them to use the emergency asthma inhaler containing salbutamol. They were given puffs.

Although they soon felt better, we would strongly advise that you have your seen by your own doctor as soon as possible.

Yours sincerely,

Headteacher

Template M: parent consent form – use of emergency Auto Adrenaline Injector (AAI)

..... (insert school name)

Child showing symptoms of anaphylaxis

1. I can confirm that my child has been prescribed an AAI / has not been prescribed an AAI but has a medical plan confirming they are at risk of anaphylaxis (*delete as appropriate*). Such a plan is available from the British Society for Allergy and Clinical Immunology (BSACI)

2. My child has 2 working, in-date AAI's, which they will bring with them to school every day. (As recommended by the Medicines and Healthcare Products Regulatory Agency (MHRA))

4. In the event of my child displaying symptoms of anaphylaxis, and if their AAI is not available or is unusable, I consent for my child to given the emergency AAI held by the school for such emergencies.

Signed:Date:

Name (print).....

Child's name:

Class:

Parent's address and contact details:

.....

.....

.....

Telephone:

E-mail:



Template N: letter to inform parents of emergency AAI use

Child's name:

Class: Date:

Dear.....,

This letter is to formally notify you that.....has been given the schools emergency AAI today.

Their reaction took place in the (*Delete as appropriate*) PE lesson/ playground/ dining room/ other (please name area).....

at (time)

They did not have their own AAI with them, so a member of staff (state who) administered the emergency AAI. They were given (number) injections of AAI.

Their own AAI was not working, so a member of staff (state who) administered the emergency AAI. They were given (number) injections of AAI.

Paramedics advised staff to administer the emergency AAI, so a member of staff (state who)gave them the emergency AAI. They were given (number)..... injections of AAI.

The paramedics were called at (time).....

Yours sincerely,



Template O: witnessing a seizure (use this table to help record your observations)

Before the Seizure					
Location	Classroom	Playground	Sports Hall	Dining Area	Other
Precipitating Factors	None	Anxious	Stressed	Tired	Other
Preceding symptoms/feelings	Irritable	Impulsive	Nauseous	Strange Sensations	Other
Position at onset	Sitting	Standing	Lying	Other	
During the Seizure					
Time at onset					
Did the child fall?	Yes/No	Forwards/Backwards	Description		
Breathing	Rapid	Shallow	Deep	Laboured	
Colour	Note any changes in skin tone, particularly around the mouth and extremities				
Movements	Describe any movement of:				
	Head				
	Arms				
	Legs				
	Eyes	Deviated to the left?	Deviated to the Right?	Pupils dilated?	Comment
Level of awareness/responsiveness	Fully aware	Reduced awareness	Responsive to voice	Responsive to touch	No responses
Any injury?	Tongue	Limbs	Head	Other	
Incontinence	Urinary: Yes/No		Faecal: Yes/No		
Time at end of seizure	Duration of Seizure				

Action Taken

After the seizure (briefly describe each of the following)

Level of alertness:

Immediately following seizure:

5 minutes after seizure:

Maintenance of alertness

Confusion

Muscle weakness

Duration of event

Total recovery time

Treatment given

Medication: Dose:

Time given:

Response:

Parents informed

Signed

Print Name



Date

Time

Template P: how to recognise an asthma attack

HOW TO RECOGNISE AN ASTHMA ATTACK

The signs of an asthma attack are

- Persistent cough (when at rest)
- A wheezing sound coming from the chest (when at rest)
- Difficulty breathing (the child could be breathing fast and with effort, using all accessory muscles in the upper body)
- Nasal flaring
- Unable to talk or complete sentences. Some children will go very quiet.
- May try to tell you that their chest 'feels tight' (younger children may express this as tummy ache)

CALL AN AMBULANCE IMMEDIATELY AND COMMENCE THE ASTHMA ATTACK PROCEDURE WITHOUT DELAY IF THE CHILD

- Has a blue/white tinge around lips
- Is going blue
- Has collapsed

Template Q: what to do in the event of an asthma attack

WHAT TO DO IN THE EVENT OF ASTHMA ATTACK

- Encourage the child to sit up and slightly forward
- Use the child's own inhaler – if not available, use the emergency inhaler
- Remain with the child while the inhaler and spacer are brought to them

- Immediately help the child to take two puffs of salbutamol via the spacer
- If there is no immediate improvement, continue to give two puffs at a time every two minutes, up to a maximum of 10 puffs
- Stay calm and reassure the child. Stay with the child until they feel better. The child can return to school activities when they feel better
- If the child does not feel better or you are worried at ANYTIME before you have reached 10 puffs,
 - CALL 999 FOR AN AMBULANCE
- If an ambulance does not arrive in 10 minutes give another 10 puffs in the same way

Template R: Recognition and management of an allergic reaction/anaphylaxis

Recognition and management of an allergic reaction/anaphylaxis

Signs and symptoms include:

Mild-moderate allergic reaction:

- Swollen lips, face or eyes
- Itchy/tingling mouth
- Hives or itchy skin rash
- Abdominal pain or vomiting
- Sudden change in behaviour

ACTION:

- Stay with the child, call for help if necessary
- Locate adrenaline autoinjector(s)
- Give antihistamine according to the child's allergy treatment plan
- Phone parent/emergency contact



Watch for signs of ANAPHYLAXIS (life-threatening allergic reaction):

- | | |
|-----------------------|---|
| AIRWAY: | Persistent cough
Hoarse voice
Difficulty swallowing, swollen tongue |
| BREATHING: | Difficult or noisy breathing
Wheeze or persistent cough |
| CONSCIOUSNESS: | Persistent dizziness
Becoming pale or floppy
Suddenly sleepy, collapse, unconscious |

IF ANY ONE (or more) of these signs are present:

1. Lie child flat with legs raised:
(if breathing is difficult, allow child to sit)  
2. Use Adrenaline autoinjector* **without delay**
3. Dial **999** to request ambulance and say ANAPHYLAXIS 

***** IF IN DOUBT, GIVE ADRENALINE *****

After giving Adrenaline:

1. Stay with child until ambulance arrives, do NOT stand child up
2. Commence CPR if there are no signs of life
3. Phone parent/emergency contact
4. If no improvement **after 5 minutes**, give a further dose of adrenaline using another autoinjector device, if available.

Anaphylaxis may occur without initial mild signs: **ALWAYS use adrenaline autoinjector FIRST in someone with known food allergy who has SUDDEN BREATHING DIFFICULTY** (persistent cough, hoarse voice, wheeze) – even if no skin symptoms are present.