

Peak Expiratory Flow Chart

How to Measure Peak Expiratory Flows (PEF)

DO NOT measure PEF in patients with impending/actual respiratory arrest, drowsiness, confusion or silent chest.

Start treatment immediately.

1. Put the pointer on the gauge of the peak flow meter to 0 or the lowest number on the meter.
2. Attach the mouthpiece to the peak flow meter.
3. While standing, take a deep breath.
4. Put the peak flow meter mouthpiece in your mouth, and close your lips tightly around the outside of the mouthpiece. Don't put your tongue inside the mouthpiece.
5. Breathe out as hard and as fast as you can for 1 or 2 seconds. A hard and fast breath usually produces a "huff" sound.
6. Check the number on the gauge, and write it down.
7. Repeat the above 3 times and take the patient's best PEF
8. Plot the best PEF on the normal values chart and calculate the percentage as below

Measured PEF X 100%

Normal PEF

9. Record the PEF in the patient's clinical notes

