WHOLE SCHOOL ASTHMA ACTION PLAN – SECONDARY SCHOOL

Is the child showing signs/symptoms of:

- Wheezing
- Coughing
- Unable to walk
- Shortness of breath
- Chest pain/tightness
- Difficulty talking



REMEMBER: Stay with the child at all times & call for help

Does the child need their inhaler?

- Stay calm and reassure the child
- Ensure the child is sitting upright and leaning slightly forward
- Ask someone to bring the child's blue inhaler and spacer*



ADMINISTER THE MEDICINE

1. Shake the (blue) inhaler before use
2. Remove the cap and place the inhaler in the spacer
3. Place the spacer mouthpiece between the child's teeth and lips (ensure a good seal)
4. Administer 1 puff and encourage the child to take 10 breaths

Repeat the above steps for each puff of the inhaler administered
Give 2-5 puffs of the inhaler using the spacer (until symptoms resolve)

- If symptoms have NOT resolved or the child coughing/wheezing more or unable to speak in full sentances, **give a total of 10 puffs of the blue inhaler**
- **If you are worried or unsure, call 999 and request an ambulance**
- Give the school's postcode
- Note the time of the 999 call and call the child's parents/guardian
- If the ambulance takes longer than 15mins and there is no improvement in the child's symptoms, you can give another 10

If symptoms have resolved, contact the child's parent/guardian and advise them to arrange a GP review. If this is happening regularly, contact your school nursing team

ANAPHYLAXIS

- Does the child have an adrenaline pen, or could this be an allergic reaction?
- If there is no improvement in the child's symptoms, they could be having an allergic reaction causing inflammation in their lungs
- **If in doubt, treat as anaphylaxis***
- Call an ambulance and state that you think the child is having an **ANAPHYLACTIC REACTION** 'ANA-FIL-AC-TIC'



*If the child's own inhaler and spacer or adrenaline pen is not available or has expired, use the school's emergency inhaler and spacer or adrenaline pen