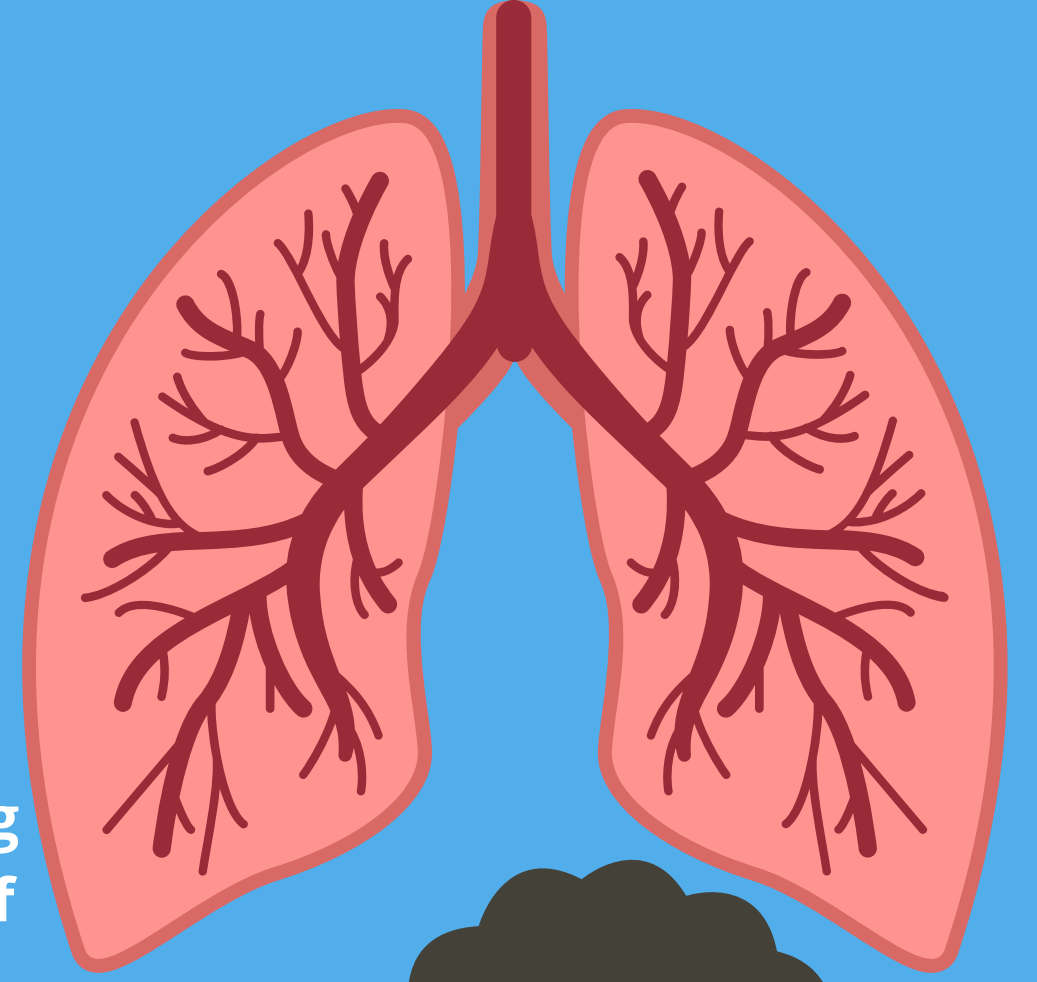
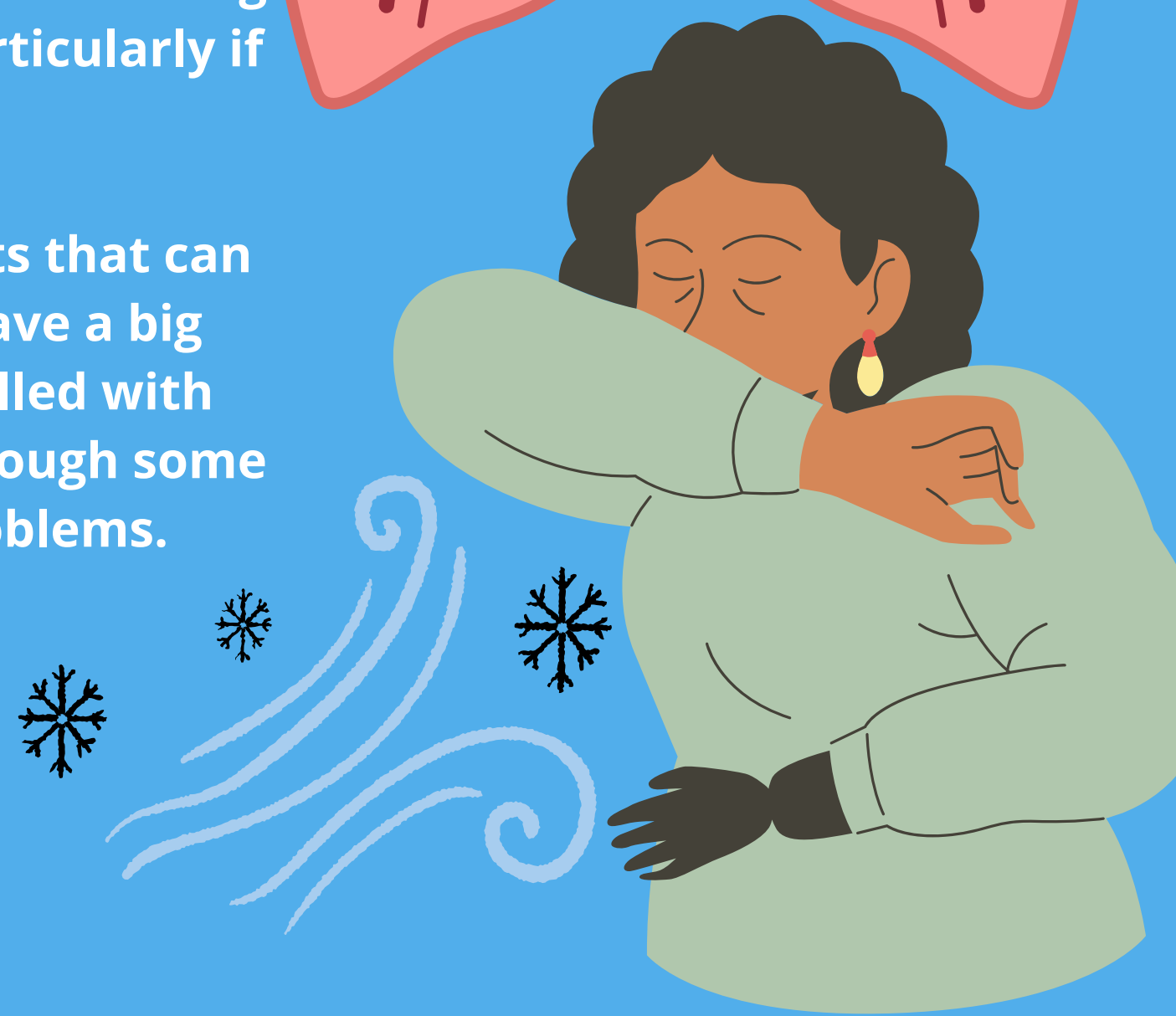


