#### WHAT IS PEAK FLOW?

- $\Rightarrow$  Peak flow is a measurement of how quickly you can blow air out of your lungs
- $\Rightarrow$  If you airways are inflamed you won't be able to blow out so quickly and your score will be low
- $\Rightarrow$  If you manage to blow out quickly and forcefully you should get a high score
- $\Rightarrow$  This tells you your airways are open and working well.

#### YOU NEED TO CHECK YOUR PEAK FLOW:

- $\Rightarrow$  Every day, twice a day to get a useful pattern of scores
- $\Rightarrow$   $\quad$  At the same times of day, in the morning and in the evening
- $\Rightarrow$  Before you take your asthma medication otherwise it will change the score
- $\Rightarrow$  Using your best effort each time you blow into the meter so you're comparing like with like
- $\Rightarrow$  Using the same peak flow meter each time

### HOW TO USE YOUR PEAK FLOW METER AND DIARY:

- $\Rightarrow$  Put the pointer back to the first line on the scale
- $\Rightarrow$  Stand, or sit upright (choose what's easiest for you and always do it this way)
- $\Rightarrow$  Take a deep breath
- $\Rightarrow$  Make sure your mouth makes a tight seal around the mouthpiece
- $\Rightarrow$  Blow as hard and fast as you can into the meter
- $\Rightarrow$  Write down your score (the number next to the pointer)
- $\Rightarrow$  Do this 3 times in a row so you get 3 score and use the highest of these scores to fill in your diary



Portsmouth Hospitals

# TAKING CONTROL

## **Peak Flow Diary**



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