#### **PEAK FLOW MEASUREMENT**

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| Introduction and consent. |  |
| Wash hands. |  |
| Selection of an appropriate peak flow meter and mouthpiece and assemble correctly. |  |
| Explanation to patient of reason for performing test and demonstration of how to perform. |  |
| Ask patient to stand up (and measure height if necessary) |  |
| Observe patient perform test adequately (ensure pointer is at zero, patient inhales deeply, a good seal is achieved around the mouthpiece) |  |
| Ask patient to perform test 3 times |  |
| Record finding correctly (best of 3 readings) and compare to predicted value |  |
| Feedback to patient on results |  |
| Thank patient and clear up |  |
| Treat patient with courtesy and respect at all times, maintaining appropriate communication throughout |  |
| Report findings to patient and examiner |  |
| Be able to answer simple questions regarding peak flow measurement and interpreting the results |  |

