

## **Schools of the Northern Territory, congratulate yourselves!**

The Northern Territory continues to have successful participation in the National Asthma Friendly Schools program.

The September report showed :

- 58% of Northern Territory Schools were Registered in the Asthma Friendly Schools program and
- 40% were Recognised as an Asthma Friendly School

Enthusiasm shown by staff towards the Asthma Emergency First Aid Training has been superb and a credit to the schools represented. I want to take this opportunity to thank you for your warm welcomes when I visit your school. It is lovely to be greeted with "The Asthma Lady is here!"

2008 has been a most enjoyable year of traveling to the many and varied schools of the beautiful Northern Territory and I look forward to being part of the continued success of the program in Term 4 2008 and beyond.

An Asthma Friendly School has at least 75% of staff attend a one hour Asthma Emergency First Aid Training session and remains current for three years however, a high turnover of staff would merit annual updates. Training provides the opportunity for staff to feel very confident to handle the equipment and medication required to manage an asthma emergency. Included in the session is information on asthma, triggers and Exercise Induced Asthma. Evaluations report that information provided on Exercise Induced Asthma is particularly helpful for staff in the area of Health and Physical Education and in organising camps. Written resources to support this knowledge are available at the training or can be ordered by phoning the Asthma Foundation.

## **Included in this newsletter:**

An email sent by a staff member following recent training. It causes us to reflect on how we would deal with an asthma emergency situation.

## **Unsure whether your school can be involved?:**

Read on for a letter of support for the Asthma Friendly Schools program by the Principal of a Northern Territory Middle school.

## **Never been involved or still need to complete the Recognition form?**

An exciting incentive is on offer for Term 4 only - Read On.

To book a date in the "Travelling Training Diary" for Term 1 2009 contact me now by email or phone and I look forward to meeting with you soon!

*Jill McGee*

Education Manager

Asthma Friendly Schools Coordinator NT

[schools@asthmant.org.au](mailto:schools@asthmant.org.au)

89816066



*Principal Ms Maureen Devine accepting Woodroffe Primary Schools Asthma Friendly School Certificate*



## Testimonials

"I attended the Asthma training course on a Wednesday afternoon. I did not want to be there. My two sons were waiting outside the venue (quite happy to play on the school play equipment) while I was desperately looking at the time hoping this was going to be over soon as I had a life to get on with. Jill from the Asthma Foundation fired us with information - which of course I was never going to use. I did my duty and was out of there as fast as I could.

On Friday a child was sent into the office with a difficulty to breathe and pain in her chest. She was distraught and finding it difficult to communicate with me. With a calmness of someone who knows exactly what they were doing I administered Asthma First Aid to this child who immediately found her breathing a lot easier and was able to calm down.

From a child's point of view to have someone that is completely in control is reassuring and comforting, there is no question that they are being looked after and all decision making is being made from an informed viewpoint.

From an adult's point of view it was empowering to be able to give a child instant relief and to stop the situation from escalating.

**Without the First Aid Course that Asthma First Aid Kit would have been just 3 metres away from that child but no one would have had the knowledge on how to use it."**

Dear Jill,

I would like to thank you for coming to Nightcliff Middle school and presenting to our staff. Your presentation was excellent and received outstanding reviews from all staff. We are certainly better aware of asthma in our workplace and I am sure all feel a lot more confident in being able to handle an asthma emergency.

As a result of your presentation, we will be placing asthma emergency procedure kits strategically around the school. Nightcliff is a very big campus and I feel that we require more than one kit so we are able to respond appropriately to an emergency should it arise.

Once again, many thanks for joining us and providing such an interesting and stimulating session.

