

Peak Flow Meter

Skill Validation Tool
For Health Office Staff

Name: _____ School: _____

Observed By: _____ Date Observed: _____

Peak Flow Meter	Yes	No
1. Describe the benefits of using a peak flow meter. (way to quantitatively measure lung function).		
2. Determine "personal best" peak flow measurement. "Personal Best" is the highest peak flow number a child can achieve over a 2 to 3 week period when his or her asthma is under good control.		
a. Always use the same peak flow meter		
b. Record Peak Flow 2 times/day for 2 weeks (morning and afternoon).		
c. A student's "Personal Best" is the established best peak flow reading over a 2 week period when student is healthy or in good control (do not rely on one outlying value which may be due to coughing or spitting into the peak flow meter).		
3. Determine predicted peak flow measurement.		
a. measure student's height		
b. Find height on peak flow guide to determine predicted peak flow		
4. Describe when to measure peak flow.		
a. on students with asthma symptoms		
b. to determine if medication is needed per AAP		
c. on students designated by LSN		
5. Describe the peak flow action zones.		
a. Green: (80 to 100 percent of your personal best) signals good control.		
b. Yellow: (50 to 79 percent of your personal best) signals caution: your asthma is getting worse.		
c. Red: (below 50 percent of your personal best) signals medical alert!		
6. Describe what actions to take to keep asthma under control in each zone.		
a. Green: Take your usual daily long-term-control medicines, if you take any. Keep taking these medicines even when you are in the yellow or red zones.		
b. Yellow: Add quick-relief medicines. You might need to increase other asthma medicines as directed by your doctor.		
c. Red: Add or increase quick-relief medicines and call you doctor now.		
7. Using a peak flow meter:		
a. stand up straight		
b. breathe in as much as possible		
c. close lips tightly around mouthpiece		
d. breathe out as fast and as hard as possible		
e. write down the number that the indicator moved to on the meter		
f. reset the indicator		
g. repeat steps a – f two more times		
h. record the highest number of three reading on PF graph		

8. Describe how to clean the PFM		
a. As needed, wash it inside and out with warm water and a mild liquid soap. Rinse. Shake out excess water and let it air dry before use. Health Office peak flow meters that are used on more than one student (using individual student mouthpieces with a filter) do not need to be cleaned after each use.		
b. Personal Best PF can be cleaned on the top rack only of dishwasher.		
9. Document PF in the appropriate record (SHOAR)		
10. Document education in the appropriate record (SHOAR)		

Demonstrated Competency Yes No