



# Supporting Students with Medical Conditions

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## 1. Introduction

The Trustees, LACs and staff of Staffordshire University Academies Trust (SUAT) shall ensure that pupils/students with medication needs receive appropriate care and support. Trust and Academy leaders must ensure that children with medical conditions can access and enjoy the same opportunities at school as any other child and must have regard to guidance issued by the Secretary of State regarding these matters, which requires that all schools develop a policy for support pupils with a medical condition and have in place effective arrangements for implementation including development and monitoring of individual healthcare plans.

The Principal / Headteacher is responsible in principle for members of their Academy staff supervising students taking prescribed medication during the school day **where those members of staff have volunteered and are trained appropriately to do so**. Where employees administer or assist with the administration of medicines there is a legal duty to ensure that the activity is carried out safely. Any assistance or administering of medicines must be conducted in a safe and competent manner, procedures must be followed, and relevant legislation complied with.

National government and professional bodies have produced guidance on the Management of Medication in settings where children live or attend education. Managers are advised to refer to this specific guidance in addition to that which is available [here](#).

The administration of medicine is the responsibility of parents/carers. SUAT staff have a professional and legal duty to safeguard the health, safety and welfare of pupils/students.

Children may need support to manage medical conditions effectively and this may involve interventions including administration of medication. This may occur in the following circumstances:

1. During a short-term illness or condition, such as the requirement to take a course of antibiotics or medication purchased by parents such as painkillers.
2. For treatment of a long-term medical condition which may require regular medicines to keep them well.
3. Medication in particular circumstances, such as children with severe allergies who may need an emergency treatment such as adrenaline injection.
4. Daily medication for a condition such as asthma, where children may have the need for daily inhalers (and potentially additional assistance during an asthma attack).

Most children with medical needs can attend school or a setting regularly and take part in normal activities, sometimes with support. Where it is required an individual healthcare plan can help staff identify the necessary safety measures to support children with medical needs.

## 2. Definitions

Manager - Manager includes Head Teachers and other members of an Academy's senior leadership team or management.

Setting – Any Academy within Staffordshire University Academies Trust, where children and young people may be likely to require support for medical needs including the administration of medication.

### **3. Success Indicators**

The following indicators will demonstrate the level of compliance with this policy and its procedures:

- a) All settings who need to manage medicines have effective local procedures in place.
- b) Employees who are required to administer medication have received suitable training.
- c) Administration of medication is effectively recorded, and individual healthcare plans are in place.
- d) Managers monitor medication arrangements to ensure local procedures are working effectively.
- e) No adverse incidents have occurred and when they do occur, they are reported, suitably investigated and action taken to prevent reoccurrence.

### **4. Responsible person and settings staff**

Academies may have specific roles for support staff that build the administration of medicines into their core job description. Where they decide that they will administer medication, academies should ensure that they have sufficient members of staff who are appropriately trained to manage medicines as part of their duties.

It is the responsibility of the Academy management team to ensure that all staff are trained appropriately and should have read and understood the current medication policy and guidance documentation.

The Manager must ensure that staff have: -

- Been authorised to administer medication by the appropriate member of the Leadership Team
- Parental consent
- Full knowledge of the relevant medication policies, government and professional guidance, and any local arrangements or procedures.
- Received training where this is required.
- Attended refresher training as required.

The management team must create and maintain a list of all staff who have been authorised to administer medication and a sample of their signature and initials must be documented.

### **5. Management of Medication**

Ensuring compliance with the legal requirements and maintaining the rights of the individual is paramount. Procedures to manage all aspects of medication must be documented, operate effectively, and be monitored. Individuals have the right to expect that any assistance offered is carried out in a professional manner by competent employees. The individual must agree to any assistance provided (or the Parent/Carer where individual cannot consent).

This policy operates on the principle of an individual assessment being undertaken to establish the extent of the individual's ability to administer their own medication safely and effectively. This should take into consideration their age, health and condition, and their overall care plan, where one exists, and procedures should be in place to outline how this must take place.

All settings must have clear written procedures / arrangements for the management of drugs and medication, appropriate to the setting and the children within it. All staff should be familiar with these arrangements.

Each setting's own local procedures and arrangements should include the following:

- Arrangements and procedures for managing medicines:
  - When on the premises
  - On trips and outings
- The medicines brought into school, which have been purchased by parents.
- A clear outline of the roles and responsibility of staff involved in administering medicines or supervising the administration of medicines.
- A clear statement on parental responsibilities in respect of their child's medical needs.
- The need for prior written consent from parents for any medicines to be given to a child (for early years settings, prior permission is a mandatory requirement).
- The policy on assisting children with long-term or complex medical needs.
- The policy on children carrying and taking their medicines themselves.
- Staff training requirements for dealing with administration of medicines.
- Record keeping arrangements.
- Safe storage of medicines.
- Access to the school's emergency procedures.
- Any applicable risk assessment and management procedures.

## **6. Risk Assessment and Individual Healthcare Plans**

It is the responsibility of the designated employee/manager to determine the scope of the individual to manage their medication.

An individual healthcare plan (this may be called a Care Plan) must be developed in order to identify and record the range of support required by an individual. This plan must be reviewed at regular intervals (at least annually) and following any changes in circumstances. The details within the plan must be communicated to employees who are responsible for supporting the individual, and other relevant persons e.g. parents.

## **7. Minimising the need for medication in school hours**

It is helpful, where clinically appropriate, for medicines to be taken, wherever possible, outside of school hours, if appropriate to do so. Parents should be encouraged to ask the pharmacy or prescriber (if prescribed medication) about this. It is to be noted that medicines that need to be taken three times a day could be taken in the morning, after school hours and at bedtime.

## **8. Early Years**

There is a requirement in Early Years settings for children under 5 years of age or 5 before the 31<sup>st</sup> August for the setting to ensure any medication and or personal care needs are accommodated when required. Where academies do not have enough staff to volunteer to undertake these tasks, the school or Early Years management must take relevant action to ensure the children's / pupil's needs are met.

## **9. Purchased by Parents Medicines**

Staff should only give non-prescribed medicine to a child where there is specific prior written permission from the parents/carers. Where the Academy arrangements agree to administer

medicines purchased by parents, the arrangements must set out the circumstances under which staff may administer these medicines.

Non-prescription medicines should not normally be administered. Parents who obtain over the counter medicines can authorise their use in school where appropriate for their child. When medication is to be administered, existing policies should be followed. In all cases best practice must be followed:

- Obtain written parental consent.
- Medication must be labelled by the parent with child's name and the school (not just a pharmacy label).
- Instructions for administration (follow the age-related instructions pre-printed on the medication).
- Clear records are kept regarding the administration of medications; time and dose given to ensure that the daily dose is not exceeded.
- Prescribing of medicines for long term conditions such as asthma and epilepsy will be managed through the GP.

Where a non prescribed medicine is administered to a child it must be recorded.

**Staff must never give a child under 16 aspirin or medicines containing ibuprofen unless prescribed by a Health Care Professional and there is proof of the prescription.**

#### **10. Receipt of Medicines by the Academy**

Medicines must always be provided in the original container **as originally supplied by the manufacturer or pharmacist**. This should be clearly marked with the young person's name, date of dispensing and the name of medication, and include instructions for administration. The label on the container **must not be altered under any circumstances.**

All medicines brought in to be administered by the Academy must be recorded. The record must show:

- Pupil/student for whom medication is prescribed or purchased.
- Date of receipt.
- Name and strength of the medicine.
- Quantity received (if applicable).
- The dosage required to be administered.
- The time of the required dose.
- Expiry date of medicines and any special warnings or precautions.
- Signature of the employees receiving the medicines.
- Signature and printed name of the parent (with PR).

Where consent from parents and carers is also being sought at the same time the record should also include the signature of the parent or carer, the date, and a printed name.

#### **11. Administering Medicines - General Principles**

A young person's privacy and dignity is paramount, and medicines should always be administered in an area where this will not be compromised. If there are numerous children requiring medication

administration, the use of a medicines trolley to transport medicines and associated paraphernalia should be considered as a last option.

In all circumstances the medication administered must be recorded. Where a Medication Administration Record (MAR) is available this should be used. If a Medication Administration Record is not available, the administration of medication should be recorded on the standard Medication Administration Record.

Prior to any administration of medication the following checks should be made:

1. Right medication.
2. Correct route of administration.
3. Ensure correct time.
4. Ensure correct child.
5. Check dosage.
6. Check expiry date.

