

Long-term Medical Conditions Information

**Designed for Warwickshire Schools,
Parents/Carers, and Children and Young People**

Raising awareness and sharing information surrounding a selection of long-term medical conditions and the impact it can have on individuals, and their education.

**Created by Connect for
Health, your School Nursing
Service in Warwickshire.**

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Introduction to Connect for Health

Your School Nursing Service in Warwickshire

Who we are

Connect for Health is a school nurse-led service that supports children, young people, and their families in Warwickshire. We deliver key elements of the Healthy Child programme, working to identify and meet the health and wellbeing needs of the school-age population and to give individuals the best possible start in life.

Health Support for families

Our service is here for all school-aged children (aged 5 to 19, or up to 25 for individuals with SEND) and their parent/carers - regardless of whether they access education through a school setting.

Support can be provided in a way that suits you, including: individually, face-to-face or over the phone, in group workshops or via our confidential messaging services.

What we can support with

- Healthy eating
- Dental health
- Friendships and relationships
- Body image
- Bullying
- School anxiety
- Fussy eating
- Sleep
- Continence
- Mental health
- Sexual health
- Long-term medical conditions
- Gender and sexuality
- Parenting
- Behaviour
- Referral to additional services

[Click here to download and print our service explainer poster for professionals](#)

As a professional in education, you can...

Access Our Medical Conditions Online Training

Connect for Health, your School Nursing Service have created a selection of virtual training videos to help educate professionals who support children and young people who have long-term medical conditions such as asthma, epilepsy or anaphylaxis.

Our **Asthma Awareness** training video is approximately 15 minutes long and will give your staff and professionals working in educational settings an understanding of Asthma in children and young people and how this can be managed within the school environment.

<https://www.compass-uk.org/asthma-training-registration/>



Our **Epilepsy training** video is approximately 18 minutes long and will give your staff and professionals working in educational settings a basic level of awareness surrounding Epilepsy in children and young people.

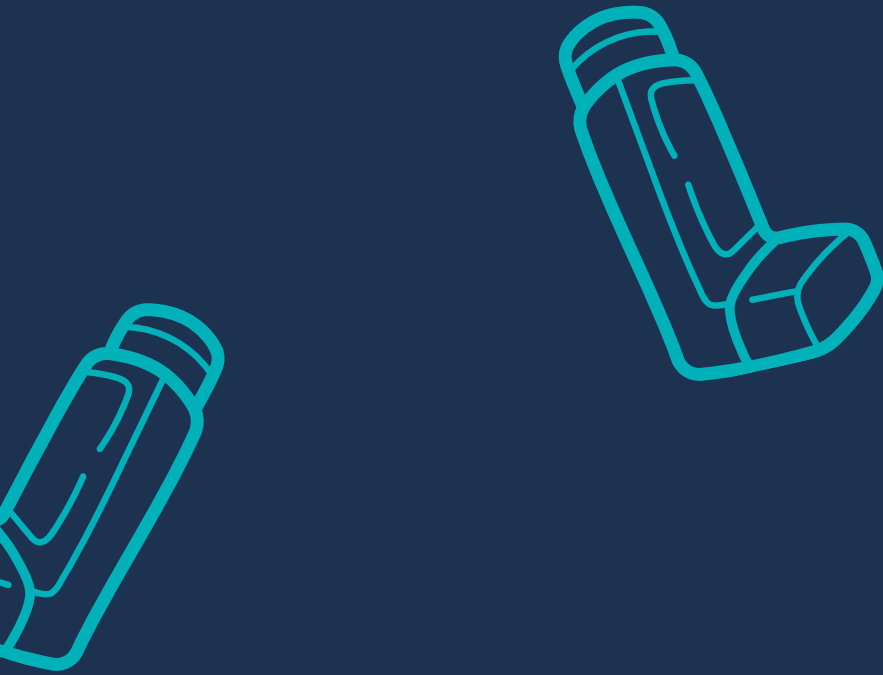
<https://www.compass-uk.org/epilepsy-training-registration/>

Our **Anaphylaxis training** video is approximately 28 minutes long and will give your staff and other education professionals an understanding of anaphylaxis in children and young people and how it can be managed within the school environment.

