

How to measure and record your peak flow readings

How do I perform a “blow”?

You can also watch this video for a demonstration: <https://www.youtube.com/watch?v=baLYBXcglmk>

- 1) **Measure your peak flow every 3 hours when awake**, starting as soon as you wake up and throughout the day until you go to bed. You may find it helpful to set an alarm to remind you.
- 2) If it is safe for you to do so, always measure every peak flow whilst **standing up**.
- 3) **Pull the pointer (red arrow) back to the start before every blow**. Ensure not to obstruct the scale with your hand.
- 4) Take a deep breath in, make a tight seal with your mouth around the mouthpiece, then blow as **hard and as fast as you possibly can** into the meter.
- 5) Note which number the arrow is pointing to on the scale, to the **nearest 10 units**.
- 6) **Do this 3 times in a row** so you get 3 scores each time (all 3 scores should be roughly the same). **Write down the highest of the 3 readings** in the appropriate time slot on your chart.

Please remember:

- Always measure your peak flow before taking any inhaler.
- Make measurements every day of the week during the full measurement period (usually four weeks, depending on advice from the clinic). This includes weekends and holidays.
- If you forget to do a reading, leave that space blank.
- Please fill the chart correctly and as much as you can. This includes your name at the top of each sheet (and hospital number if you have one); your height; the times you start and finish work on each day; any relevant treatment e.g. inhalers you have taken each day; and any materials you have been exposed to each day.
- You can wash the mouthpiece if needed.

How do I send my completed peak flow charts to you?

Scan/photo and email to: OCLDAdmin@rbht.nhs.uk or text/WhatsApp **07977 352 164**

OR

Post to*:

Tamanna Kabir – Clinical Nurse Specialist
Department of Occupational & Environmental Medicine
National Heart & Lung Institute
1b Manresa Road
London SW3 6LR

**If posting the sheets to us, please ensure you keep a copy of the original sheets in case they get lost in the post!*