

How Do I Manage a Pupil Having an Asthma Attack?

What are you seeing?

Mild/Moderate Symptoms

- Cough
- Wheeze
- Shortness of breath
- Chest tightness/pain
- Sore tummy
- Not as active/quiet

Severe/life threatening Symptoms

- Rapid breathing rate
- Heaving upper body
- Inability to talk in full sentences
- Colour change in skin or lips
- Distress/confusion

Actions

- Be calm and reassuring
- Encourage pupil to sit down and loosen clothing if needed
- Administer 4-6 puffs reliever (blue) inhaler through a spacer. Shake before each puff, 1 puff at a time, every 30 seconds, take 5 breaths for each puff.
- Encourage a normal breathing rate if the pupil is able.

Actions

- Ask a colleague to DIAL 999 (ambulance) and then contact parent/guardian
- Be calm, confident, reassuring
- Administer 1 puff reliever (blue) inhaler every 30 secs through a spacer
- Shake before each puff, 1 puff at a time, 10 breaths for each puff
- Follow actions above until the ambulance arrives

If losing consciousness (rare) follow emergency first aid procedures

Is the pupil responding?

No

Yes

Actions

- Allow to sit for 15-20 mins observed by a member of staff
- Allow to return to class
- Inform parent/carer
- If symptoms return after 4 hours, repeat and ask parent/carer to collect