<https://www.compass-uk.org/anaphylaxis-training-registration/>



We are also able to provide direct school training where an individual health care plan has been completed indicating that a child requires **Buccal Midazolam medication** to be administered during a seizure.



Asthma Pack

**Designed for Warwickshire Schools,
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Raising awareness and sharing information surrounding asthma and the impact it can have on children, young people, and their education.

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01. What is asthma?

Asthma is a long-term lung condition. It affects the airways (breathing tubes) that carry air in and out of your lungs, causing them to become swollen (inflamed). This makes the airways narrower, so less air gets into and out of the lungs. (Asthma and Lung UK)

Asthma is a common condition – in the UK 5.4 million people have asthma (this is about 8 in every 100 people). Asthma is the most common long-term medical condition in children in the UK, with around 1 in 11 children and young people living with asthma. (NHS England)

There's 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. However, asthma can vary in severity for each individual (NHS, 2023).

02. Symptoms of asthma

- Coughing or wheezing
- Breathing hard and fast, shortness of breath
- Tightness or discomfort in the chest
- Complaining of a tummy ache

When to call an ambulance:

- Coughing, wheezing, or chest is tight or hurts
- Their reliever inhaler (usually blue) isn't helping or is needed more than every 4 hours
- Can't talk, walk or eat easily
- Finding it hard to breath
- Blue lips
- Being unusually quiet
- Increased use of accessory muscles
- May notice nasal flaring in younger children

If you are in any doubt or worried, call an ambulance.



03. What can trigger asthma?

Asthma symptoms often occur in response to a trigger. Common triggers include;

- Infections like colds and flu
- Allergies (pollen, animals etc)
- Smoke, fumes and pollution
- Some medicines (particularly anti-inflammatory painkillers like ibuprofen)
- Emotions such as stress or laughter
- Weather (sudden changes in temperature, cold air, heat/humidity)
- Mould or damp
- Exercise

(NHS England)

04. Dealing with an asthma attack

Guidance on how to support someone

Help them sit up straight and keep calm, reassure them. Help them to take one puff of their reliever medication (usually blue) using a spacer, every 30-60 seconds, up to 10 puffs

Call an ambulance if...

- They don't feel better after 10 puffs
- Their symptoms get worse, e.g. cough, breathlessness, wheezing, tight chest or 'tummy/chest ache'
- You're worried at any time
- Repeat taking one puff of the reliever medication using a spacer, every 30-60 seconds, up to 10 puffs, if the ambulance takes longer than 15 minutes to arrive

Always call 999 immediately if you or a child or young person does not have a reliever inhaler.

Poorly/difficult to control asthma can cause problems such as:

- Feeling tired all the time
- Under performance at school
- Stress, anxiety, or depression
- Disruption of schooling because of unplanned visits to the G.P or hospital
- Lung infections (pneumonia)
- Delays in growth or puberty in children
- There is also a risk of severe asthma attacks which can be life threatening

05. Child Asthma Action Plan

Asthma + Lung UK have created clear, up-to-date and reliable resources for people with lung conditions. Their Child Asthma Action Plan has been designed especially to support children aged 6 to 11 with asthma.

The Child Asthma Action Plan should be filled in with the child's GP or nurse. Parents can share the action plan with schools and other related clubs or groups their child participates in.

The Child Asthma Action Plan includes information that is specific to a particular child who suffers with asthma. The action plan includes:

- Asthma everyday triggers
- Asthma care symptoms if asthma is getting worse
- What to expect during an asthma attack

[Click here to download and print a Child Asthma Action Plan](#)

[Click here to download and print an Adult Asthma Action Plan](#)

