



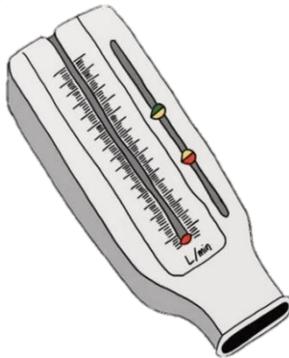
جامعة الإمام عبد الرحمن بن فيصل

IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي

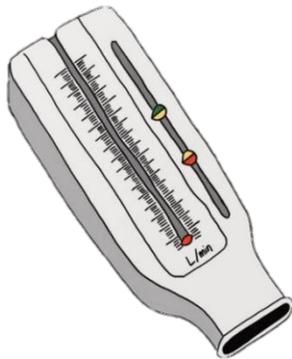
King Fahad Hospital The University

Peak Expiratory Flowmeter



What is The Peak Expiratory Flowmeter?

It is a **device** that measures the flow directly.



Why is the peak expiratory flowmeter used?



Measure peak expiratory flow



Measure the effectiveness of the treatment

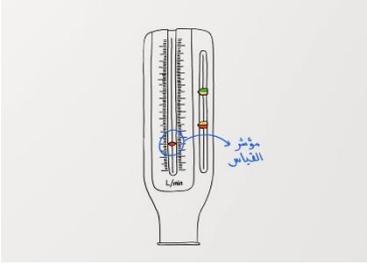


Monitor respiratory condition such as **Asthma**

A chronic disease that affects bronchioles, causing the airways to narrow thus reducing the flow of air to and from the lungs.



How to use the peak expiratory flowmeter?

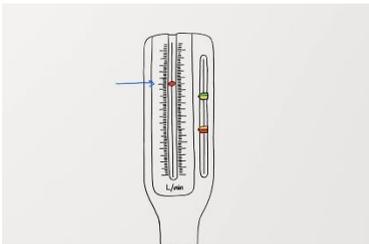


1. Move the pointer to

750



3. Put the mouthpiece
in your mouth and seal
it with your lips.



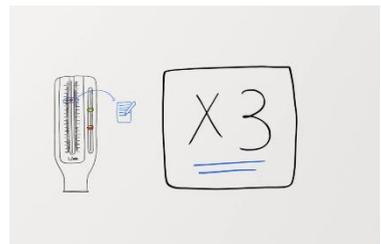
5. Read and document
the number shown in the
device.



2. Take the deepest
breath possible.



4. Blow out as hard
and as fast as possible.



6. Perform the test at
least 3 times.



Tips:



- Blow as forcefully as possible after full inhalation.



- Neck should be in a natural position (NOT EXTENDED).



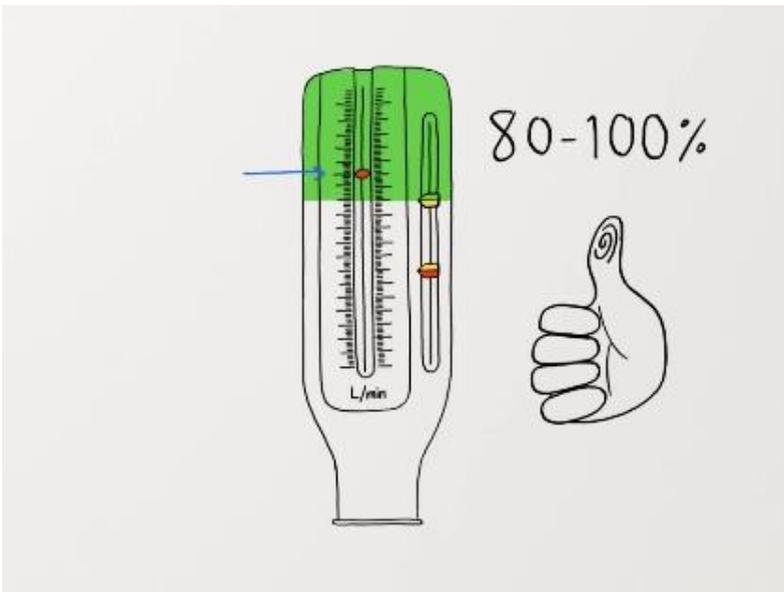
- Ensure a good seal at the mouth.