#### Documentation

- Two members of staff should undertake the procedure for the administration of medication.
- Under no circumstances must medicines prescribed be given to anybody except the person for whom it was prescribed.
- Medicines should be administered directly from the container.
- The Academy's management must ensure that staff are appropriately trained and receive refresher training at suitable intervals where this is required.
- In some cases, training must be by a suitable provider and recorded.
- The name (or initials) of the member of staff responsible for administering the dose of the medicines must be included on the medicine's administration record.
- All written records relating to medication must be completed in ink. All errors must be clearly crossed through, dated, and signed for audit and assurance purposes.
- Medication must not be given to children covertly (e.g. hiding in food) without consultation with GP/Parents and the agreement documented if deemed to be in the best interests of the child.
- Crushing or dissolving medication can destroy the medication properties reducing its effectiveness. Crushing or dissolving of medication is not permitted unless a child or young person's health or wellbeing would be detrimentally affected. Approval for this procedure must be given from the pharmacist who dispensed the medication and parental approval must be sought and documented in the care plan and on a risk assessment to crush or dissolve medication.
- All records of requests for and administration of medicine must be in writing from the requestor.
- All records of administration of medication to a young person must be retained in line with document retention schedules.
- Where temporary or relief staff are required to administer medication, the Head Teacher must ensure they have received instruction/training and that they are assisted by a member of staff who is able to recognise each young person to whom medication is being dispensed.
- The administration of medication via an enteral feeding device such as peg device or gastrostomies may be undertaken where suitable training has been undertaken and the medicine has been assessed as suitable by the pharmacist dispensing the medication. The feeding tubes must be flushed before and after medication administration.

- Training is available on the correct administration of medications via an enteral feeding device. Training support can be provided by the company contracted to provide this service.

The staff member administering the medication or supervising the pupil / student to administer their own medication must sign the administration of medication form. This must be counter signed by a second staff member.

All plans regarding the administration of medication must have a date by which the administration of medication will cease or be reviewed to verify whether this must continue, with the appropriate medical advice, obtained by parents.

## **12. Self-Management of Medication**

It is good practice to support and encourage children, who are able, to take responsibility for managing their own medicines from a relatively early age and schools and other settings should encourage this. Older children with a long-term illness should, whenever possible, assume complete responsibility under the supervision of their parent or Academy staff.

The age at which children are ready to take care of, and be responsible for, their own medicines, varies. There is no set age when this transition should be made, and there may be circumstances where it is not appropriate for a child of any age to self-manage. Where this is agreed it must be added to the Parental Consent Form. Health professionals need to assess, with parents and children, the appropriate time to make this transition.

If children can take their medicines themselves, staff may still be required to supervise, and suitable storage arrangements must still be provided.

### **Carrying Medication**

Academy procedures and arrangements should say whether children may carry, and administer (where appropriate), their own medicines, bearing in mind the safety of other children in respect of the individual child. Risk management procedures must be in place for this approach, depending on the type of medication and when it requires administering.

### **Self-Management of Controlled Drugs**

Where children have been prescribed controlled drugs, staff must be aware that these should be kept in safe custody. Controlled drugs have a “street value” and they must be accounted for particularly in relation to transporting them in and out of the setting. It is possible that children could access controlled drugs for self-medication if it is agreed that it is appropriate.

## **13. Refusing Medicines**

If a child refuses to take medicine, staff must not force them to do so, but should note this in the records and follow agreed procedures. The procedures to follow in this situation may be set out in the procedures or local arrangements or in an individual child’s healthcare plan. Parents should be informed of the refusal as soon as practicable, and the refusal should be recorded on the Medication Administration Record sheet.

If a refusal to take medicines results in an emergency, the Academy’s emergency procedures should be followed.

## 14. Controlled Drugs

The supply, possession and administration of some medicines are controlled by the Misuse of Drugs Act and its associated regulations. A Pharmacist will give advice as to whether a medication is a controlled drug or not. To keep up to date with the medications classified as a controlled drugs drug please view the Home Office information:

<https://www.gov.uk/government/publications/controlled-drugs-list>

Some controlled drugs may be prescribed as medication for use by children e.g. methylphenidate.

Academies must consider the area of Controlled Drugs in their local procedures document. A Drugs Policy may also need to be adapted to consider such arrangements. A child who has been prescribed a controlled drug may legally have it in their possession, although it is advisable for academies to store a controlled drug in line with the guidance in this policy.

### Controlled Drugs Register

It is essential practice for each Academy to keep a separate record of controlled drugs to include the receipt, administration, and possible disposal of controlled drugs. These records must be kept in a bound book or register with numbered pages.

The book will include the balance remaining for each product with a separate record page being maintained for each child. It is recommended that the balance of controlled drugs be checked at each administration and on a regular basis e.g., monthly. The book should be locked away when not in use and stored as controlled stationery.

### Administration of Controlled Drugs

Any authorised member of staff may administer a controlled drug to the child for whom it has been prescribed and they should do so in accordance with the prescriber's instructions in the presence of another member of staff as witness. The administration of controlled drugs is recorded using the Controlled Drugs Register and on the Medication Administration Record.

Staff **MUST NOT** sign the record of administration unless they have been involved in the administration of the medication.

The recommended procedure for the administration of controlled drugs is as follows:

- Check the child's Confirmation Medication Details sheet for details of dosage required etc.
- Verify the quantity of medication as stated on the controlled drug register to ensure that the dose has not already been given.
- Ensure two members of staff are present; one member of staff must witness the other administer the medication to the young person.
- Both staff must sign the Medication Administration Record and controlled drug register to confirm that the dose was given and the amount remaining.

If medication is refused or only partly taken the remaining medication must be disposed of and the details recorded and signed to that effect.

If a dose of medication is refused or only partly taken, then the parents/carer or GP should be contacted for advice on any adverse reactions and risk to the young person.

### **Return or Discontinued Controlled Drugs**

The government guidance for the [disposal of controlled drugs](#) and [NICE guidance](#) must be followed. A controlled drug, as with all medicines, should be returned to the parent/carer when no longer required to arrange for safe disposal (by returning the unwanted supply to the local pharmacy).

### **Self-Management of Controlled Drugs**

Where children have been prescribed controlled drugs, staff must be aware that these should be kept in safe custody. Controlled drugs have a “street value” and they must be accounted for particularly in relation to transporting them in and out of the setting. It is possible that children could access controlled drugs for self-medication if it is agreed that it is appropriate.

## **15. Transportation issues**

### **Transporting Medication**

When medication is transported, it must be placed in a suitable lockable carrying case or box that is secure during transportation. Controlled drugs must be kept in a lockable container within a lockable container during transportation. The Medication Container must always be kept out of public vision.

During community outings, trips and educational visits, medication (with the exception of emergency medication) can be left in a vehicle if necessary. It must be a container as detailed above and the vehicle must be locked.

### **Home to School Transport**

Where the Academy arrange home to school transport, children must be safe during the journey. Most pupils with medical needs do not require supervision on school transport but appropriately trained escorts should be provided where this is necessary. Guidance should be sought from the child’s parent/carers and health professionals as to whether supervision may be required. Drivers and escorts must know what to do in the case of a medical emergency.

If the administration of medicines during home to school transport is likely and it is agreed that the driver or escort will administer (i.e., in an emergency) they must receive training and support and fully understand what procedures and protocols to follow. Where training has not taken place, drivers and escorts must phone the emergency services when an emergency occurs. Drivers and escorts must be clear about roles, responsibilities and liabilities with regard to the administration of medication. Where pupils have life limiting conditions, specific individual healthcare plans should be carried on vehicles.

Academies and parents must advise the transport contractors of issues for individual children.

### **Holidays, Outings and Educational Visits**

Where required, staff will take charge of the medicines and return the remainder on return to the Academy or to parents/carers as appropriate.

Where a young person is self-medicating, this should continue whilst on an educational visit, but consideration must be given to the locations, activities and the storage of the medicines to ensure that they are kept safe and secure for the young person.

The Academy will make every effort to continue the administration of medication to a pupil/student whilst on trips away from the school premises, even if additional arrangements might be required. However, there may be occasions when it may not be possible to include a pupil/student on a school trip if appropriate supervision cannot be guaranteed.

### **Individual Transport Healthcare Plans**

In some cases, individual transport healthcare plans will be required (e.g., for children with more complex medical needs). These will require input from parents and the responsible medical practitioner for the child concerned. The care plans should specify the steps to be taken to support the normal care of the pupil/student during transport as well as the appropriate responses to emergency situations. Additionally, trained escorts may be required to support pupils/students with complex medical needs. These can be healthcare professionals or escorts trained by them.