06. Asthma Attack Recovery Plan

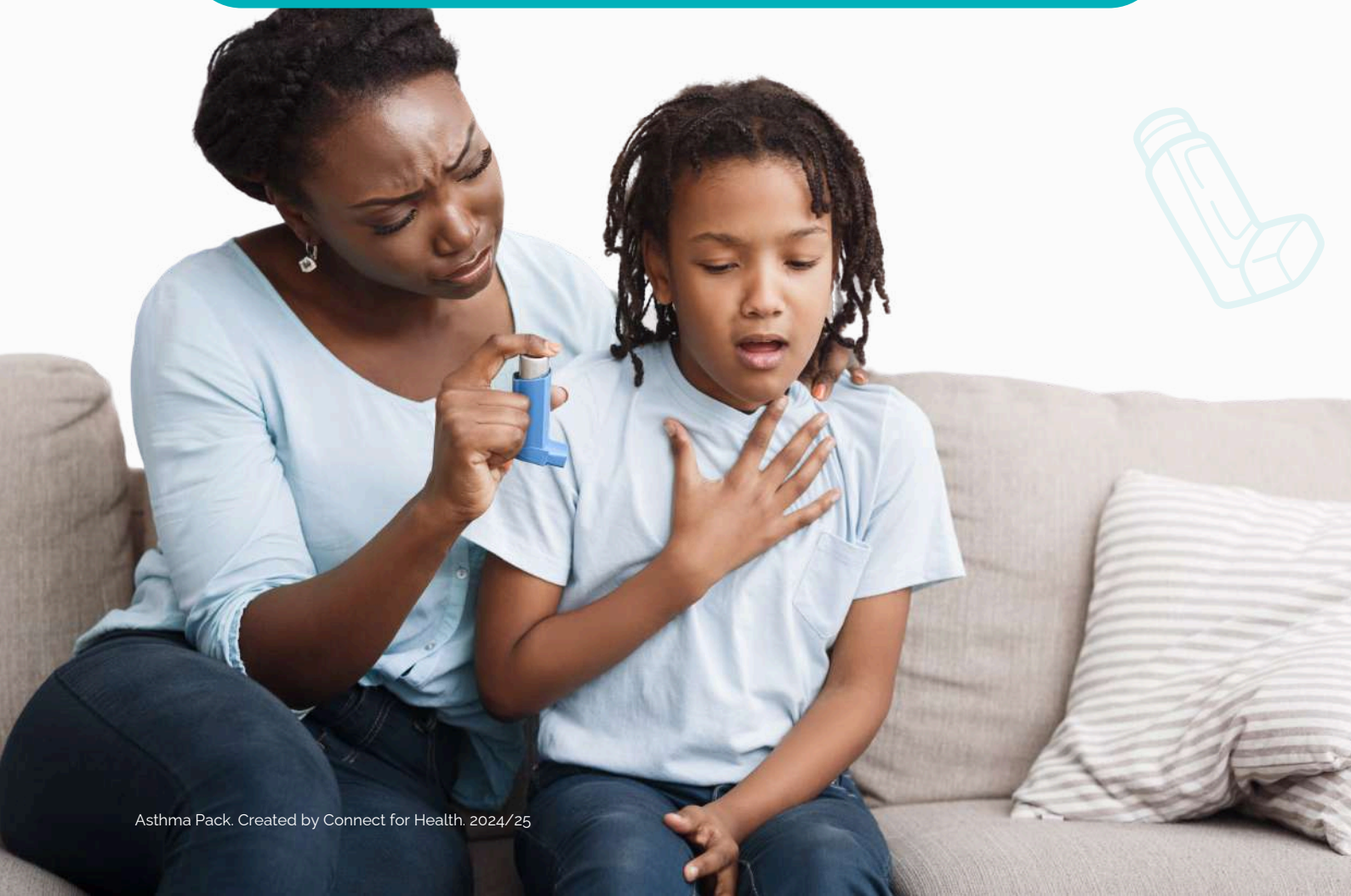
Do you know what to do or how to support someone who is having an asthma attack?

Asthma + Lung UK have created a booklet to help recovery from an asthma attack and reduce the risk of having another attack.

The booklet includes information on:

- Three steps to recovery
- When do I need to see my GP or asthma nurse?
- How will my GP or asthma nurse help?
- What to do if your symptoms get worse
- Tips to prevent an asthma attack
- Knowing the signs of an asthma attack
- What to do during an asthma attack
- Asthma + Lung UK support

[Click here to download and print an Asthma Attack Recovery Plan](#)



07. Spacers

Using a spacer with your inhaler helps the right amount of medicine to get to your lungs. There are several different brands of spacers available, however school aged children should only have a large Volumatic Spacer or a blue Aero Chamber, both with mouth pieces unless there are reasons why a mouth piece can't be tolerated, then use a mask. If a child comes into school with a yellow or orange chamber or mask without good reason, then the spacer is to be sent home and parents asked to bring in the correct spacer.



