

Peak Flow and Incentive Spirometer Demonstration

Experiment 8 - 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.

Record and Observations

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

Community Pharmacy and Management

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.

Incentive Spirometer

This device encourages a slow sustained inspiration; it is different from the hard, fast expiration used for peak flow.

1. Prepare

Use the prescribed trainer, suitable posture and clean mouthpiece.

2. Inspire slowly

Exhale normally, seal the lips and inhale slowly and steadily while following the target indicator.

3. Pause and rest

Follow the clinician's breath-hold, repetition and rest instructions; stop for dizziness.

4. Record

Note technique, prescribed target and progress without treating the number as a diagnosis.

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