

Asthma Management Policy

While the NCAS Athlete Agreement deals with athletes informing program staff of any medications that they are currently taking, it is still important from a risk management perspective to be prepared for managing an athlete who has an asthma attack.

This policy has been developed using supporting documents from the National Asthma Council. All NCAS staff, coaches and managers should familiarise themselves with the following policy prior to the commencement of any program.

Asthma Awareness

- Familiarise yourself with [My Asthma Guide](#) from the National Asthma Council (page 10 deals with exercise & asthma*) and [First Aid for Asthma](#) fact sheet**.
- Know how to use an [inhaler and spacer](#).
- Know which of your squad athletes, and fellow program staff, have a history of asthma. Check through the medical history & [Asthma Plan](#) submitted by squad members prior to program commencement. The Sport Programs Manager will provide help if you are unsure.
- Ask athletes who are prone to asthma to check that they have the relief inhaler with them before commencing any training sessions.
- Know where the nearest emergency access hospital is in the area and have access to a phone to call an ambulance by dialling 000.

Additional suggestions regarding the management of asthma are:

1. It is always preferable that the relief inhaler be self-administered unless the asthmatic is not in a condition to do so.
2. Re-assuring and trying to relax someone who is having an asthma attack can have a relieving effect, especially when assisting in the effective use of the inhaler.
3. Consider calling an ambulance earlier rather than waiting the indicated 4 minutes and deciding that the relief inhaler is not improving breathing. By the time you first see the athlete, they may be suffering for some time and have already used their reliever without effect.

To help manage the risk of asthma attack, the NCAS:

1. Provides information material to its coaches and managers (i.e. this policy and the linked information sheets and encourages coaches to become familiar with prevention and management issues).
2. Encourages coaches and managers to find out more about coaching athletes with asthma.
3. Ensures that Academy medical information includes a section regarding asthma, and passes said information onto program staff.
4. Ensures that asthma attacks that take place during Academy activities are recorded and report to the Academy office as soon as possible via written and verbal reporting systems.
5. Seeks ongoing feedback from outside agencies to improve our practises on an ongoing basis.

Relevant References

www.nationalasthmas.org.au

Policy History

- Adopted by NCAS Board of Management on 29 April 2022

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Appendix



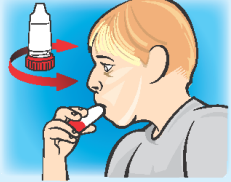
***Excerpt from *My Asthma Guide*, page 10**

Exercise: Many adults and children with asthma have symptoms when they exercise. This can be prevented by medication (using reliever just before exercising, using preventer as directed, or both). The right preparation can also help - see Exercise tips for people with asthma. Tell your doctor – don't let your asthma stop you or your child being physically active. If you can, get involved in organised exercise. People with asthma who participate in exercise training feel better.

Exercise tips for people with asthma:

- Do a proper warm-up before exercising.
- Get as fit as possible – the fitter you are, the more you can exercise before asthma symptoms start.
- Avoid exercising where there are high levels of pollens, dust, fumes or pollution.
- Exercise in a place that is warm and humid – avoid cold, dry air if possible.
- Try to breathe through your nose (not your mouth) when you exercise – this makes the air warm and moist when it reaches your lungs.

First Aid for Asthma

1	Sit the person comfortably upright. Be calm and reassuring. Don't leave the person alone.	
2	Give 4 puffs of a blue/grey reliever (e.g. Ventolin, Asmol or Airomir) Use a spacer, if available. Give 1 puff at a time with 4 breaths after each puff Use the person's own inhaler if possible. If not, use first aid kit inhaler or borrow one.	OR
3	Wait 4 minutes. If the person still cannot breathe normally, give 4 more puffs.	
4	If the person still cannot breathe normally, CALL AN AMBULANCE IMMEDIATELY (DIAL 000) Say that someone is having an asthma attack. Keep giving reliever. Give 4 puffs every 4 minutes until the ambulance arrives. Children: 4 puffs each time is a safe dose. Adults: For a severe attack you can give up to 6-8 puffs every 4 minutes	
HOW TO USE INHALER	WITH SPACER  <ul style="list-style-type: none"> • Assemble spacer • Remove puffer cap and shake well • Insert puffer upright into spacer • Place mouthpiece between teeth and seal lips around it • Press once firmly on puffer to fire one puff into spacer • Take 4 breaths in and out of spacer • Slip spacer out of mouth • Repeat 1 puff at a time until 4 puffs taken – remember to shake the puffer before each puff • Replace cap 	WITHOUT SPACER  <ul style="list-style-type: none"> • Remove cap and shake well • Breathe out away from puffer • Place mouthpiece between teeth and seal lips around it • Press once firmly on puffer while breathing in slowly and deeply • Slip puffer out of mouth • Hold breath for 4 seconds or as long as comfortable • Breathe out slowly away from puffer • Repeat 1 puff at a time until 4 puffs taken – remember to shake the puffer before each puff • Replace cap
	BRICANYL OR SYMBICORT  <ul style="list-style-type: none"> • Unscrew cover and remove • Hold inhaler upright and twist grip around and then back • Breathe out away from inhaler • Place mouthpiece between teeth and seal lips around it • Breathe in forcefully and deeply • Slip inhaler out of mouth • Breathe out slowly away from inhaler • Repeat to take a second dose – remember to twist the grip both ways to reload before each dose • Replace cover 	

Not Sure if it's Asthma?

CALL AMBULANCE IMMEDIATELY (DIAL 000)

If a person stays conscious and their main problem seems to be breathing, follow the asthma first aid steps. Asthma reliever medicine is unlikely to harm them even if they do not have asthma.

Severe Allergic Reactions

CALL AMBULANCE IMMEDIATELY (DIAL 000)

Follow the person's Action Plan for Anaphylaxis if available. If the person has known severe allergies and seems to be having a severe allergic reaction, use their adrenaline autoinjector (e.g. EpiPen, Anapen) before giving asthma reliever medicine.

For more information on asthma visit:
 Asthma Foundations – www.asthmaaustralia.org.au
 National Asthma Council Australia – www.nationalasthma.org.au



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