

**Aim:** Recording force of air expelled using a Peak Flow Meter

**Introduction:** A peak flow meter is a hand-held device used to measure the speed at which air is expelled from the lungs. The peak flow meter measures our ability to force air out of our lungs after a full inhale. A peak flow meter and an Asthma Action Plan (AAP) can help us monitor and keep our asthma under control.

### **How to Use of a Peak Flow Meter**

- Stand up straight.
- Move the marker to the bottom of the numbered scale.
- Take a deep breath, filling your lungs.
- Place the mouthpiece in your mouth and close your lips. Do not put your tongue inside the hole.
- Blow out the air hard and fast in one quick blast.
- Move the marker back to the bottom and repeat these steps twice. Record the highest of 3 numbers in your Peak Flow Meter (PFM) diary; this is your peak flow number. Your Personal Best Number is the number you reach over two weeks when feeling well.

### **What is an Asthma Action Plan**

An Asthma Action Plan (AAP), is an asthma management plan written together with your doctor to help you keep your asthma under control.

- The AAP works together with your personal best number. Like the traffic signals, this number is divided into three zones (green, yellow, and red).
- The AAP plan is individualized based on your asthma history. It contains written instructions on how and when to use your medicines, monitors symptoms, and when to seek emergency help.

**Green Zone (80-100 % of your best):** If your asthma is under control, you can continue with your AAP.

**Yellow Zone (60-80 % of your personal best):** you have probably been exposed to an asthma trigger, your airways are narrowing, and the air is coming out slower, resulting in a lowered peak flow rate. Follow the instructions on your AAP.

**Red Zone (0-60 % of your personal best):** This indicates a medical emergency; seek emergency help immediately or call 911.

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