### **16. Allergic Reactions**

Some children and young people are at risk of severe allergic reactions. Academies must plan to reduce the likelihood of the risk of allergic reactions by ensuring that children do not come into contact with the material or foodstuffs which may cause a reaction. For example, where allergies are known to be food related risks can be minimised by not allowing anyone to eat on vehicles.

Where it is necessary, escorts should have basic first aid training and should be trained in the use of an adrenaline pen for emergencies where appropriate. **These pens must only be used for those children for whom they are prescribed.**

### **17. Written Instructions**

All medicines that are to be administered within Academies **must** be accompanied by written instructions from the parent/carer or the GP. Non-prescription medicines are allowed into school, e.g. paracetamol if accompanied by a parental consent form.

Parents are responsible for providing the Principal / Headteacher with comprehensive information regarding the pupil's/student's condition and medication.

### **18. Labelling of Medicines**

When medicines have to be brought into school, the original container complete with the original dispensing label to identify directions for use.

If a pupil/student is on regular medication, the dispensing chemist may, at their own discretion, agree to supply two filled containers. The Academy bottle would contain more than one day's supply and the dispensing chemist may request that the GP writes two prescriptions; one for home, the other for Academy use. In any event, only reasonable quantities of medication should be supplied to the Academy.

The label on prescribed medication should clearly state:

- Name of student
- Date of dispensing
- Dose and dose frequency
- Cautionary advice/special storage instructions
- Name of medicine
- Expiry date
- Amount of medication provided

Where the information on the label is unclear, i.e. 'as directed' or 'as before', then clear instructions must be given on a parental consent form. **Medication, e.g., for pain relief should not be administered without first checking maximum dosages and when the**

**previous dose was taken. Parents will be informed when medication is taken. Academies will not accept items of medication in unlabelled containers.**

## **19. Storage**

**All medication deemed for emergency use MUST not be locked away.**

Medication must be stored in the original container and must be stored away from public areas, sources of heat, moisture, or direct sunlight, as these elements can cause the medicines to deteriorate. Stock should be rotated as it is received. Never mix the remains of partly used medication with a freshly supplied medication.

Medicine cupboard/cabinets must be of a suitable size to store all medication and have a quality lock fitted where this is assessed as required. The medication storage container must be secured to a wall and where a portable storage device is used it must be secured to a wall when not in use. The medicine cupboard should be reserved for medicines, dressings, and reagents only and the following must be stored separately within the cupboard:

- External use only medicines
- Oral medicines
- Injectables, suppositories & pessaries
- Blood and urine testing reagents (either in a separate area or stored segregated in an external medicines section)

The key to the medicine cupboard will be retained for the duration of the working day by an identified staff member. This will be delegated as necessary, and access should be restricted to authorised members of staff only. Duplicate keys must always be kept in a locked cupboard or drawer, with access restricted to authorised members of staff only. It is recommended that a lost key action plan is in place.

### **Medication Requiring Storage by Refrigeration**

#### **Regular Administration of Significant Quantities**

Where significant quantities of medicines are administered on a regular basis, a lockable drug fridge is advised. The temperature of the fridge is to be monitored and recorded daily. If medicines are stored outside the required range, usually between 2-8°C, the drug manufacturer must be contacted for advice. Food, milk, medical samples (e.g. blood or urine) or non-pharmaceutical items must not be stored in this fridge. The refrigerator should be cleaned and defrosted regularly.

#### **Small Quantities**

In settings where low quantities are administered, medicines may be stored in a domestic fridge located in a staff only area. To avoid contamination medicines must be stored separately in a locked container labelled "medicines - authorised access only".

#### **Storage of Controlled Drugs**

In all academies, controlled drugs must be stored behind **double lock and key** unless medication is for emergency treatment which must be available for the child to access as required. This must be a metal cupboard with an inner lockable cupboard or a metal lockable container within a cupboard. The cupboard must be secured to the wall.

Controlled drugs must be checked in by two members of staff, one of which must be authorised to carry out this duty. All records must be recorded in the controlled drugs register and on the Medication Administration Record.

### **Storage of Medication for Young Persons Self Managing Their Medication**

The storage of medication being self managed by young persons must form part of a risk assessment and Care Plan if necessary.

In the case of a medical emergency, Academy staff must have access to any personal lockable containers, with the permission of the pupil/student. This information should be communicated to young person's parent/carer and their written authorisation should be recorded.

Professionals (Designated Nurse for Looked After Children and Care Leavers or School Nurses) may be consulted for advice concerning transition to independence.

### **Self Managing General Medication**

Where it is appropriate for a young person to self manage their medication in school, this must be agreed by all parties (and may be included in a care plan where required). It is good practice to offer storage arrangements for all types of medication which is being self managed by the young person as this approach offers effective safety and security for other young persons who could otherwise access the medication.

### **Self Managing Controlled Drugs**

Where young people have been prescribed controlled drugs and are self managing medication, staff must be aware of the storage requirements for controlled drugs and implement them. Controlled drugs must be stored behind a double lock and key e.g., this may be a personal lockable container/locker inside another lockable container to which the young person may have direct access to when required, if it is agreed that it is appropriate. Following a risk assessment, it may be deemed that for a child's personal care needs this medication may need to be readily available for their use.

### **Medical Equipment**

Some children and young people may be prescribed, as part of ongoing medical treatment, the use of certain medical equipment. This could include range of testing devices – such as blood testing equipment and sharps, such as needles. All equipment should, as far as possible, be kept in its original container/packaging.

It is important to record on the young person's file, the type of equipment being used, and any make or model numbers, and to date the record. All medical equipment will be kept locked away, however a risk assessment needs to be undertaken for individual children regarding their ability to manage their condition and carry or access equipment themselves.

## **20. As Required" Medication (PRN)**

Instructions such as "when required" or "as necessary" must be discouraged, but when they appear on prescribed medication, advice from Parents/Carers and GPs with a knowledge of the child should be documented in an "As required (PRN) Protocol."

The protocol will identify any signs, symptoms and advice and will outline the necessity for administration of the medication when the young person is unable to do so. A signed record must be kept of all advice and decisions made. When a PRN medication is administered a record of the administration must be made using the Medication Administration Record.

## **21. Consent Arrangements**

No medication should be given to a young person without written consent obtained from the person with parental responsibility for the child unless deemed to be Gillick competent and able to make their own decisions. Procedures must be in place to ensure that this consent is obtained, these may take the form of a:

- Parental Consent Form.
- Section of an individual healthcare plan regime.
- Demonstration of Gillick competence and able to make their own decisions.

In the event of life-threatening emergencies or under parts of The Mental Capacity Act 2005, consent for administration may not be necessary, but accurate documentation must be completed. A child's parent/carer should be informed if they have required any form of medication in an emergency whilst they are in the care of the Academy. Children may request a chaperone.

### **Obtaining consent - communication and language difficulties**

Where the young person/parent/carers first language is not English, consideration should be given to the use of an interpreter. Where it is not possible to gain consent due to communication/comprehension difficulties, advice must be sought from the General Practitioner (GP) Practice or advocacy services. The outcomes must be recorded on the child's care plan if one is required.

For someone with hearing or sight impairment it may be necessary to arrange for communication materials or advice specific to their needs or provide assistance in using different communication means such as sign language.

## **22. Cultural and Religious Requirements**

Britain is a multi-cultural and multi-faith society. Care must be taken to respond sensitively to individuals and not to make assumptions because of their ethnicity or religion. It is important that children and their parents/carers are asked about any cultural or religious needs relating to the taking of medication or any prohibitions that apply.

All information on relating to the cultural or religious requirements of a child or young person must be accurate and up to date as this may have an impact on how they wish to receive care. This information must be recorded as part of an individual healthcare plan (if one is required) or in the child's personal records.

## **23. Child & Young Person's Advance Care Plan including Do Not Resuscitate Agreements (DNR) and Emergency Management Plans (EMP)**

Where a child or young person with life limiting and life-threatening conditions is being supported it is necessary to obtain full support from health care providers to ensure up to date comprehensive care plans known as Child and Young Person's Advanced Care Plan are in place.

The Care Plans include Emergency Management Plan (EMP) which may lead to the need to implement a Do Not Resuscitate Agreement (a DNR Agreement) in an emergency. An EMP/DNR is implemented as a choice for some people to help preserve their dignity at the end stage of life. A DNR agreement may be in place for children of any age originating from discussions with Health Professionals, carers or parents and in some cases the service user themselves.

The Child and Young Person's Advanced Care Plan ensures that there is a well discussed and agreed plan, which can be adhered to and implemented by **all** health practitioners and those providing care.

The plan must outline the detail of when the DNR Agreement may be invoked, and the circumstances which may arise. Staff must be fully aware of the care plan information of the service user and have been briefed on the signs and symptoms associated with a deterioration in the condition or health of the service user. Where a plan has been drawn up by other agencies the setting should avoid duplication but must ensure that consent has been given to use in the Academy.

