



The Granary Nursery School  
Hill Farm, Framlingham, Suffolk, IP13 9SA  
Tel: 01728 621105  
Company No. 07845785

## **Asthma Policy**

Dated 30.06.15

### **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 asthma 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 (eg grass pollen, furry or feathery animals)
- Exercise
- Cold weather, strong winds or sudden changes in temperature
- Excitement or prolonged laughing
- Numerous fumes, eg 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 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 within our setting.**

We believe in the principle of 'prevention rather than cure'

- We ensure that parents of asthma sufferers recognize the importance of informing a member of staff at the start of their session about any prior symptoms or treatment.
- Together with the parent, a decision will be made regarding the attendance of that child.

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Proprietors: Mr. and Mrs. M Green B.A. Hons, P.G.C.E  
Head Teacher: Mrs Linda Gray B.Ed.Hons



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- We operate a no smoking policy
- We consider the impact of furry pets in the classroom
- We are aware of the dangers of glues, spirit pens etc and the need for correct use and ventilation.

### **Treatment of asthma in our setting**

We understand that treatment takes two forms – relievers and preventers. The former is taken when needed and the latter regularly as 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 classroom / office / kitchen.
- To ensure that medication is taken on all trips and outings.
- To administer or supervise self-administration of medication.

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

### **Parent / Carer Responsibilities**

- To inform us if a child suffers from or develops asthma
- To provide written information detailing what asthma medicines their child takes and when, what triggers the child's asthma and what to do if the child's asthma deteriorates.
- To ensure that the child is provided with appropriate medication and notifying us of the appropriate action for its use.
- To notify us of any change in medication or condition.
- To inform us if sleepless nights have occurred as a result of asthma.
- To ensure that any medicines left at the setting are within expiry date and clearly labeled.
- To take inhalers /spacers / nebulisers home regularly for cleaning and checking.
- To provide us with emergency contact details.

We request that parents of children who need to use an inhaler regularly in our setting should obtain a second one from their Doctor so that one may be kept in the nursery.

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### **What a key worker / member of staff will do**

- Have the knowledge, ability and confidence to care for children with asthma.
- Liaise with parents / carers of children about planning for and controlling their child's asthma.
- Know what triggers a particular child's asthma.
- Know where the child's health records are kept.
- Know where the child's asthma medicines are kept and how they should be administered.
- Know how to recognize if a child's symptoms are getting worse and what to do if a child has an asthma attack or in the event of an emergency.
- Involve children with asthma in sport and other physical activities.
- Involve all children in learning more about asthma and what to do in an emergency.

### **What senior staff will do**

- Work in partnership with parents / carers and healthcare professionals to identify the needs of children with asthma and work with their personal asthma action plans to ensure that their asthma is effectively controlled.
- Inform all parents / carers about the asthma policy and their responsibilities.
- Ensure that staff receive training about asthma and how to deal with asthma attacks.
- Ensure that children have immediate access to their reliever inhaler.
- Ensure that clear information is received and recorded from the parent detailing what medicine is to be taken, how and what to do if the child's asthma becomes worse.
- Ensure that the child's asthma medicines are labeled with the child's full name.
- Ensure that a record is kept each time a child takes their medicines.
- Make sure that the person collecting the child is informed if the child has had to take any medicines.
- Ask parents / carers to provide a spare inhaler to be kept at nursery in case of emergency.
- Keep spare reliever inhalers accessible and marked with the child's full name.
- Make sure that inhalers are always taken on outings or trips.

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**Within the nursery we adhere to the following principles:**

- We welcome all children, including those who may suffer from asthma, recognizing that asthma is a condition affecting many children.
- We will encourage and help children with asthma to participate fully in all aspects of nursery life.
- We will be sensitive to the feelings of asthma sufferers, who may feel awkward about their condition and taking medication.
- We recognise that immediate access to reliever inhalers is vital.
- We will do all we can to make sure that the nursery's environments are favourable to children with asthma.
- We aim to encourage all staff 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 and health professionals to ensure successful implementation of this policy.
- We keep a record of children with asthma. Care plans are drawn up as relevant and displayed for staff to access.
- Parents / carers with children who suffer with asthma are encouraged to read this policy.

**We will call an ambulance if:**

- The reliever has no effect after 5 to 10 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 / carer or contact the emergency number if the parent / carer 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.

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### **Asthma and exercise in our setting**

Full participation in all physical activities for all asthma sufferers is our aim, unless the child is a very severe sufferer and we are notified as such by the parent / carer.

- If a child has exercise induced asthma, they must take a dose of medication before exercise.
- Inhalers must be readily available when the child is outside of the building.
- Any child complaining of being too wheezy to continue will be encouraged to rest and take reliever medication.

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