How to support students with asthma



Asthma is a common lung condition that causes occasional breathing difficulties. It is a long-term condition for many people, particularly if it first develops when you're an adult.

There is currently no cure, but there are simple treatments that can help keep the symptoms under control, so it does not have a big impact on your life. The symptoms can usually be controlled with treatment. Most people will have normal, active lives, although some people with more severe asthma may have ongoing problems.



How practice educators can support students

- Ensure you have good communication with the student and understand their health condition.
- Ask the student about the severity of their asthma and their triggers.
- Ask the student about their allergies and how they normally manage their asthma.
- Ensure that the student keeps a spare inhaler in an easily accessible place that is known to everyone.
- Provide information about the best way to carry out a task if there might be a risk it can trigger their asthma.
- Helping to manage the environment that the student is working in and being aware of the triggers.
- Carry out a risk assessment when delegating tasks to the students with asthma.
- Identify the hazards or task that have the potential to trigger asthma.
- Ensure the student takes their scheduled breaks and keep hydrated throughout the shift.
- If the asthma is severe, the educator can ensure the student monitor their asthma such as using a peak flow meter and record readings to monitor control.
- Have a set action plan, discussed with the student.
- Encourage the student to inform others of their condition.

How can asthma impact on a students' learning?

- Students with uncontrolled asthma can often miss more placement days and have poorer attendance due to it impacting on their learning experience.
- Asthma can impact on the students' emotional well-being while on placement, tiredness, weakness and mental strain.
- Asthma can impact on learning experience as they might not be able to work with a patient due to their asthma triggers. Eg, patient with cold, covid etc.

