4 February 2014

ASTHMA AWARENESS

Dear Parents,

Asthma is the most common medical condition for Australia’s school children with up to one in four children being affected. Asthma is also the most common reason for children being admitted into hospital.

Given the high occurrence of asthma and asthma attacks in schools, the State and Territory Asthma Foundations and Asthma Australia developed a national program targeting school students, their teachers and parents/carers. The program is called AFS (Asthma Friendly Schools). St Monica’s is an asthma friendly school and aims to maintain an asthma friendly school environment.

Attached please find a Student Asthma Record Sheet to be completed by you and returned to the school by Friday 14 February 2014 for each child in your family with asthma.

For more serious cases this must be done in conjunction with your doctor.

*** If you require more than one Student Asthma Record Sheet, please contact the office and one will be forwarded to you.

You may also download a copy from the website. Go to the School Website (www.stmonicasparra.catholic.edu.au) then click on News and Events, School Notes, then Whole School.

You will appreciate that it is extremely important that the school be aware of the symptoms, triggers and management of your child’s asthma, however slight, so that we can provide the best treatment possible in case of an attack.

We appreciate your co-operation and help in this matter.

Yours sincerely,

Louise O’Donnell
Principal
STUDENT ASTHMA RECORD - 2014

This record is to be completed by parents/carers in consultation with their child’s doctor (general practitioner). Parents/carers should inform the school immediately if there are any changes to the management plan. Please tick (✓) the appropriate box and print your answers clearly in the blank spaces where indicated.

**Personal Details**

Student’s name: _________________________________  ___________________________________  Gender: M ☐  F ☐

(SURNAME)                                          (FIRST NAME)

Date of birth: ___/___/___                       Form/Class: ______________________    Teacher: __________________________

Emergency contact (e.g. parent, carer): ______________________________________________________________________

a. Name: __________________________________________  Relationship: ________________________________________
   Telephone No: ___________________________(Hm)           ___________________________________ (Wk)

b. Name: __________________________________________  Relationship: ________________________________________
   Telephone No: ___________________________ (Hm)          ___________________________________ (Wk)

Doctor: ____________________________________________  Telephone No: ______________________________________

**Usual Asthma Management Plan**

Child’s symptoms (e.g. cough): ____________________________________ _________________________________________

Triggers (e.g. exercise, pollens): ___________________________________________________________________________

Medication requirements:

<table>
<thead>
<tr>
<th>Name of medication</th>
<th>Method (e.g. puffer &amp; spacer, turbuhaler)</th>
<th>When, and how much?</th>
</tr>
</thead>
</table>

In an Emergency follow the Plan below that has been ticked (✓)

☐ Standard Asthma First Aid Plan

Please tick (✓) the preferred box

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Sit the student upright, remain calm and provide reassurance. Do not leave student alone.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 2</td>
<td>Give 4 puffs of a blue reliever puffer (Aironmir, Asmol, Bricanyl or Ventolin), one puff at a time, preferably through a spacer device*. Ask the student to take 4 breaths from the spacer after each puff.</td>
</tr>
<tr>
<td>Step 3</td>
<td>Wait 4 minutes.</td>
</tr>
<tr>
<td>Step 4</td>
<td>If there is little or no improvement, repeat steps 2 and 3.</td>
</tr>
<tr>
<td></td>
<td>If there is still little or no improvement, call an ambulance immediately (Dial 000).</td>
</tr>
<tr>
<td></td>
<td>Continue to repeat steps 2 and 3 while waiting for the ambulance.</td>
</tr>
</tbody>
</table>

* Use a blue reliever puffer (Aironmir, Asmol, Bricanyl or Ventolin) on its own if no spacer is available.

OR

☐ My Child’s Asthma First Aid Plan (attached)

Additional comments:

I authorise school staff to follow the preferred Asthma First Aid Plan and assist my child with taking asthma medication should they require help. I will notify you in writing if there are any changes to these instructions. Please contact me if my child requires emergency treatment or if my child regularly has asthma symptoms at school.

Signature of Parent/Carer: ____________________________ Date: ______________

I verify that I have read the preferred Asthma First Aid Plan and agree with its implementation.

Signature of Doctor: ____________________________ Date: ______________

Word/Health/Student Asthma Record Form