

## School Asthma Annual Checklist

ASTHMA BEST PRACTICE STRATEGY	/ / 2022	/ / 2023	/ / 2024
Adequate number of school asthma first aid kits for both onsite and offsite use ( <i>Kits to be checked regularly- see Asthma First Aid Checklist</i> )			
Kits to contain the following :			
➤ A <b>blue reliever puffer</b> (in date)			
➤ <b>Spacer device that fits puffer</b> (and mask attachment if required for special needs students)			
➤ <b>Spare spacer device</b> (immediate replacement of used spacer)			
➤ <b>Instructions for administering medicine</b>			
➤ <b>Nationally Recognised Asthma First Aid instructions:</b>			
• <b>National Asthma Council Australia (NAC) Kids' First Aid for Asthma</b> (for primary and secondary schools) or			
• <b>First Aid for Asthma</b> (secondary schools)			
➤ <b>List of students with known asthma</b> , identifying those with "severe" asthma and / or severe allergy.			
A copy of <b>Nationally Recognised Asthma First Aid</b> displayed in relevant locations			
School has a current record of student's individual asthma first aid management ( <b><i>Schools and Child Services Action Plan For Asthma Flare-Up</i></b> )			
Students encouraged to have access to their reliever medication (including device) at all times including procedures in place for young students.			
A record of asthma first aid treatment administered to students ( <i>Asthma First Aid Treatment Record</i> ) is maintained and checked regularly to identify student's requiring asthma first aid frequently – processes to notify parents / carers of this.			
School staff have completed the Asthma First Aid Management in Schools eBook within the last 2 years.			

Additional copies can be found at: Sydney Children's Hospital Aiming for Asthma Improvement in Children: [www.asthmainchildren.org.au](http://www.asthmainchildren.org.au)

# Asthma First Aid Kit

It is highly recommended that the school asthma first aid kit includes the following:

- ✓ A reliever medication puffer (blue/grey in colour) - e.g. Ventolin®, Asmol® Airomir®
- ✓ A Spacer Device - e.g. La Petite E-Chamber®, LiteAire®
- ✓ A spacer mask attachment for special needs students
- ✓ Instructions on how to administer the reliever medication using a spacer device.
- ✓ Instructions on how to implement Nationally Recognised Asthma First Aid (e.g. *Kids' First Aid for Asthma*).
- ✓ It is recommended that:
  - The Asthma First Aid Kit is separate from the regular first aid kit
  - A spare unused spacer is available to replace the one that has been used
  - There is an adequate number of Asthma First Aid Kits:
    - ✓ For use at the school
    - ✓ For use on excursions, sporting events, or anytime when students are away from the school
- ✓ The number of Asthma First Aid Kits required by a school will depend on the number of groups that may be away from the service at any one time.
- ✓ **Check the Asthma First Aid Kits regularly for availability of contents and expiry date on the Reliever puffer. Store in an accessible location and ensure all staff are aware of this.**

***LiteAire® (Collapsible Cardboard Spacer) and La Petite E-Chamber® ( 220 ml Paediatric Plastic Spacer) and mask attachments (if applicable) are available for purchase through Asthma Australia. Other brand spacers can be purchased from local pharmacies***

***In NSW, reliever puffers can be purchased over the counter from pharmacies – it is recommended that a written request from the School Principal is provided. For other locations, please check with the relevant regulatory agencies.***

Newly purchased spacers need to be prepared prior to first use by following the below instructions (***not required for anti-static spacers such as LiteAire® or La Petite E-Chamber®***)

- Dismantle spacer and wash all parts in hot water and detergent solution
- Do not rinse. Allow pieces to air dry.
- Reassemble spacer when all pieces are dry.

***NB: It is important not to dry with a cloth as this may cause static electricity to build up, resulting in the medication clinging to the inside wall of the spacer. This could prevent the correct dose of medication being delivered.***

The ***National Health & Medical Research Council “Australian Guidelines for the Prevention and Control of Infection in Healthcare 2010”***, recommend that spacers from the school asthma first aid kit are not to be re-used by another student. This applies also to reliever puffers from the school asthma first aid kit ***if used directly by the student without a spacer.***

# Asthma First Aid Kit Checklist

DATE	ASTHMA FIRST AID POSTER	SYMPTOM SEVERITY CHART	SPACER DEVICE	BLUE PUFFER RELIEVER	PUFFER EXPIRY DATE	SPARE SPACER DEVICE	NAME & INITIALS	COMMENTS

The Asthma Resource Pack has been developed by Sydney Children's Hospital "Aiming for Asthma Improvement in Children Program". It is to remain the property of the Sydney Children's Hospitals Network – Randwick and Westmead and is to be used in its entirety without alteration, by authorised personnel only. Contact [SCHN-SCH-AAIC@health.nsw.gov.au](mailto:SCHN-SCH-AAIC@health.nsw.gov.au) 2018. Review 2019. SCH10-006.

# Asthma First Aid Treatment Record

To record asthma first aid treatments provided to students

DATE	STUDENT NAME	SYMPTOMS BEFORE TREATMENT	MEDICINE & DOSE GIVEN	TME MEDICINE GIVEN	SYMPTOMS AFTER TREATMENT	ADMINISTERING STAFF NAME / SIGNATURE	WITNESSING STAFF NAME/ SIGNATURE	TIME PARENT NOTIFIED

For additional copies: Sydney Children’s Hospital Aiming for Asthma Improvement in Children: [www.schn.health.nsw.gov.au/parents-and-carers/our-services/asthma-improvement](http://www.schn.health.nsw.gov.au/parents-and-carers/our-services/asthma-improvement)

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## Important Update Points

It is recommended that the following asthma first aid points are discussed regularly at staff meetings or prior to overnight excursions to ensure school staff are kept updated in between formal emergency asthma management training

- Recognising an asthma flare-up, in particular, signs and symptoms of a severe / life threatening flare-up
- Emphasising the importance of all staff initiating asthma first aid on the spot, even for mild asthma symptoms
- Knowing
  - which asthma medicine to use in asthma first aid (blue/grey reliever)
  - how to use the puffer correctly with a spacer device, and how to improvise if a spacer device is not readily available
  - how to implement nationally recognised asthma first aid (e.g National Asthma Council Australia “kids’ first aid for asthma” plan)
- Importance of students having immediate access to their own reliever puffer and spacer, or turbuhaler® device.
- Being aware of the location of asthma first aid equipment and the importance of taking additional equipment for activities away from the school
- Knowing where to access a student's asthma first aid documentation

# School Asthma First Aid Staff Training Record

Name Of School: .....

Staff Name	Date	Asthma First Aid Training i.e. eBook

**Additional copies can be found at: Sydney Children's Hospital Aiming for Asthma Improvement in Children:** [www.asthmainchildren.org.au](http://www.asthmainchildren.org.au)