

ASTHMA FRIENDLY SCHOOLS NEWSLETTER



Asthma Friendly Schools Program

Is your school planning a school camp, excursion or sporting carnival?

If so, be sure that :

- * You have an Asthma Emergency Kit to take with you
- * Asthma trained school staff are in attendance
- * Arrangements are in place for students with asthma to have ready access to their asthma medication.

It is vital that students have access to an Asthma Emergency Kit when not on school grounds. Students can often forget to take their own medication with them and encounter different triggers that could set off their asthma.

Medications and treatments can change over time. For students with asthma attending an overnight camp it is important that schools request information from parents/carers on current health needs including asthma medication and emergency treatment.

Asthma Emergency Kits can be purchased from the Asthma Foundation ACT for \$30.

What is Exercise Induced Asthma (EIA).

Exercise can be a major trigger for many people with asthma.

What causes EIA?

At rest you breathe through your nose. As the air moves through the nose it is warmed and moistened. When you exercise you breathe faster through your mouth, inhaling colder, drier air. This may cause the muscles around airways to tighten, making breathing more difficult.

EIA can occur during and/or after exercise and is more likely if a student is unwell or their asthma is poorly managed. Students with asthma should have a written Asthma Action Plan which outlines how to best manage EIA.

Managing Exercise Induced Asthma

Before exercise:

Always warm up before activity (preferably in the same environment you are exercising in).

Use blue reliever medication if required 5-10 minutes before warm up (as advised by GP). take blue reliever medication. Do not return to activity.

Congratulations to Taylor, Fadden, Holy Trinity, St Monicas, Weetangera and Mawson Primary Schools and Trinity Christian School for becoming Asthma Friendly Schools. These schools have won 2 asthma emergency kits each for returning their completed recognition checklists by the end of October 2008. Congratulations also to Calwell Primary School for becoming asthma friendly in Term 4.

During exercise, if symptoms occur:

Stop activity and take blue reliever medication.

Return to activity only if free of symptoms.

If symptoms reoccur,

After exercise:

Cool down and be alert for asthma symptoms.

School staff should notify parents/carers of any EIA incident.

Are your school ventolin (reliever) puffers out of date?

Ventolin expiry dates should be checked regularly. Expiry dates are on the metal cannister inside the plastic puffer. Expired ventolin puffers should be replaced with new puffers immediately.

The latest statistics reveal that 84% of ACT schools are now registered in the Asthma Friendly Schools (AFS) Program.

However approximately only 39% of schools have had their Asthma first aid training session and only 30% are recognized as an Asthma Friendly School.

We are currently taking bookings for Term 1 in 2009 and have some sessions available in this term. Ring Sandra on 6286 4414 to book your session now!

For more information about the Asthma Friendly Schools program, or to register or book an education session, phone the Asthma Foundation ACT on Ph 6286 4414 or email:

afs@asthmaact.org.au or visit the national AFS website: www.asthmafriendlyschools.org.au.

Fax: 62864475

This article can be used in your school newsletter.

Spring Cleaning

Instructions for cleaning spacers for schools:

Clean your spacer after each students use for schools or once a month for home use.

Dismantle spacer and wash in detergent and hot water.

Do not rinse or wipe dry – allow spacer to air dry.

When spacer is dry, wipe mouthpiece with 70% alcohol swab. (Not required for personal spacer at home).

Discard and replace spacer if contaminated with blood.

Never clean your spacer in the dishwasher!

For information about asthma, contact the Asthma Foundation's info line on 1800 645 130, or go to the Asthma Foundation ACT's website: www.asthmaact.org.au.

