

Peak Expiratory Flow Measurement

Experiment 23 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To perform and document peak expiratory flow measurement.

Principle

Peak flow records the highest expiratory flow reached during a forceful blow from a full inspiration.

Key Points

- Use an individual clean mouthpiece and reset the indicator.
- Record the highest of three acceptable attempts rather than their mean.
- Use the person's prescribed plan and personal best for ongoing interpretation.

Activity Procedure

1. Prepare

Explain the activity, obtain agreement and check the equipment and suitable resting conditions.

2. Perform

With suitable posture, inhale fully, seal lips around the mouthpiece and blow hard and fast; repeat three acceptable attempts with rest as needed.

3. Record

Enter actual findings with units, method, time and any limitations.

4. Assess

Use the assigned teaching criteria and refer concerning symptoms for appropriate assessment.

Human Anatomy and Physiology

Record and Observations

Field	Actual record
Attempt 1, L/min	_____
Attempt 2, L/min	_____
Attempt 3, L/min	_____
Highest acceptable value, L/min	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Use the device instructions and infection-prevention measures.
- Stop the teaching activity if the participant becomes unwell.

Viva Questions and Answers

1. Why use the highest acceptable value?

A technically weaker effort can underestimate peak flow.

2. Why record units?

A number without units can be misunderstood.

3. Why repeat an unexpected measurement?

A repeat under valid conditions helps identify technique or device error; concerning symptoms still require prompt review.

Continue Learning with FirstHope

Complete Notes on the FirstHope App

Complete subject and semesters are available on FirstHope app only.

- Get complete subject and semester notes in the FirstHope app.
- Available for B.Pharm, D.Pharm, M.Pharm and Pharm.D students.

[Click here to get the FirstHope app](#)

Join the FirstHope Telegram Channel

Join FirstHope Notes and keep up with channel updates.

[Click here to join Telegram](#)

Instagram

@firsthope.official

[Click here to follow Instagram](#)

YouTube Channel

FirstHope-Pharmacy / Live streams

[Click here to watch the YouTube channel](#)

WhatsApp Channel

Follow FirstHope on WhatsApp.

[Click here to join the WhatsApp channel](#)

FirstHope Website

firsthopenotes.com

[Click here to visit the website](#)