



# Asthma Guidelines

## 1. Alignment to Guiding Statements

ISA aims to improve every student's personal wellbeing, and to ensure as full a part of school life as possible. The purpose of this document is to ensure that ISA staff understand how to help students with asthma.

## 2. Scope

All ISA activities involving ISA students on or off campus.


## 3. Relationship to Other Guidance, Policy and Procedures

### 3.1 Scottish Guidance


[Healthcare in Schools: Draft Guidance on Inhalers](#)

[Supporting children and young people with healthcare needs in school: guidance](#)

### 3.2 Superordinate Policies

 Board Policy 3: Health, Safety and Security (Updated 23 May 2023)

### 3.3 Parallel Procedures

 Auto Adrenaline Injector Procedures (Updated March 2025)

## 4. Carrying Asthma Inhalers

Pre-school parents with children prescribed with inhalers should give the inhaler to key worker for safe keeping. Each child will have a care plan and use of inhaler care plan linked to power school, which will be completed with school nurse and parents/guardians.

Elementary, Middle and High school students will carry their own inhaler with them (or in school bags).

Care plans will be completed with help from parents/guardians and students.

All care plans for all asthmatic students will be linked on powerschool. Example linked here - [School Asthma Card](#)

## 5. Emergency Asthma Inhaler

**Who is it for?** Only for students who are diagnosed with asthma and for whom an inhaler has been prescribed. The emergency inhaler can be used when their own inhaler is not available or fails to operate.

**An emergency inhaler** (and spacer) is available in White Medical Box (behind IT, main reception area).

**Consent.** Parents/guardians and students consent on their Asthma School plan for the use of a central Emergency Asthma reliever.

**Asthma register.** An asthma register is available in the White Medical box (behind IT, main reception area) as per scottish gov guidelines - 2017



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## 6. Obtaining and Disposing of Emergency Inhalers

Inhalers can be purchased by filling out a [Requisition Form](#) and taking it to Great Western Road Pharmacy - Davidsons where they can also be disposed of.

## 7. Staff and training

Teachers have access to PowerSchool and all health information including asthma for all the students they teach. First aiders have access to the children asthma registrar in the white box. Regular updates on the staff hub linking health procedures and regular sessions with first aiders to ensure they are up to date.

## 8. Signs of and how to respond to an asthma attack

The child's reliever inhaler (usually blue) isn't helping, and/or any of the following:

- they are coughing, wheezing or short of breath;
- they say their chest feels tight or if a younger child reports that they have stomach ache;
- they are unusually quiet;
- pale skin tone on face;
- they are unable to talk or complete sentences.

### **STEP 1: If a child is having an asthma attack the following steps should be taken:**

Send someone to get the child's own inhaler and spacer. If a child does not have their reliever inhaler in school, use the spare emergency inhaler if there is one available on the school premises (check that the child is confirmed as having asthma and is on the school's asthma register). Stay with the child. If possible do not move the child but allow space and privacy.

**STEP 2: Stay calm and help them to take their inhaler:** Encourage the child to sit in an upright position. Stay calm and reassure the child. Prime the inhaler (2 puffs into the air). Help the child to take two doses (2 puffs) of inhaler, one dose at a time separated by at least 30-60 seconds, shaking inhaler between doses. It is recommended the child hold their breath for around 10 seconds, if possible, after inhaling the medicine. A spacer may be used to help ensure that the medicine reaches the lungs. If no better, repeat a dose every 30-60 seconds up to 10 doses.

### **STEP 3: Call 999 for an ambulance if:**

- Their symptoms are getting worse or they are becoming exhausted.
- They don't feel better after 10 doses.
- If you are worried at any time, even if they haven't yet taken 10 puffs.

When calling ambulance, give clear details and confirm the entrance to the school if there is more than one entrance. Record all information including the time that the inhalers were given. **If the ambulance takes longer than 15 minutes, repeat STEP 2 and call emergency services again.**

Complete incident form for HSE if "Emergency Inhaler" used. More information is available here: [Supporting children and young people with healthcare needs in schools: guidance - gov.scot](#)