Lyn Hollow Principal Nightcliff Middle school

## Asthma Emergency Kits

**"Why would our school need one?"**



**Imagine being faced with a child or work colleague having difficulties breathing.**

**Frightening ....but what if you couldn't find the puffer, the spacer or remember if it was four or eight puffs of the reliever medication to help them breathe better .**

**An Asthma Emergency Kit holds the equipment you need to manage an asthma emergency in one easy to access carry bag.**

**An Asthma Emergency Kit will transport quickly to the scene and equipment and instructions are easily at hand.**

**An Asthma Emergency Kit includes:**

- A Spacer device
- Instructions for use
- Instructions for maintenance
- Alcohol wipes
- Documentation /tracking sheet

**Can contain a spacer mask for junior students or those with disabilities (optional)**

**(Note the reliever medication is not included in the kit and will need to be purchased additionally via your School Nurse, Health Promoting School Nurse or Pharmacy following staff training)**

**Kits are available from the Asthma Foundation for \$33.00 or \$38.50 (inc mask)**

**10% off for Members of the**

**Asthma Foundation**

**Call Jenny on 89816066 to order your kit and join as a Community Member.**



## Congratulations!

### 1st Registration

Bonya, Alice Springs School of the Air, Ltyentye Apurte (Santa Teresa), Dundee Beach, Tipperary Station School

### 1st Recognition

OLSH (Bath St, Traeger Ave, Sadadeen) Living Waters Lutheran, Tipperary Station School

### Schools requiring updates in Term 4,

Nhulunbuy Schools, Litchfield Christian, Gillen PS, Casuarina Senior College, Bakewell PS, Dripstone MS Palmerston High, Manunda Tce, Darwin High, Sanderson MS, Bradshaw PS, Girraween PS, Nightcliff PS, Acacia Hill High, Braitling PS, Tennant Creek Schools, St Francis Xavier

### How to book training

Download your "Request for training" form :

[www.asthmafriendlyschools.org.au](http://www.asthmafriendlyschools.org.au)

Fax to 8981 9066 or

Call 8981 6066 and book immediately.

### Special offer for Term 4: Win a Toshiba DVD player!

Register for the first time

Book training in Term 4 (conditions apply)

Return Recognition Checklist

\*Schools responding go into draw -Valid till end of Term 4

## Training Due !!!!!!!!!!!!!

Acacia Hill High

Bakewell Primary

Bradshaw Primary School

Casuarina Senior College

Dripstone Middle School

Elliot CEC

Gillen Primary School

Larapinta Primary School

Millner Primary School

Nhulunbuy Schools

Nightcliff Primary School

Palmerston High School

## Could Thunderstorms affect asthma?

According to a study reported in QJ Med "Asthma admissions have been reported to increase during thunderstorms. In some cases, this has been attributed to rises in pollen or fungal spore counts occurring alone or in combination with rainfall." The study reports investigations into the roles of pollen, fungal spores, ozone and other meteorological factors. The number of asthma admissions to hospital was greater on days with thunderstorms than on control days. Individual thunderstorms coincided with up to 10-fold rises in asthma admissions and a small increase in asthma admissions was reported to be associated with thunderstorms in general.



### What can people with asthma do as the storm season approaches?

- Update and prepare Asthma Management Plan
  - visit your GP
- Regularly review symptoms
  - don't ignore shortness of breath, coughing, wheezing
- Check expiry dates on all medications
  - lift canister out of plastic casing– expiry date is printed on the bottom of the canister or check counter on device
- Always have access to reliever and spacer
  - never leave home without them
- Prepare spacers monthly
  - wash in soapy water, don't rinse. Air-dry

## Something new !

"A compact hygienically sealed unit, suitable for active and everyday pursuits, the sports haler is available with a range of accessories, including a lanyard and belt clip.

Sportshaler is a functional, highly effective solution that provides numerous benefits to the user with increased compliance amongst those affected by asthma"

Available now in Pharmacies

Or go to [www.sports-haler.com](http://www.sports-haler.com)



"The aim of the Asthma Friendly Schools Program is to improve the quality of life, health outcomes and well being for school children with asthma" Asthma Foundations of Australia