[Click here access more information on spacers from Asthma + Lung UK](#)

08. Further Support

GP or Asthma Nurse

A GP, the practice nurse, or an asthma nurse can help you with things like:

- Taking the right medicines
- How to use your asthma inhaler correctly
- Keeping your asthma action plan up to date
- Reviewing your asthma each year (or more often if needed)

School

It's important that a school or nursery knows all about their pupils asthma, to make sure that school staff know how to manage each pupils asthma well. The school may well have an asthma action plan for each pupil with asthma. The school should be aware of the following:

- Child's asthma triggers
- Child's signs and symptoms
- Where pupils inhalers are kept in school
- How to support a child to use an inhaler
- When to seek medical attention
- How to record and monitor inhaler use and asthma attacks

School asthma card - This card helps both primary and secondary schools keep a central asthma register at school that is available for all staff. Click [HERE](#) to view, download, and print.

Asthma + Lung UK

Asthma + Lung UK is a lung charity that prioritise lung health, from research and campaigning to advice and support. Check out their webpage for more information: www.asthmaandlung.org.uk

BeatAsthma

BeatAsthma are a diverse group of people from health professionals to parents to asthma sufferers themselves who believe passionately about improving awareness and knowledge about children's asthma. [Click here](#) to go to their website where you will find all the information you need to fully understand and manage asthma, whether you are a parent of a child with asthma, a young adult with asthma yourself, a teacher, or a health professional.



Anaphylaxis Pack

**Designed for Warwickshire Schools,
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Raising awareness and sharing information surrounding anaphylaxis and the impact it can have on children, young people, and their education.

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01. What is Anaphylaxis?

Anaphylaxis is a severe systemic allergic reaction where multiple systems in the body start to shut down.

"Any allergic reaction, including anaphylaxis, occurs when the body's immune system wrongly identifies a food or substance as a threat."

(Anaphylaxis UK, 2023)

02. Symptoms of Anaphylaxis

Anaphylaxis is at the extreme end of the allergic spectrum. The whole body is usually affected within minutes of exposure to the allergen such as a food, medicine or insect sting. However this can take place in seconds or several hours.

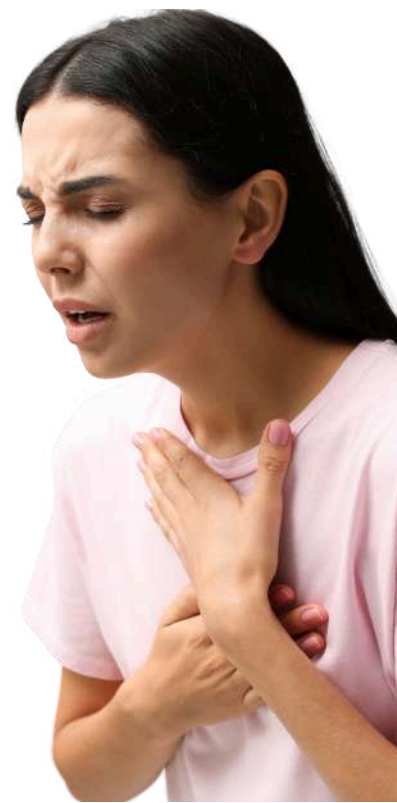
Symptoms can also reoccur several hours after treatment.

Symptoms include:

- swelling of your throat and tongue
- difficulty breathing or breathing very fast
- difficulty swallowing, tightness in your throat or a hoarse voice
- wheezing, coughing or noisy breathing
- feeling tired or confused
- feeling faint, dizzy or fainting
- skin that feels cold to the touch
- blue, grey or pale skin, lips or tongue – if you have brown or black skin, this may be easier to see on the palms of your hands or soles of your feet

You may also have a rash that's swollen, raised or itchy.

(NHS, 2023)



03. What can trigger Anaphylaxis?

Anaphylaxis happens when your body has a serious reaction to something you're allergic to.