### **Staff awareness**

Where an EMP/ DNR Agreement is in place for a child or young person ALL staff in the establishment, setting or service must be made aware through a formal documented procedure which protects the wishes of the service user and confidentiality. Ensure current copies of the EMP/DNR Agreement are available for **ALL** staff working within the Academy.

### **Following the Emergency Management Plan Agreement**

Should the situation arise where the Child and Young Person's Advanced Care Plan should be followed staff are advised to call the Emergency Services and fully explain the situation to them both over the telephone and upon arrival at the premises. The Child and Young Person's Advanced Care Plan **MUST** be handed to the emergency health professionals upon their arrival.

Basic care (comfort, care, support, reassurance) should still be provided by staff to keep the service user comfortable and to maintain their dignity whilst waiting for health professionals to arrive.

### **First Aid**

There may be situations where first aid should be provided to a child or young person which does not invoke the Emergency Management Plan. Within all settings there are staff that will regularly undergo training to update their qualifications regarding First Aid and these staff must be made aware of when first aid may be required for a child or young person with a Child and Young Person's Advanced Care Plan.

### **Reviewing the Emergency Management Plan and DNR Agreement**

Ensure that the DNR Agreement has been reviewed a minimum of annually or as necessary with representation from the appropriate setting(s), health, parents, or carers and if relevant the child or young person themselves. Parents / carers should be provided with a point of contact at the Academy to request review meetings or reviews to the plans.

### **Off site activities**

If a child or young person is being offered an activity away from the usual setting the Child and Young Person's Advanced Care Plan must be taken and handed to the appropriate health professionals as considered necessary. All staff working with a child or young person with a Child and Young Person's Advanced Care Plan on 'off site' activities **must** have access to a phone – a landline or mobile phone which is charged and has signal.

### **Transporting children or young person with Child and Young Person's Advanced Care Plan**

All escorts and/or drivers transporting a child or young person with a Child and Young Person's Advanced Care Plan **must** be aware of the existence of an EMP/ DNR Agreement and must follow procedure that has been agreed beforehand, for example this may include, stopping the vehicle and dialling 999, then handing the EMP/DNR Agreement over to the appropriate Health Professionals, upon arrival, within a sealed envelope clearly marked 'Private and Confidential.'

**Note** Health professionals involved in respect of **all** clinical procedures have the ultimate Duty of Care responsibilities for administering the Child and Young Person's Advanced Care Plan. Health colleagues will be considered as follows: the School Nurse, Ambulance Paramedics, Community Paediatricians, and qualified medical professionals to level 5 and above. Nurses employed by a Trust will follow the Trust's Resuscitation Policy.

### **24. Disposal of Medicines**

**Medication should not be disposed of by via the sink, toilet, or dust bin, this is both illegal and unsafe.**

Academies must not undertake to dispose of any medication, except in the case of spoiled doses. Any unused medication must be returned to the parent/carer. Any other arrangements must be formally recorded and agreed by all parties.

In event of the death of a young person, all medicines must be retained for at least 7 days in case they are required by the Coroner's Office.

### **Disposal of Sharps**

Where any staff on site use syringes and needles, it is their responsibility to ensure safe disposal of these items into a sharps box.

**Used needles and syringes are not to be re-sheathed. They are to be disposed of immediately into the sharps box.**

Where regular use of needles is required, consideration should be given to the use of retractable needles. Pupils/students self-administering insulin or any other medication with a syringe must be assisted by staff in the proper disposal of sharps. A sharps box will be provided, but kept safe by staff, and locked away if necessary.

Each setting should access local arrangements for the supply and disposal of sharps boxes using a registered contractor, in accordance with the Infection Control Policy.

### **25. Management of Errors/Incidents in Administration of Medicines**

If medication has been administered incorrectly or the procedures have not been correctly followed, then the following procedure is to be implemented: -

- Ensure the safety of the young person. Normal first aid procedures must be followed which will include checking pulse and respiration.
- Telephone 111 for advice or an ambulance via 999 if the child's condition is a cause for concern.
- Notify the Head Teacher / Principal.
- Contact the young person's Parents/Carers as soon as practicable.

- Contact the young person's GP/Pharmacy for advice if necessary.
- Document any immediate adverse reactions and record the incident in the young person's file/Care Plan using the Medication Incident Report Form HSF36.
- The Medication Incident Report Form HSF 36 must be completed and, if injury results, the details entered onto the Council's My H&S system.
- The Head Teacher / Principal or person in charge must commence an immediate investigation about the incident, inform the the Health, Safety and Wellbeing Service and, where applicable inform any relevant regulatory body. Statements should be taken from both staff and young persons if they are self-medicating.
- The medication administration record should reflect the error.
- The young person's parent/carer/guardian should be informed formally in writing.
- The incident should be reported on My Health and Safety.

It is recognised that despite the high standards of good practice and care, mistakes may occasionally happen for various reasons. Every employee has a duty and responsibility to report any errors to their manager. Managers should encourage staff to report any errors or incidents in an open and honest way in order to prevent any potential harm or detriment to the young person. Managers must handle such reporting of errors in a sensitive manner with a comprehensive assessment of the circumstances.

A thorough and careful investigation taking full account of the position of staff and circumstances should be conducted before any managerial or professional action is taken.

Any investigation must observe the conventions as set out in the Trust's Disciplinary Policy.

## **26. Unaccounted for Drugs / Medication**

If medications are unaccounted for, this must be regarded as a serious situation and a potential disciplinary matter for staff. The Managers must decide on the action to be taken, dependent upon the circumstances. As a minimum, a full internal investigation must be carried out by the setting Head Teacher/Principal and the Health, Safety and Wellbeing Service must be informed.

The Head Teacher may determine that the situation is sufficiently serious to warrant informing the police. In any case where **controlled drugs are unaccounted for, the police should be informed**, and a police investigation may take place. The Headteacher / Principal will inform the LAC and Trust.

## **27. Individual Health Care Plan**

### **Developing an Individual Healthcare Plan**

Not all children who have medical needs will require an individual plan. The main purpose of an individual health care plan for a child with medical needs is to identify the level of support that is needed, who will carry out that support and how the setting will deal with any problems or emergencies.

The individual healthcare plan may also include individual risk assessments which have taken place as decisions have been made about the child's medication or care. An individual health care plan clarifies for staff, parents, and the child the help that can be provided. It is important for staff to be guided by the child's GP or pediatrician as well as parents and carers.

Staff should agree with parents how often they should review the healthcare plan. This must happen at least annually, but much depends on the nature of the child's particular needs; some would need reviewing more frequently.

Developing a health care plan should not be onerous, although each plan will contain different levels of detail according to the needs of the individual child. In addition to input from the child's GP/Paediatrician or other health care professionals (depending on the level of support that the child needs).

Those who may need to contribute to a health care plan include:

- The Head Teacher / Principal
- The parent or carer
- Healthcare professional e.g., Health Visitor/School nurse/Looked After Children's Nurse/Community Paediatric Nurse as appropriate.
- The child (if appropriate)
- Early Years Practitioner/Class Teacher/Form Tutor/Head of Year
- Care assistant or support staff (if applicable)
- Staff who are trained to administer medicines
- Staff who are trained in emergency procedures

The content and format of individual healthcare plans will vary depending on what is most effective for the needs of each individual. Attention should be paid to the statutory guidance regarding supporting pupils at school with medical conditions.

### **Co-ordinating Information**

It should be decided which member of staff has specific responsibility for the role of coordinating information. This person can be a first contact for parents and staff and liaise with external agencies. It would be helpful if members of staff with this role attended training on managing medicines and drawing up policies on medicines. Sharing information must comply with the [Caldicott Principles](#) and [data protection](#) requirements. Staff should refer to the Data Protection Policy, Data Sharing Policy and Information Security Policy for further detail. The Data Protection Officer should be contacted for advice and guidance where needed.

### **Information for Staff and Others**

Staff who may need to deal with an emergency will need to know about a child's medical needs. A procedure should be in place to ensure that all staff (including supply and temporary staff) are made aware of any medical needs that they may need to support and manage.

### **Off-site Education or Work Experience**

Where students have special medical needs, the school will need to ensure that the care plan and any risk assessments take into account those needs when the young person is on work experience. Parents and pupils must give their permission before relevant medical information is shared on a confidential basis with employers or may share this information with the employer directly.

### **Confidentiality**

The Head Teacher / Principal and staff should always treat medical information confidentially. Managers should agree with the child where appropriate, or otherwise the parent/carers, who else should have access to records and other information about a child or young person.

