

*Procedure Checklists for Craven and Hirnle's Fundamentals of Nursing: Human Health and Function, 6th edition*

Name \_\_\_\_\_ Date \_\_\_\_\_

Unit \_\_\_\_\_ Position \_\_\_\_\_

Instructor/Evaluator: \_\_\_\_\_ Position \_\_\_\_\_

			Monitoring Peak Flow	
Excellent	Satisfactory	Needs Practice	Goal: To measure peak expiratory flow rate (PEFR), which is the point of highest flow during maximal exhalation; to better control asthma by quickly detecting subtle changes in airway diameter so preventive interventions can be instituted; to provide objective data to assess respiratory function.	Comments
_____	_____	_____	1. Verify the physician order and identify the client.	
_____	_____	_____	2. Explain the purpose of peak flow monitoring to the client and family.	
_____	_____	_____	3. Place indicator at the base of the numbered scale. Have client stand up.	
_____	_____	_____	4. Tell the client to take a deep breath. Place the meter in his or her mouth. The client should close the lips around the mouthpiece. Remind the client not to put the tongue in the hole.	
_____	_____	_____	5. Tell the client to exhale as fast and as hard as he or she can, keeping a tight fit around the mouthpiece.	
_____	_____	_____	6. Repeat steps 2 through 4 twice more, and record the highest peak flow obtained in the three attempts.	
_____	_____	_____	7. To determine "personal best" when beginning peak flow monitoring, obtain peak flow measurements in the morning and again in the evening over a 2-week period of good asthma control (feel good without any asthma symptoms). The client should take measurements before using bronchodilators.	
_____	_____	_____	8. Healthcare provider will calculate zones based on percentage of personal best (green 80%–100%; yellow 50%–80%; red below 50%) and give instructions for what to do when in each zone.	
_____	_____	_____	9. Encourage client to comply with twice-a-day (morning and evening) peak flow monitoring before bronchodilator therapy and follow healthcare provider's instructions for peak flows in each zone. Follow steps 2 through 5.	