Allergies that can sometimes cause anaphylaxis include:

- foods such as nuts, cows' milk, eggs, fish or sesame seeds
- fruits such as strawberries, kiwi, bananas and tomatoes
- medicines such as antibiotics or non-steroidal anti-inflammatory drugs (NSAIDs)
- insect stings, such as wasp and bee stings
- anaesthetics
- latex (a type of rubber found in some rubber gloves and condoms)

Sometimes it's not known what caused an anaphylactic reaction.

04. Dealing with an Anaphylactic reaction



Follow these steps if someone you are with has an anaphylactic reaction:

- Stay calm and alleviate any fears the individual may be having.
- Call for help and clear the area - do not leave the individual alone.
- Position the individual and assess the reaction - is it anaphylaxis or a mild reaction?
- Use an adrenaline auto-injector (such as an EpiPen) if you have one – instructions are included on the side of the injector. - 5 minutes later, administer a second dose into the other leg if there has been no improvement.
- Make a note of the time medication is administered and keep the medication.
- Call 999 for an ambulance.
- Monitor closely until the ambulance arrives.
- Do not allow the individual to stand.

A child or young person will always need to go to hospital in an ambulance if medication has been administered.

05. Auto-injectors

How to use an adrenaline auto-injector:

There are different types of adrenaline auto-injectors and each one is given differently.

- [EpiPen instructions \(EpiPen website\)](#)
- [Jext for adults instructions \(Jext website\)](#)
- [Jext for children instructions \(Jext website\)](#)

Connect for Health provides free online training with information and advice for dealing with anaphylaxis - access the training videos earlier on in this document.



06. Preventing Anaphylaxis

There are things individuals can do to prevent anaphylaxis, or prepare for if it happens:

- Avoid the food, medicine or thing that you're allergic to – for example, if you have a food allergy, check food labels carefully and tell staff at restaurants and cafes about your allergy.
- Carry 2 adrenaline auto-injectors with you at all times.
- Check your adrenaline auto-injector expiry dates regularly and get new ones before they expire.
- Practise how to use your adrenaline auto-injector by using a trainer injector (an injector that has no needle or medicine in it) – you can order one online from the company that makes your injector.
- Teach friends, family, colleagues or carers how and when to use your adrenaline auto-injector.
- Use your adrenaline auto-injector if you think you may have anaphylaxis, even if your symptoms are mild.
- Wear medical alert jewellery such as a bracelet with information about your allergy – this tells other people about your allergy in case of an emergency.

(NHS, 2023)

07. Further Support

Further information and support can be found:

- <https://www.nhs.uk/conditions/anaphylaxis/>
- <https://www.anaphylaxis.org.uk/>
- <https://www.allergyuk.org/about-allergy/anaphylaxis/>
- <https://www.anaphylaxis.org.uk/education/allergywise-for-schools-information/>
- For allergy questions, you can call Anaphylaxis UK on 01252 542029 - please note that this is not a medical helpline, in an emergency call 999.





Epilepsy Pack

**Designed for Warwickshire Schools,
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Raising awareness and sharing information surrounding epilepsy and the impact it can have on children, young people, and their education.

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01. What is epilepsy?

Epilepsy is a common condition that affects the brain and causes frequent seizures.

Seizures are bursts of electrical activity in the brain that temporarily affect how it works. They can cause a wide range of symptoms.

Epilepsy can start at any age, but usually starts either in childhood or in people over 60.

It's often lifelong but can sometimes get slowly better over time.

(NHS, 2023)

02. Symptoms of Epilepsy

Seizures can affect people in different ways, depending on which part of the brain is involved.

Possible symptoms include:

- uncontrollable jerking and shaking
- losing awareness and staring blankly into space
- becoming stiff
- strange sensations, such as a "rising" feeling in the tummy, unusual smells or tastes, and a tingling feeling in your arms or legs
- collapsing

03. Types of Seizures

Absence seizures

An absence seizure causes a short period of “blinking out” or staring into space. Like other kinds of seizures, they are caused by brief abnormal electrical activity in a person’s brain.

- An absence seizure is a generalized onset seizure, which means it begins in both sides of the brain at the same time.
- Absence seizures usually affect only a person’s awareness of what is going on during the actual seizure, with immediate recovery.