When the medical status of a staff member or child is known, either through recorded information or verbally, the indisputable "need to know" is the criteria for disclosure not "want to know."

If information is withheld from staff, they should not generally be held responsible if they act incorrectly in giving medical assistance but otherwise in good faith.

## **28. Staff Training**

A health care plan may reveal the need for some staff to have further information about a medical condition or specific training in administering a particular type of medicine or in dealing with emergencies.

The Academy should arrange appropriate training in collaboration with local health services if necessary and all such training must be recorded.

When staff agree to assist a child with medical needs, or to assist or administer medication, they should receive appropriate instruction and/or training. Where there is a need to maintain a training record, this should be recorded using the form, and training records kept in an in-house training record. (An example of this form is County Council form HSF37).

Staff must:

- Be conversant with the Trust's Supporting Students with Medical Conditions Policy and guidance as well as any local procedures.
- Understand the healthcare plan and have a basic knowledge of the medication/clinical intervention and its use before assisting or administering.
- Understand the safe procedures for handling medications/undertaking the clinical procedure and understand their responsibilities in the administration of medication/clinical procedure and know where to ask for help
- Be able to administer medications/undertake the clinical intervention safely and effectively
- Support service users who self-administer or support self-management of clinical intervention
- Ensure knowledge of emergency procedures in the event of an incident i.e. overdose, administration of wrong medication etc.
- Ensure that accurate records are maintained for administration.
- Ensure that all medication is clearly identified in an original container with recipient's name on.
- Complete any records as required.
- Possess a basic knowledge and understanding of the Trust's Policy on Infection Control.
- Be aware of potential cultural, religious, language and communication needs of children/young people in relation to health and medication.
- Be aware of needs of children/young people with disabilities, and the effects of such factors as sight, hearing, or physical dexterity in relation to medication and supporting clinical interventions.
- Appreciate the role of other professionals in relation to medication and clinical interventions
- Have a good understanding of their role and responsibilities in relation to the safe storage, administration, disposal etc. of medication or the clinical task which requires support.

### **Training to carry out any Specialist Medication Activities**

Only staff who are trained and deemed competent should perform any invasive clinical interventions.

Changes in an individual's healthcare plans and needs must be effectively communicated to employees as relevant to their role in supporting the individual.

## **29. Management of Oxygen**

### **Oxygen Use**

The fundamental indication for the administration of oxygen is the presence of hypoxia. This could be for one of the following reasons: -

- Cyanosis of recent origin because of pulmonary disease
- Shock, severe haemorrhage, and coronary occlusion
- Chronic obstructive airway disease
- Heart failure
- Emphysema
- Lung cancer

### **Prescription and Supply of Oxygen and Equipment**

A young person may be prescribed oxygen as part of their treatment programme either by a consultant or by the General Practitioner.

The oxygen supply service is contracted out to different suppliers by area. The GP sends the prescription directly to the supplier who then delivers the oxygen.

Staff must be **authorised and trained to administer oxygen** and are permitted to change cylinders providing they have received instruction from the oxygen supplier.

Where a young person is attending or wishes to attend the setting, it is the relevant Manager's responsibility to liaise with the young person's parent/carer to ensure that suitable oxygen cylinders are available for travelling between their home and the school/setting. Where this may be on Academy or contracted Transport, staff providing transport and supervision on transport, and Contractors must also be made aware of the requirements to arrange the most appropriate transport and provide training to drivers and escorts as necessary.

Detailed advice on the Administration, Storage and Transport of Oxygen is provided in a separate guidance document available on the Health, Safety and Wellbeing Service intranet site. A General Risk Assessment must be completed for the Administration, Storage and Transportation of Oxygen (see example in the Appendices to this Policy).

## **30. Medicine and Control**

The treatment for a severe allergic reaction is an injection of adrenaline (also known as epinephrine). Pre-loaded injection devices containing one measured dose of adrenaline are available on prescription. The devices are available in two strengths – adult and junior.

If a severe allergic reaction occurs the adrenaline injection should be administered into the muscle of the upper outer thigh. **An ambulance should always be called.**

Staff that volunteer to be trained in the use of these devices can be reassured that they are simple to administer. Adrenaline injectors, given in accordance with the manufacturer's instructions, are a well-understood and safe delivery mechanism. It is not possible to give too large a dose using this device. The needle is not seen until after it has been withdrawn from the child's leg. In cases of doubt, it is better to give the injection than to hold back.

The decision on how many adrenaline devices the Academy should hold, and where to store them, must be decided on an individual basis between the Head Teacher / Principal, the child's parents and medical staff involved.

Where children are sufficiently responsible to carry their emergency treatment on their person, there should always be a spare set kept safely which is not locked away and is accessible to all staff. In large schools or split buildings, it is often quicker for staff to use an injector that is with the child rather than taking time to collect one from a central location.

Studies have shown that the risks for allergic children are reduced where an individual health care plan is in place. Reactions become rarer and when they occur, they are mostly mild. The plan will need to be agreed by the child's parents, the school, and the treating doctor.

Important issues specific to anaphylaxis to be covered include:

- anaphylaxis – what may trigger it
- what to do in an emergency
- prescribed medicine
- food management
- precautionary measures

Once staff have agreed to administer medicine to an allergic child in an emergency, a training session will need to be provided by local health services. Staff should have the opportunity to practice with trainer injection devices.

Day to day policy measures are needed for food management, awareness of the child's needs in relation to the menu, individual meal requirements and snacks in school. When kitchen staff are employed by a separate organisation, it is important to ensure that the catering supervisor is fully aware of the child's particular requirements. A 'kitchen code of practice' could be put into place.

Parents may ask for the Academy to exclude from the premises the food to which their child is allergic. This is not always feasible, although appropriate steps to minimise any risks to allergic children should be taken.

Children who are at risk of severe allergic reactions are not ill in the usual sense. They are normal children in every respect – except when they come into contact with a certain food or substance, they may become very unwell. It is important that these children are not stigmatised or made to feel different. It is important, too, to allay parents'/carers' fears by reassuring them that prompt and efficient action will be taken in accordance with medical advice and guidance.

Anaphylaxis is manageable. With sound precautionary measures and support from the staff, school life may continue as normal for all concerned.

### **31. Emergency Treatment of Seizures**

Managers must ensure that they have local procedures documenting the procedures to be followed by staff. Managers must be familiar with the County Council's Guidance document on the Emergency Treatment of Seizures (G51) and where necessary local procedures must incorporate the principles detailed in this good practice guide.

These procedures must be followed in the event of a young person requiring the administration of buccal midazolam or rectal diazepam. It also includes guidance and information for managers and staff involved in the safe and appropriate administration of such medications.

In the event of a young person requiring the emergency administration of medication, a protocol must be drawn up detailing the circumstances and situations when it should be administered. The GP/Consultant and the relevant manager must sign the protocol and if appropriate the young person and parent/carer.

A record of administration must be completed whenever buccal midazolam or rectal diazepam is administered.

All staff administering medication for the Emergency Treatment of Seizures must have received training in accordance with the guidance document.

### **32. Specialist Clinical Interventions/ Activities (this includes invasive treatments)**

A wide range of specialist clinical interventions/medication activities may at times be required within a school. These activities are best carried out by individuals with appropriate training and deemed competent to do. Specialist clinical interventions should be reviewed to ensure that adequate and appropriate support is in place to ensure safety.

In circumstances where specialist clinical activities may be carried out by school staff after the following checklist has been completed: -

#### **Stage 1**

- A multiagency group meeting including the young person's health professional, other health agencies, parents/carer etc. At this meeting the Manager needs to develop a clear understanding of what is required to complete the specialist activity. The health professionals attending must determine that the activity/treatment is suitable to be completed by a non-medical professional (e.g., does it require an individual to make a medical assessment/judgment or have detailed medical knowledge/skills). The discussion and outcomes of this meeting must be accurately recorded. It is important that the decision reflect both health professionals' views and the Academy's views as to if the specialist medication activity is suitable to (and can safely) be completed in the school environment.
- A risk assessment for the activity and control measures must be developed.
- The individuals care plan must be reviewed and amended where necessary to reflect the requirements of the clinical intervention.
- Training requirements must be discussed with the health professionals and arranged to be delivered by a suitable health professional (this may be the school nurse) and suitable competency frameworks made available to the Academy. Any specialist training must be refreshed annually.

Academies should discuss these requests with appropriate professionals and support services including the Health, Safety and Wellbeing Service and Special Educational Needs specialists, Legal Services, and Insurance Services.

The Academy must determine if they have the resources, suitable staff volunteers/staff with job descriptions covering such activities to undertake the medication activity.

