

0-19 Service Administrative Hub  
Phoenix Health Centre  
Parkfield Road  
Wolverhampton  
WV4 6ED

Tel: 01902 441057  
[rwh-tr.0-19service@nhs.net](mailto:rwh-tr.0-19service@nhs.net)

Date:

Dear Parent/Guardian

### **Child or Young Person with Asthma**

Now that your child is returning to school, and we are heading into cold/damp weather it is very important that your child's asthma is well-controlled. Asthma symptoms can happen anytime including during the school day or before/after school activities.

The best way to keep asthma under control is to ensure your child takes their asthma prevention treatment (brown, orange, purple inhaler) every day and to avoid asthma triggers if possible.

Asthma + Lung UK recommends that:

- Under 12's should use a spacer device for all their inhalers, and all ages should use a spacer device during an asthma attack.
- A reliever inhaler (usually blue) should be available for your child to use at home, school and any other place they may visit. It is strongly recommended that your child has a blue inhaler and spacer in school at all times. If you do not have a spare one for school, you can order one from your GP. Your child should attend either the GP/Consultant/Practice Nurse at least once every 12 months for an asthma review.
- An asthma review is important even if your child is well, it's like a MOT and can help to prevent problems from occurring. You will be able to discuss your child's asthma triggers at their asthma review and you will be provided with an Asthma Action Plan to help you manage their asthma.

More information can be found at [www.asthma.org.uk](http://www.asthma.org.uk) or by contacting the Asthma + Lung UK advice line on 0300 222 5800

In summary, please ask your GP for:

- A reliever inhaler for school
- A spacer device for school
- A completed asthma action plan and send a copy to school

If you need any further advice or have any trouble getting these items, please contact the school nurse using the above details.

Yours Sincerely

**School Nursing Team**

**Working in partnership**

The Royal Wolverhampton NHS Trust  
Walsall Healthcare NHS Trust



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Dear Parent/Guardian

We are aware your child is prescribed an adrenaline autoinjector (AAI) for the emergency treatment of anaphylaxis. AAI could be an Epipen, Jext or Emerade.

**Health Care Plans**

Your child or young person will require a Health Care Plan in school regarding the administration of the AAI. If your Doctor/GP has completed one, please provide the school with a copy. If you do not have one, please speak to your school or Doctor/GP who will provide you with the appropriate AAI care plan. This will need to be signed by your child's Doctor/GP or Health Care Practitioner. If you have recently completed a care plan (within the last 6 months) could you check in school to ensure details are correct and please re-sign and date the health care plan.

It is important that:

- Two in date adrenaline auto-injectors are available at school to pupils that are prescribed them and that these must be available **AT ALL TIMES** ( <https://www.anaphylaxis.org.uk/>)
- You speak to your school regarding the management and storage of their adrenaline autoinjectors.
- You ensure your child's Adrenaline autoinjector is in date and that the dose is correct for their weight; your GP can advise you about this. It may be an idea to write the expiry date on your calendar at home as this is your responsibility. A text reminder service is now available from the appropriate AAI website if you register a pen with them.
- You view the demonstration video for the administration of the AAI on the appropriate website for the AAI that has been prescribed for your child or young person.

We are asking this to ensure your child can be treated appropriately and safely by staff in an emergency.

Thank you for your cooperation in this matter, as the safety and wellbeing of your child is of the utmost importance to us.

Yours Sincerely,

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