What does an absence seizure look like?

- They can happen anytime, including during physical activity
- They usually come on very suddenly, without warning
- The young person cannot be roused with verbal or physical stimulation
- Absence seizures end on their own, typically within 10-20 seconds

How can you help?

- Gently guide the pupil away from any dangers
- Stay with them until recovery is complete
- Time how long the seizure lasts
- Be calm and reassuring
- Explain what’s happened when recovered
- Document and inform parents

[Click here to download and print a Seizure Checklist](#)

Focal seizures

Focal seizures are a seizure that's focused in just one part of the brain. Focal seizures can change into a tonic clonic seizure, which affects the entire brain.

There are two types of focal onset seizures, but there often is not a clear distinction between them.

What does a focal seizure look like?

- The person could experience temporary blindness, hallucinations or distorted vision
- They may complain of pins and needles or warmth or numbness
- Their speech may become slurred, not make sense, or they may not be able to speak at all
- They may appear confused, appear drunk, pluck at their clothes or make strange facial expressions
- Consciousness may be affected but not completely lost

How can you help?

- Gently guide the pupil away from any dangers
- Stay with them until recovery is complete
- Time how long the seizure lasts
- Be calm and reassuring
- Explain what's happened when recovered
- Document and inform parents





Tonic Clonic Seizures

This type of seizure (also called a convulsion) is what most people think of when they hear the word "seizure." Tonic means stiffening, and clonic means rhythmical jerking.

What does a Tonic Clonic seizure look like?

The tonic phase comes first:

- All the muscles stiffen
- The young person may make a noise such as groaning or grunting
- They may lose consciousness and fall to the floor
- They may bite their tongue or inside of their cheek

After the tonic phase comes the clonic phase:

- The arms and usually the legs begin to jerk rapidly and rhythmically
- After a few minutes, the jerking slows and stops
- The person may lose control of their bladder or bowel as the body relaxes
- Consciousness, or a person's awareness, returns slowly

These seizures generally last 1 to 3 minutes. Afterwards, the person may be sleepy, confused, irritable, or distressed.

How can you help?

- Time the seizure
- Call for help
- Call an ambulance
- Put something soft under their head
- Keep the area safe – move away any hazards
- Stay calm and reassure them
- Put them in the recovery position once the seizure has ended

A tonic-clonic seizure that lasts longer than 5 minutes needs immediate medical help. If Buccal Midazolam is prescribed, it should be given.

04. Buccal Midazolam

Buccal midazolam is one type of emergency medicine used to stop prolonged seizures.

Buccal – means the space between the gum and cheek where the medicine is administered.

Midazolam – is the name of the medicine.

Midazolam works by reducing electrical activity in the brain which can stop seizures.

If a young person in your school is prescribed this medication please contact Connect For Health to arrange appropriate training for your staff on how to administer this medication and to ensure a health care plan is completed.

05. Documenting/reporting a seizure

It is important to document a seizure accurately so that the child or young person's epilepsy team can provide appropriate care and support. Suggestions from UHCW epilepsy specialist team are;

- In depth description of the seizure – use the checklist provided to ensure an accurate, in depth report of the seizure is documented. This checklist can then be given to parent/carers for them to share with their specialist team.
- If possible, in line with your schools consent and confidentiality policy and with parental consent, record the seizure and share this with the parent/carers so that they can share this with their specialist.
- Ensure parents are made aware of the seizure immediately, when it is safe to do so. Good communication between school, home and hospital is paramount when caring for children and young people with epilepsy.
- Ensure all staff are aware of the diagnosis and care plan. It is important that even if staff are not medically trained and are not expected to give medication that they are aware that the child or young person may have a seizure and how to recognise this and act appropriately.