What to do next?

Document the results and analyze it using the zone system.

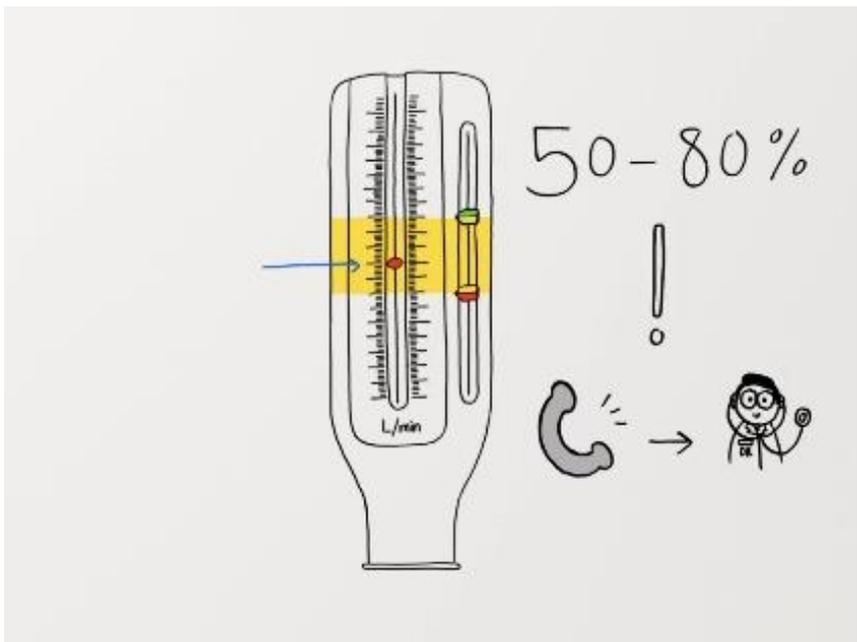
Green Zone:

80-100% of personal best. Routine treatment can be continued and physician may consider reducing the medication dose.



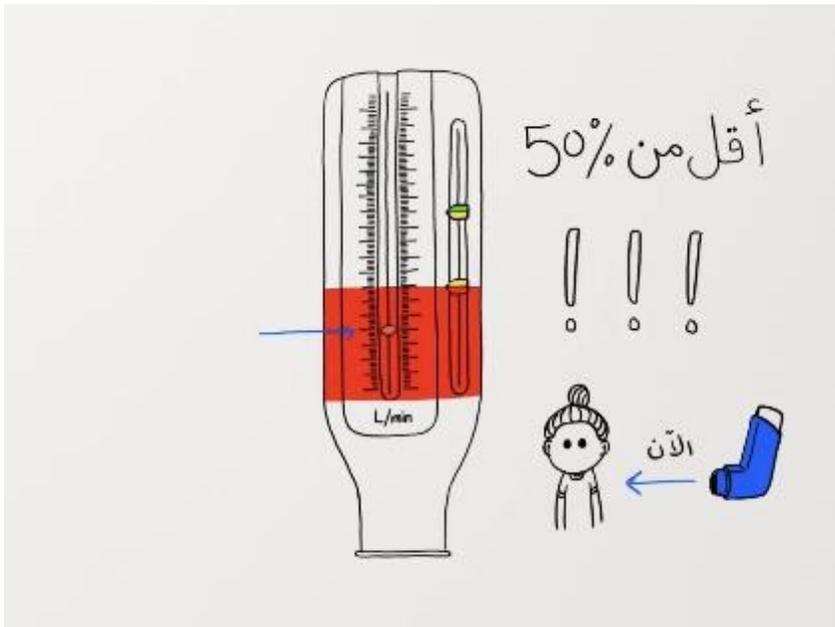
Yellow Zone:

50-80% of personal best. Acute exacerbation maybe present, so the physician may temporarily increase the medication dose.



Red Zone:

Less than 50% of personal best. Bronchodilator should be taken **immediately**, and physician should be notified if the results didn't get better.



What are the advantages of the peak expiratory flowmeter?

1. Measure day to day variation.



2. Monitor the progress of the disease.



3. Help the patient learn more about their disease.



Review and audit:

The content of this booklet has been reviewed by Respiratory Therapy
Specialist at King Fahad University Hospital

Health Awareness Unit

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