The decision must not be taken in isolation, the Academy will need to consider the impact of this activity on staffing resources based on other clinical needs presently being managed within the

school, to determine whether they can manage the adjustments required. It is also important that the Academy's ability to manage specialist medication activities is reviewed at regular intervals with input from health professionals.

If the specialist activity is to be completed by Academy staff then it is important that the following actions are completed and suitable management arrangements are implemented: -

## **Stage 2**

- Completion of an Individual Risk Assessment for the pupil/student, detailing the safe working practices to be followed. This document must be effectively communicated to all relevant parties.
- Individual Care Plan once developed must be signed by relevant parties including young person's medical/health professionals.
- Suitable training by a health professional. It is not appropriate for staff to be trained by parents/carers or other staff at the Academy.
- Upon completion of the training the staff required to complete the specialist medication activity must be confident in what is required and receive regular refresher training to ensure these skills are maintained.
- Training and refresher training must be recorded.
- Ensure that arrangements to monitor staff knowledge and/or competency are agreed with the health professionals.
- Recording arrangements to detail when the specialist clinical procedure has been completed and communication parents/careers must be put in place.
- Ensure care plan is reviewed with young person's medical/health professional at regular intervals and when any changes or concerns arise.

The Head Teacher / Principal is responsible for monitoring staff resources to undertake the specialist clinical and activities and must provide staff with the authorisation to carry out the specialist clinical intervention once they are satisfied that all aspect of this section have been completed. The authorisation to staff must be clear about the types of clinical intervention they are authorised to perform and when they are authorised to perform these activities.

Where the decision is that the Academy staff cannot accommodate completion of the specialist medication activity then the Trust must be contacted, especially if this will impact on young person's access to education.

### **33. Emergency Provision of Care**

As part of general risk management processes, all academies should have arrangements in place for dealing with emergency situations. This should be part of the Academy's first aid policy and emergency plans. All staff should also know who is responsible for carrying out emergency procedures.

Individual healthcare plans should include instructions as to how to manage a child in an emergency and identify the role and responsibilities of staff during the emergency. Where possible, staff and other children should know what to do in the event of an emergency, and all staff should know how to call the emergency services. Staff should never take children to hospital in their own car unless accompanied by another member of staff and only then in extreme emergencies.

A member of staff should always accompany a child taken to hospital by ambulance and should stay until the parent arrives. Health professionals are responsible for any decisions on medical treatment when parents are not available.

The existence of a Child and Young Person's advanced Care Plan must also be taken into consideration when an emergency occurs.

#### **34. Health and Safety Issues**

Staff should avoid direct contact with medicines. Where this is unavoidable, staff should contact the dispensing pharmacy for advice, e.g., when staff have to apply steroid creams **directly** to a child, non-latex gloves must be used.

Infection control principles must be followed by staff administering medication and staff must be familiar with effective hand washing principles. Staff should see the Trust's Infection Control Policy for more detail.

#### **35. Patient information Leaflets**

A patient information leaflet (PIL) will be supplied by the pharmacy with each medicine (including those supplied in monitored dosage systems) and these should be made available to the child if requested.

#### **36. Medicines for a staff member's own use**

An employee may need to bring medicine into the Academy for their own use. All staff have a responsibility to ensure that these medicines are kept securely, and that young people will not have access to them, e.g., locked desk drawer or secure area in the staff room.

Adequate safeguards must be taken by employees, who are responsible for their own personal supplies, to ensure that such medicines are not issued to any other employee, individual or young person.

#### **37. Specific Risk Situations**

##### **Alcohol or Other Substances**

If in any doubt about whether it is appropriate or safe to give a medicine (e.g., if the young person is under the influence of alcohol or other substance), advice should be sought from the Community Pharmacist/GP/NHS Direct.

Staff should make their manager aware of medication that they are taking in accordance with HR guidelines. This includes the implementation of a risk assessment where required for the condition or symptoms the medication is being taken for.

##### **Pregnancy**

If staff become aware that a young person is pregnant, staff must **check immediately** with GP/NHS 111/Community Pharmacy, that any medication is not contraindicated during pregnancy and if any action is required. It is generally advised that non prescribed medication should not be taken during pregnancy without advice from a health professional. A care plan and risk assessment should be implemented for the young person.

### **38. Equal Opportunities Statement**

The Trust is fully committed to ensuring equality in the delivery of this guidance to all young people, regardless of their gender, ethnicity, sexuality and ability.

### **39. Prohibited Treatments**

The treatments listed below should not be carried out by SUAT staff:

- Injections (excluding Epipens used in treatment of anaphylactic shock).
- Administration of a medication to any child unless specifically prescribed or provided for that child.
- Insertion of any form of catheter or any form of intravenous therapy.
- Insertion or changing of any form of tube feeding.

### **40. Medical Confidentiality**

Any medical or related information provided to the Academy will be treated in the strictest confidence and in compliance with data protection legislation.

It is the responsibility of parents to notify the Academy in writing if the pupil's/student's need for medication has ceased.

It is the parents' responsibility to renew the medication when supplies are running low and to ensure that the medication supplied is within its expiry date.

Staff will not make changes to dosages on parental instructions.

## **Appendix One** **Information regarding medical conditions**

The medical conditions in children that most commonly cause concern in schools and settings are asthma, diabetes, epilepsy, and severe allergic reaction (anaphylaxis). This appendix provides some basic information about these conditions, but it is beyond its scope to provide more detailed medical advice and it is important that the needs of children and young people are assessed on an individual basis.

### **ASTHMA**

#### **What is Asthma?**

Asthma is common and appears to be increasingly prevalent in children and young people. One in ten children has asthma in the UK. The most common symptoms of asthma are coughing, wheezing, or whistling noise in the chest, tight feelings in the chest or getting short of breath. Younger children may verbalise this by saying that their tummy hurts or that it feels like someone is sitting on their chest. Not everyone will get all these symptoms, and some children may only get symptoms from time to time.

However, in early years settings staff may not be able to rely on younger children being able to identify or verbalise when their symptoms are getting worse, or what medicines they should take and when. It is therefore imperative that early years and primary school staff, who have younger children in their classes, know how to identify when symptoms are getting worse and what to do for children with asthma when this happens. This should be supported by written asthma plans, asthma school cards provided by parents, and regular training and support for staff. Children with significant asthma should have an individual health care plan.

#### **Medicine and Control**

There are two main types of medicines used to treat asthma, relievers, and preventers. Usually, a child will only need a reliever during the school day. **Relievers** (blue inhalers) are medicines taken immediately to relieve asthma symptoms and are taken during an asthma attack. They are sometimes taken before exercise. **Preventers** (brown, red, orange inhalers, sometimes tablets) are usually used out of school hours.

**Children with asthma need to have immediate access to their reliever inhalers when they need them.** Inhaler devices usually deliver asthma medicines. A spacer device is used with most inhalers, and the child may need some help to do this. It is good practice to support children with asthma to take charge of and use their inhaler from an early age, and many do. Children who can use their inhalers themselves should be allowed to carry them with them. If the child is too young or immature to take personal responsibility for their inhaler, staff should make sure that it is stored in a safe but readily accessible place, and clearly marked with the child's name. Inhalers should always be available during physical education, sports activities, and educational visits. For a child with severe asthma, the health care professional may prescribe a spare inhaler to be kept in the school or setting. From October 2014, schools have been able to provide emergency inhalers.

#### **Emergency Inhalers in schools**

From October 2014 schools have been able to provide emergency inhalers where a child's own inhaler is not available, and they appear to be experiencing an asthma attack.

Emergency salbutamol inhalers should only be used by children:

- who have been diagnosed with asthma and prescribed a reliever inhaler.

- OR who have been prescribed a reliever inhaler  
**AND** where written parental consent has been given for the use of the emergency inhaler.  
This information should be recorded in the child's individual healthcare plan.

A child may be prescribed another type of reliever medication, but a salbutamol inhaler can still be used if their inhaler is not accessible. Emergency inhalers should be used with single use spacers.

Schools that choose to keep an emergency inhaler should include this in their medication policy and should have a protocol in place for their use. Guidance on the development of a suitable protocol is available in "[Guidance on the use of emergency inhalers in schools](#)" September 2014 from the Department of Health.