06. Supporting a CYP with Epilepsy in school

Epilepsy can have a significant impact on a child's learning. Epilepsy can cause difficulties with;

- Reading, writing, speech, language and numeracy etc.
- Concentration and attention
- Visual/verbal learning processes
- Memory
- Psychosocial problems

There are things that schools can put in place to ensure equality for children and young people with epilepsy and to minimise the impact on their learning;

- Revision
- Repetition
- Cue cards
- Group work
- Rhymes
- Highlighting
- Written information/instructions
- Ensuring the student hasn't missed any information
- Involve the student in school activities
- Encourage note taking

07. Further Support

Online training for staff to complete before face to face training with Connect for Health:

- Connect for Health - www.compass-uk.org/epilepsy-training-registration/
- Epilepsy Society - www.epilepsysociety.org.uk
- Epilepsy Action - www.epilepsy.org.uk
- The National Centre for Young People with Epilepsy - www.ncype.org.uk
- Young Epilepsy - www.youngepilepsy.org.uk



Anxiety Pack

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01. What is anxiety?

Anxiety is described as a feeling of stress, panic or fear that can affect your every day life physically and psychologically. (NHS, 2022)

Anxiety can be a problem if it's affecting your ability to live your life. If your anxiety is ongoing, intense, hard to control or out of proportion to your situation, it can be a sign of a mental health problem. (The Mental Health Foundation, 2022)

02. Signs of anxiety

Anxiety can affect people in different ways. Behaviour that school professionals should look out for include;

- Irritability
- Restlessness
- Tiredness
- Difficulty concentration
- Withdrawal/disengagement
- Avoiding lessons
- School avoidance
- Change in presentation
- Not enjoying things that they used to
- Struggling to form and maintain relationships
- Reluctance to try new things

If these signs are noticed over a prolonged period, lasting longer than 4 weeks and are having a significant impact on the young person's daily functioning support is required.





03. How can you help?

If there is a young person in your school who you are concerned may be suffering from anxiety, here are some things you can do to help:

- Talk to them – Check in regularly and ask them what you can do to help them.
- Consider what programmes you offer in school that may be of benefit to them.
- Share linked information and websites with the children/young people and their parent/carers.
- Consider making a referral to Connect for Health, Mental Health in Schools Team, or RISE depending on the severity of the concerns.



04. C4H Workshops

Connect for Health offer a workshop called 'Worthless Worries' (Secondary) and 'Marvellous Minds' (Primary). If you as a school identify a small group of children and young people who are displaying signs of anxiety please complete a referral for each child or contact the service to discuss this further.

Marvellous Minds is a 3 week group intervention aimed at primary aged children to help identify and manage feelings of worry and anxiety. Marvellous Minds will explore emotions that are experienced as part of everyday life and offer strategies to manage these.

Worthless Worries is a 4 week group intervention aimed at secondary aged children and young people to help identify and manage feelings of worry and anxiety. The topics covered include feelings, thoughts, impact on behaviour and strategies that can be used to manage anxiety.

05. Further Information & Support

Further information and support can be found:

- Samaritans – [Samaritans.org](https://www.samaritans.org) or call 116123
- Childline – [childline.org.uk](https://www.childline.org.uk) or call 0800 1111
- Anxiety UK – [anxietyuk.org.uk](https://www.anxietyuk.org.uk) or call 034444775774 or text 07537416905
- Kooth - www.kooth.com
- Young Minds – [youngminds.org.uk](https://www.youngminds.org.uk)

Below are some parent courses which you could signpost parents/carer to, to help them support their young people.

- RISE - [cwri.se/for-parents/](https://www.cwri.se/for-parents/)
- Warwickshire Family and Relationship Support - www.eventbrite.co.uk/o/warwickshire-parenting-support-71623337213



Contacting Connect for Health

Schools, professionals and parents/carers can contact Connect for Health for any concerns regarding a child or young person's health and wellbeing.

Call us: **03300 245 204**

Email: **connectforhealth@compass-uk.org**

Visit our website: **www.compass-uk.org/service/c4h/**

Connect for Health also operates two ChatHealth lines. One for young people aged 11-19 years to speak with their school nurse regarding any issues they may be experiencing, and another for parents and carers to message us with any concerns they may have about their child's health and wellbeing.



Text ChatHealth (11-19 years): 07507 331 525

Text ParentLine: 07520 619 376

Resource Feedback

Scan the QR code or click the link below to complete our short online survey and let us know your thoughts about this information pack.

Your feedback will be anonymous and will be extremely valuable to us as we continue to improve and develop our resources.

CLICK HERE

SCAN ME

