

Managing Asthma and Allergies in Schools

Asthma

- Each school pupil with asthma should have an **asthma card** completed by their parent / guardian. School should keep these together with a list of all pupils who are diagnosed with asthma.
- The website for all asthma related documentation is www.asthma.org.uk . Here you will find online copies of the asthma card. You will also be able to find videos on how to use inhalers and how to use spacers so it is a very useful resource if you are unsure of technique.
- The asthma card asks parents to consent if they are happy for their child to use an emergency inhaler kept in school if needed i.e., they have forgotten their own. The asthma card also has a place for a medical professional to sign; we have been told that this part does not have to be completed as we think this is why we don't get all of them back, so feel free to put a line through that part before photocopying.
- You can find documentation about emergency inhalers in school at www.asthma.org.uk and <https://gov.wales/use-emergency-salbutamol-inhalers-schools>
- In order to keep emergency inhalers in school, schools must write an asthma policy. Examples can be obtained from your school nurse, who will also offer guidance on policy content.
- School emergency inhalers should not be given to pupils whose parents haven't signed the consent on the asthma card, however, in an emergency, schools should take advice from the ambulance service regarding this.
- Schools can order salbutamol inhalers from their local pharmacy. Some schools are getting their asthma supplies from www.eureka4schools.co.uk which might be more convenient than going to the pharmacy.
- Your school nurse will offer an annual information talk about asthma and allergies. This session is aimed to raise awareness. It is not assessed or accredited. For school staff who would like more information, a 45 minute asthma online training module designed for teachers is available for free and can be accessed at <https://sch.educationforhealth.org/wp/asthma-module/>
- There is also a useful document on the National Education Union website about asthma in schools <https://www.teachers.org.uk/help-and-advice/health-and-safety/a/asthma-in-schools>
- Only children with severe asthma will have a care plan, which is written by their hospital based asthma specialist. Children who have well controlled asthma will not. If you are unsure or concerned about any child then please ask your school nurse or ask the parents if they attend the asthma clinic.

Allergies

- In 2017, the Welsh Government authorised schools to hold emergency adrenalin pens in school. Infants, Juniors and Seniors require different dosages. Guidance can be obtained from

<https://gov.wales/sites/default/files/publications/2018-12/guidance-on-the-use-of-emergency-adrenaline-auto-injectors-in-schools-in-wales.pdf> and www.sparepensinschools.uk

- There is an allergy website www.allergyuk.org which has useful information about allergies and www.bsaci.org has allergy resources and support for children, parents and carers.
- Every child who has an adrenaline auto injector pen in school must have a care plan written by their hospital specialist.
- Please inform your school nurse if a child has an adrenaline pen but no care plan. Every child should have two pens in school. If there is only one please contact parents and ask them to request a further pen from their GP.
- There is an online training module for allergies, again it is 45 mins:www.anaphylaxis.org.uk/information-training/allergywise-training/for-schools/ this is also free but if you want a certificate you have to pay for that.
- Each type of adrenaline pen has its own website with videos of how to administer that particular pen, this is useful to remind you of the technique to use.

<https://jext.co.uk>

www.epipen.co.uk

www.emerade.com

Care Plans

- Please check that all care plans in school are in date. Milk, eggs and wheat allergies should be updated every year and all other care plans should be renewed every two years unless there has been a change.
- Parents are responsible for providing care plans to school. Health information cannot be shared with school without parental permission. If a parent has difficulty obtaining a care plan, or needs guidance, please ask them to contact their school nurse.