

Peak Flow Measurement

- Follow infection control procedures
- Wear appropriate protective equipment

- Make sure the client is comfortable
- The measurement must only be done when the client is calm and settled
- Encourage and/or assist the client to stand
- If they can not stand, have them sit as upright as possible
- Fit the disposable mouthpiece to the meter (never share a mouthpiece)
- Set the pointer to zero
- The client breathes in as deeply as they can
- They put their lips around the mouthpiece and make a good seal
- Holding the meter parallel to the floor, they breath out as fast and hard as they can - the objective is to propel the pointer as far as possible along the meter
- Do this three times in all, you are after “best of three” which is the measurement you record
- Make sure the client is comfortable