### **Symptoms of an asthma attack**

The signs of an asthma attack include:

- coughing
- being short of breath
- wheezy breathing
- feeling of tight chest
- being unusually quiet

When a child has an attack, they should be treated according to their individual health care plan or asthma card as previously agreed. An ambulance should be called if:

- the symptoms do not improve sufficiently in 5-10 minutes
- the child is too breathless to speak
- the child is becoming exhausted
- the child looks blue

It is important to agree with parents of children with asthma how to recognise when their child's asthma gets worse and what action will be taken. An Asthma School Card (available from Asthma UK) is a useful way to store written information about the child's asthma and should include details about asthma medicines, triggers, individual symptoms and emergency contact numbers for the parent and the child's doctor.

A child should have a regular asthma review with their GP or other relevant healthcare professional. Parents should arrange the review and make sure that a copy of their child's management plan is available to the school or setting. Children should have a reliever inhaler with them when they are in school or in a setting.

Children with asthma should participate in all aspects of the school or setting 'day' including physical activities. They need to take their reliever inhaler with them on all off-site activities. Physical activity benefits children with asthma in the same way as other children. Swimming is particularly beneficial, although endurance work should be avoided. Some children may need to take their reliever asthma medicines before any physical exertion. Warm-up activities are essential before any sudden activity especially in cold weather. Care may be necessary in cold or wet weather.

Reluctance to participate in physical activities should be discussed with parents, staff, and the child. However, children with asthma should not be forced to take part if they feel unwell. Children should be encouraged to recognise when their symptoms inhibit their ability to participate.

Children with asthma may not attend on some days due to their condition and may also at times have some sleep disturbances due to night symptoms. This may affect their concentration. Such issues should be discussed with the child's parents or attendance officers as appropriate.

All schools and settings should have an asthma policy that is an integral part of the whole school or setting policy on medicines and medical needs. The asthma section should include key information and set out specific actions to be taken (a model policy is available from Asthma UK). The school environment should be asthma friendly, by removing as many potential triggers for children with asthma as possible.

Consideration should be given to staff, particularly PE teachers, should have training or be provided with information about asthma. This should support them to feel confident about recognising worsening symptoms of asthma, knowing about asthma medicines and their delivery and what to do if a child has an asthma attack.

## **EPILEPSY**

Children with epilepsy have repeated seizures that start in the brain. An epileptic seizure, sometimes called a fit, turn or blackout can happen to anyone at any time. Seizures can happen for many reasons. At least one in 200 children has epilepsy and around 80 per cent of them attend mainstream school. Most children with diagnosed epilepsy never have a seizure during the school day. Epilepsy is a very individual condition.

Seizures can take many different forms and a wide range of terms may be used to describe the seizure pattern individual children experience. Parents and health care professionals should provide information to schools, to be incorporated into the individual health care plan, setting out the pattern of an individual child's epilepsy. If a child experiences a seizure in a school or setting, details should be recorded and communicated to parents including: any factors which might possibly have acted as a trigger to the seizure – e.g.

- visual/auditory stimulation, emotion (anxiety, upset)
- any unusual 'feelings' reported by the child prior to the seizure
- parts of the body demonstrating seizure activity e.g., limbs or facial muscles
- the timing of the seizure – when it happened and how long it lasted
- whether the child lost consciousness
- whether the child was incontinent

This will help parents to give more accurate information on seizures and seizure frequency to the child's specialist.

What the child experiences depends on whether all or which part of the brain is affected. Not all seizures involve loss of consciousness. When only a part of the brain is affected, a child will remain conscious with symptoms ranging from the twitching or jerking of a limb to experiencing strange tastes or sensations such as pins and needles. Where consciousness is affected; a child may appear confused, wander around and be unaware of their surroundings.

They could also behave in unusual ways such as plucking at clothes, fiddling with objects or making mumbling sounds and chewing movements. They may not respond if spoken to. Afterwards, they may have little or no memory of the seizure. In some cases, such seizures go on to affect all the brain and the child loses consciousness. Such seizures might start with the child crying out, then the muscles becoming stiff and rigid. The child may fall. Then there are jerking movements as muscles relax and tighten rhythmically. During a seizure breathing

may become difficult and the child's colour may change to a pale blue or grey colour around the mouth. Some children may bite their tongue or cheek and may wet themselves

After a seizure a child may feel tired, be confused, have a headache, and need time to rest or sleep. Recovery times vary. Some children feel better after a few minutes while others may need to sleep for several hours.

Another type of seizure affecting all the brain involves a loss of consciousness for a few seconds. A child may appear 'blank' or 'staring', sometimes with fluttering of the eyelids. Such absence seizures can be so subtle that they may go unnoticed. They might be mistaken for daydreaming or not paying attention in class. If such seizures happen frequently, they could be a cause of deteriorating academic performance.

### **Medicine and Control**

Most children with epilepsy take anti-epileptic medicines to stop or reduce their seizures. Regular medicine should not need to be given during school hours. Triggers such as anxiety, stress, tiredness or being unwell may increase a child's chance of having a seizure. Flashing or flickering lights and some geometric shapes or patterns can also trigger seizures. This is called photosensitivity. It is very rare. Most children with epilepsy can use computers and watch television without any problem.

Children with epilepsy should be included in all activities. Extra care may be needed in some areas such as swimming or working in science laboratories. Concerns about safety should be discussed with the child and parents as part of the health care plan. During a seizure it is important to make sure the child is in a safe position, not to restrict a child's movements and to allow the seizure to take its course. In a convulsive seizure putting something soft under the child's head will help to protect it. Nothing should be placed in their mouth. After a convulsive seizure has stopped, the child should be placed in the recovery position and stayed with, until they are fully recovered.

An ambulance should be called during a convulsive seizure if:

- it is the child's first seizure
- the child has injured themselves badly
- they have problems breathing after a seizure
- a seizure lasts longer than the period set out in the child's health care plan
- a seizure lasts for five minutes if you do not know how long they usually last for that child
- there are repeated seizures, unless this is usual for the child as set out in the child's health care plan

Such information should be an integral part of the school or setting's emergency procedures but also relate specifically to the child's individual health care plan. The health care plan should clearly identify the type or types of seizures, including seizure descriptions, possible triggers and whether emergency intervention may be required.

Most seizures last for a few seconds or minutes and stop of their own accord. Some children who have longer seizures may be prescribed diazepam for rectal administration. This is an effective emergency treatment for prolonged seizures. The epilepsy nurse or a paediatrician should provide guidance as to when to administer it and why.

Training in the administration epilepsy medication is needed and will be available from local health services. Staying with the child afterwards is important as medication may cause drowsiness.

Further advice and guidance on the emergency treatment of seizures including administration of rectal diazepam or midazolam as first aid measures is available in G51 Emergency Treatment of Seizures Procedures.

## **DIABETES**

### **What is Diabetes?**

Diabetes is a condition where the level of glucose in the blood rises. This is either due to the lack of insulin (Type 1 diabetes) or because there is insufficient insulin for the child's needs, or the insulin is not working properly (Type 2 diabetes).

About one in 550 school-age children have diabetes. Most children have Type 1 diabetes. They normally need to have daily insulin injections, to monitor their blood glucose level and to eat regularly according to their personal dietary plan. Children with Type 2 diabetes are usually treated by diet and exercise alone.

Each child may experience different symptoms, and this should be discussed when drawing up the health care plan. Greater than usual need to go to the toilet or to drink, tiredness and weight loss may indicate poor diabetic control, and staff will naturally wish to draw any such signs to the parents' attention.

### **Medicine and Control**

The diabetes of most children is controlled by injections of insulin each day. Most younger children will be on a twice a day insulin regime of a longer acting insulin and it is unlikely that these will need to be given during school hours, although for those who do it may be necessary for an adult to administer the injection. Older children may be on multiple injections and others may be controlled on an insulin pump. Most children can manage their own injections, but if doses are required at school supervision may be required, and a suitable, private place to carry it out.

Increasingly, older children are taught to count their carbohydrate intake and adjust their insulin accordingly. This means that they have a daily dose of long-acting insulin at home, usually at bedtime, and then insulin with breakfast, lunch, and the evening meal, and before substantial snacks. The child is taught how much insulin to give with each meal, depending on the amount of carbohydrate eaten. They may or may not need to test blood sugar prior to the meal and to decide how much insulin to give. Diabetic specialists would only implement this type of regime when they were confident that the child was competent. The child is then responsible for the injections and the regime would be set out in the individual health care plan.

Children with diabetes need to ensure that their blood glucose levels remain stable and may check their levels by taking a small sample of blood and using a small monitor at regular intervals. They may need to do this during the school lunch break, before PE or more regularly if their insulin needs adjusting. Most older children will be able to do this themselves and will simply need a suitable place to do so. However younger children may need adult supervision to carry out the test and/or interpret test results.

When staff agree to administer blood glucose tests or insulin injections, they should be trained by an appropriate health professional.

