

INDICATION

Determines the predicted maximum PEFR (Peak Expiratory Flow Rate) for ages 5+. Used to help determine asthma exacerbation severity.

Useful in those who do not know their baseline peak flow

CALCULATION

Child 5 - 17 years age:

$$\text{PEFR L/min} = ((\text{Height}_{\text{cm}} - 100) \times 5) + 100$$

Adult 18 - 80 years age:

Male:

$$\text{PEFR L/min} = ((((\text{Height}_{\text{cm}} / 100) \times 5.48) + 1.58) - (\text{Age}_{\text{years}} \times 0.041)) \times 60$$

Female:

$$\text{PEFR L/min} = ((((\text{Height}_{\text{cm}} / 100) \times 3.72) + 2.24) - (\text{Age}_{\text{years}} \times 0.03)) \times 60$$