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Diploma in Pharmacy 2nd Year
Community Pharmacy & Management
Experiment

To perform lung function assessment using peak flow meter

Aim:

To perform lung function assessment using peak flow meter

Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 21 – 24

Materials Required

Peak flow meter and red marker

Theory :

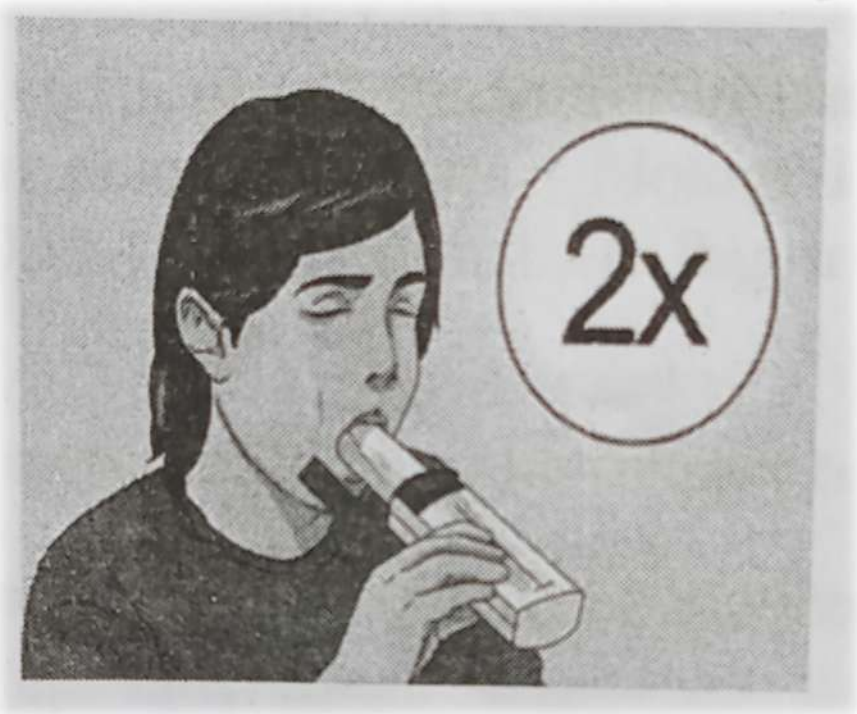
→ A peak flow metre is a portable, inexpensive, hand-held device that can be used to measure the amount of air the amount of air expelled from the lungs when it is blown quickly and vigorously. This is known as peak flow.

→ Peak flow metres, which measure the air pushed out from the lungs, have two ranges. For small children, low range peak flow meter is used and for older children, teenagers and adults standard range peak flow meter is used.



Procedure

1) The examiner should ask the patient to sit or stand up straight. This procedure should be followed each time whichever option he/she select.
2) He/she should confirm that the red marker is located at the bottom of the meter.
3) He/she should ask the patient to take deep breath to fill the lungs completely.
4) He/she should place the mouthpiece in patient's mouth. He/she should ask to close lips tightly on the peak flow meter's mouthpiece.
5) He/she should ask the patient to expel the air as fast as possible in a single blow.
6) He/she should note down the number by the red marker on the meter.
7) He/she should reposition the red marker to the base of the peak flow metre, and then repeat these procedures three more times.
8) The highest reading among these three represents to daily peak flow.
9) He/she should note down the highest of three readings on a sheet of paper, calendar or in asthma diary.
10) He/she should record symptoms the patient is experiencing such as wheezing, chest tightness, and shortness of breath or coughing as well as whether he/she has taken any rescue or emergency drugs.



Observation

Age, height, sex, and race can all be used to calculate a person's "normal" peak flow rate. A chart that compares the patient with a population without respiratory problems can be used to determine a standardised "normal" for the patient. It is very difficult for a person to find a "normal" peak flow rate. It is important that an individual talk to his/her healthcare provider about "normal" peak flow rate.

Result :

Lung function assessment was done using peak flow meter.

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