



ASTHMA POLICY

Berkhampstead Day Nurseries positively welcomes all children with asthma. We recognise that asthma is a widespread, serious but controllable condition affecting many children. We believe all children with asthma should be able to join in all aspects of nursery life if their asthma is managed effectively. We encourage children with asthma to achieve their potential in all aspects of nursery life by having a clear policy that is understood by all staff, their employers and children. Agency staff, new staff and trainees are also made aware of the policy.

All children with asthma will need a Health Care Plan. All staff are made aware of all children with asthma. Records will also include the child's medical needs, daily care requirements to manage asthma and what to do in the event of an asthma attack. Nursery staff are trained in the correct administration of inhalers and spacers as part of their full Pediatric First Aid Training.

Aims

The Day Nurseries aim to:

- recognise that asthma is a widespread, serious but controllable condition; both Day Nurseries welcomes all children with asthma
- ensure that children with asthma can and do participate fully in all aspects of nursery life
- recognise that children with asthma need immediate access to reliever inhalers at all times
- keep a record of all pupils with asthma and the medicines they take
- ensure that all staff (including flexi staff and agency staff) who come into contact with children with asthma know what to do in the event of an asthma attack
- work in partnership with all interested parties including the Day Nurseries governing body, all nursery staff, parents, employers of nursery staff, doctors, nurses and children to ensure the policy is planned, implemented and maintained successfully.

Asthma Medicine

Preventative Inhalers

If a child needs a preventative inhaler, this will be detailed on their Health Care Plan and all staff working with the child will be informed of the plan. The key person/buddy will be responsible for administering asthma medicine, as they will have the closest bond with the child. Preventative inhalers will be kept in the red medication bag alongside their health care plan in your child's room.

Policy reviewed – January 2025

Policy to be next reviewed – January 2026 Day Nursery Manager

Reliever Inhalers

Immediate access to reliever medicines is essential. Reliever inhalers are to be kept in the red medication bag alongside their healthcare plan and all staff working with that child will be aware of the child's Health Care Plan, the location of their inhaler and how and when to administer the medicine. Staff will also be made aware of the possible triggers affecting the child's asthma, as detailed on the Health Care Plan. When going outside or on trips or outings, inhalers will be made accessible at all times by being transported in a red, zip up bag with the medication inside, labelled with the child's name and details of when and how to administer the medicine (see Outings Policy).

All inhalers must be clearly labelled and be prescribed by a doctor. Each time asthma medicine has been administered, parents will need to sign the relevant medication form.

Record Keeping

- When starting at one of our Day Nurseries, parents are asked to complete a medical form detailing any medical conditions to include Asthma.
- All parents of children with asthma are consequently sent a Health Care Plan. This will include information about the dose, triggers and where the inhaler and spacer are to be stored.
- Parents are required to update Health Care Plans at each room transition or at any point should their child's medication or dose change during the year.
- Medical conditions are recorded on Famly and all staff informed.
- The Nursery office or child's Key person will contact parents when an inhaler is about to expire and again once it has expired if it has not been replaced.

In the event of an asthma attack:

- Staff are appropriately trained to recognise an asthma attack and know what to do in the event of an attack.
- Staff will remain calm and reassure the child
- The child will be sat upright and any tight clothing loosened
- The child will be given the relevant inhaler as per the instructions on their Health Care Plan
- In the event of an asthma attack the Nursery follows the procedure outlined by Asthma UK.
- **If there are no signs of improvement in a child suffering from an attack, an ambulance will be called without delay.**

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

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

WHAT TO DO IN THE EVENT OF AN ASTHMA ATTACK

- Keep calm and reassure the child
- Encourage the child to sit up and slightly forward
- Remain with the child while the inhaler and spacer are brought to them
- Immediately help the child to take two separate 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.