

## PEAK EXPIRATORY FLOW

---

### PREPARATION

- The patient should be rested, as recent exertion may affect the accuracy of the measurement.
- Ideally the patient should be standing. If the patient's condition does not allow it they should sit as upright as possible.
- Explain the procedure to patient. Demonstrate it if necessary.

### PROCEDURE

1. Attach disposable mouthpiece.
2. Set peak flow meter at zero.
3. Instruct the patient to inhale deeply, place their lips around the mouthpiece and holding the meter horizontally, exhale forcibly. Make sure their fingers do not obstruct the slide on the meter (mini-peak flow meter.)
4. Note the measurement.
5. Repeat steps 2-4 twice more. PEF measurements often cause coughing. Under these circumstances the second or third measurements will be valueless
6. Record the highest of the three measurements using the standard chart for in-patients or in the notes.
3. Allow 20 minutes to elapse after use of a nebuliser to measure its effect.
4. Pre- and post-nebuliser recordings should be recorded in different colours or symbols to differentiate between them.

### AFTER THE PROCEDURE

1. Make and record any necessary changes in therapy.
2. Record advice and information given to patient.
3. Plan timing of further measurements.