Children with diabetes need to be allowed to eat regularly during the day. This may include eating snacks during class-time or prior to exercise. Schools may need to make special arrangements for pupils with diabetes if the school has staggered lunchtimes. If a meal or snack is missed, or after strenuous activity, the child may experience a hypoglycaemic episode (a hypo) during which blood glucose level fall too low. Staff in charge of physical education or other physical activity sessions should be aware of the need for children with diabetes to have glucose tablets or a sugary drink to hand.

Staff should be aware that the following symptoms, either individually or combined, may be indicators of low blood sugar – a **hypoglycaemic reaction** (hypo) in a child with diabetes:

- hunger
- sweating
- drowsiness
- pallor
- glazed eyes
- shaking or trembling
- lack of concentration
- irritability
- headache
- mood changes, especially angry or aggressive behaviour

Each child may experience different symptoms, and this should be discussed when drawing up a health care plan.

If a child has a hypo, it is very important that the child is not left alone and that a fast-acting sugar, such as glucose tablets, a glucose rich gel, or a sugary drink is brought to the child and given immediately. Slower acting starchy food, such as a sandwich or two biscuits and a glass of milk, should be given once the child has recovered, some 10-15 minutes later.

An ambulance should be called if:

- the child's recovery takes longer than 10-15 minutes
- the child becomes unconscious

Some children may experience **hyperglycaemia** (high glucose level) and have a greater than usual need to go to the toilet or to drink. Tiredness and weight loss may indicate poor diabetic control, and staff will naturally wish to draw any such signs to the parents' attention. If the child is unwell, vomiting or has diarrhoea this can lead to dehydration. If the child is giving off a smell of pear drops or acetone this may be a sign of ketosis and dehydration and the child will need urgent medical attention.

Such information should be an integral part of the school or setting's emergency procedures but also relate specifically to the child's individual health care plan.

## **ANAPHYLAXIS**

Anaphylaxis is an acute, severe allergic reaction requiring immediate medical attention. It usually occurs within seconds or minutes of exposure to a certain food or substance, but on rare occasions may happen after a few hours.

Common triggers include peanuts, tree nuts, sesame, eggs, cow's milk, fish, certain fruits such as kiwifruit, and penicillin, latex and the venom of stinging insects (such as bees, wasps or hornets).

The most severe form of allergic reaction is anaphylactic shock, when the blood pressure falls dramatically, and the patient loses consciousness. Fortunately, this is rare among young children below teenage years. More commonly among children there may be swelling in the throat, which can restrict the air supply, or severe asthma. Any symptoms affecting the breathing are serious.

Less severe symptoms may include tingling or itching in the mouth, hives anywhere on the body, generalised flushing of the skin or abdominal cramps, nausea and vomiting. Even where mild symptoms are present, the child should be watched carefully. They may be heralding the start of a more serious reaction.

**Appendix Two**

**Medication Records/Standard Forms**

HSF 30	Confirmation of Medication Details
HSF 31	Service User Self Medication Assessment
HSF 32	GP Consent Form – Self Medication
HSF 33	GP Consent Form – Purchased by Parents/Homely Remedies
HSF 34	Protocol for Administration of PRN Medication
HSF 35	Receipt of Medication- Transport
HSF 36	Medication Incident Report Form
HSF 37	Medication Policy and Procedures In-house Training Record
HSF 55	Medication Administration Record sheet

### **Appendix Three** **Glossary of Terms**

**Administer** - supporting young persons to 'administer their medicines' can include reminding someone to take or use their medicines, removing the medicine from the container and putting in young persons hand or in a container, helping a young person to actually take a medicine by supporting their hands, opening a medicine container or reading the labels on a medicine's container.

**Assist** - this can include helping young persons to read labels, reach containers that are stored securely, removing lids from containers, removing tablets and capsules from their foil packaging, reminding young persons to take their medicines, or physically helping them use their hands to get medicines into their mouths or creams, etc. to parts of their body where they are needed.

**Buccal** – Should be placed against the sides of the gums and cheek so that the medicine is absorbed directly into the bloodstream. This is known as the buccal or oromucosal route. If the medicine is swallowed accidentally, it might not work as quickly.

**Prompt** - this may be by telling a young person its time to take their medicines, by handing a young person a medicine container at the time to take their medicines or by setting an alarm to go off when it is the correct time to take their medicines.

**Purchased by Parents Medicines** – Medicines readily available to be purchased and used to treat minor/self-limiting conditions.

**Observe** - this may be watching over a young person while they take or use their medicines and only helping such as removing lids from containers if the young person is struggling.

**MAR** – Medication Administration Record

**PRN** – As necessary / when required

**Rectal** – Relating to the rectum

**Appendix Four**  
**References**

[Supporting pupils at school with medical conditions Department for Education](#)  
[“Guidance on the use of emergency inhalers in schools”](#) September 2014 from the Department of Health

**Appendix Five**  
**Oxygen Administration Risk Assessment**

**General Risk Assessment Record Form**

1. Section/Service/Team..... 2. Assessor(s).....

3. Description of Task/Activity/Area/Premises etc. ....Oxygen (Administration and Storage)

What are the hazards?	Who might be harmed and how?	What are you already doing? List the control measures already in place	What is the risk rating – H, M, L? See section 5	What further action, if any, is necessary, if so what action is to be taken by whom and by when?	Action Completed State the date completed and sign.	What is the risk rating now – H, M, L? See section
1. Transportation of oxygen cylinders.	Staff and service users, from fire explosion and contact with moving cylinders.	<ul style="list-style-type: none"> <li>• Green diamond safety sign is displayed on the vehicle</li> <li>• Cylinders are secured to prevent them from moving around.</li> <li>• 'Trem' card is carried on the vehicle.</li> <li>• Vehicle is stopped if administration is required.</li> <li>• Service users are only transported with portable oxygen cylinder. Appropriate fire extinguisher is on the vehicle</li> <li>• Strict 'No Smoking' rules enforced.</li> </ul>	Medium			

2. Administration of oxygen.	Staff, service users, from inappropriate handling, use.	<ul style="list-style-type: none"> <li>• Staff receive instruction/ training in the operation of the oxygen cylinders.</li> <li>• Oxygen is only used in a well-ventilated area, away from naked flames and heat.</li> <li>• Lubricants and tapes are not used on the cylinder.</li> <li>• All cylinders are regularly checked to ensure there is no damage to the cylinder, hose, pipes, and valves.</li> </ul>	Medium			
3.Manual handling	Staff, could suffer sprains and strain from moving oxygen cylinders	<ul style="list-style-type: none"> <li>• Manual handling policy in place and communicated to staff.</li> <li>• Staff receive appropriate moving and handling training.</li> <li>• Staff wear appropriate clothing and footwear</li> </ul>	Medium			

4.Fire or explosion	Staff, service users visitors, could be injured by fire or explosion from inappropriate storage/use	<ul style="list-style-type: none"> <li>• Staff receive instruction/ training in the operation of the oxygen cylinders.</li> <li>• The location of oxygen cylinders are identified on the fire plan</li> <li>• Oxygen cylinders are stored in an upright position and under cover to protect the valves from the changes in the weather.</li> <li>• The storage area is only used for oxygen cylinders.</li> <li>• Appropriate fire fighting equipment is near to storage area.</li> <li>• Storage areas are no smoking.</li> <li>• Quantities kept to a minimum.</li> <li>• The location of oxygen cylinders are identified by the use of a green diamond safety sign</li> </ul>	Medium			
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**4. Tick if any of the identified hazards relate to any of the following specific themes:**

Hazardous Substance	Manual Handling	Display Screen Equip	Fire	Work Equip / Machinery	Stress	Individual Person such as Young Person New/ Expectant Mother or Service User
✓	✓		✓			✓

If any are ticked a specific risk assessment form must be completed separately. For example a COSHH form must be completed if a hazardous substance is used.

**5. Risk Rating**

The risk rating is used to prioritise the action required. Deal with those hazards that are high risk first.

Risk Rating	Description	Action Priority
High	Where harm is certain or near certain to occur and/or major injury or ill-health could result	Urgent action

Medium	Where harm is possible to occur and/or serious injury could result e.g. off work for over 3 days	Medium priority
Low	Where harm is unlikely or seldom to occur and/or minor injury could result e.g. cuts, bruises, strain	No action or low priority action

**6. Assessment**

**Signature of Assessor(s):**  
**Print Name:**

**Signature of Line Manager:**  
**Print Name:**

**Date Assessed:**

**Review Date:**

**7. Communication and Review**

This risk assessment should be communicated to all employees and relevant persons who may come into contact with the hazards being assessed. The assessment must be reviewed annually or following a significant change, accident or violent incident