

WHY IS IT IMPORTANT TO KEEP A PEAK FLOW DIARY?

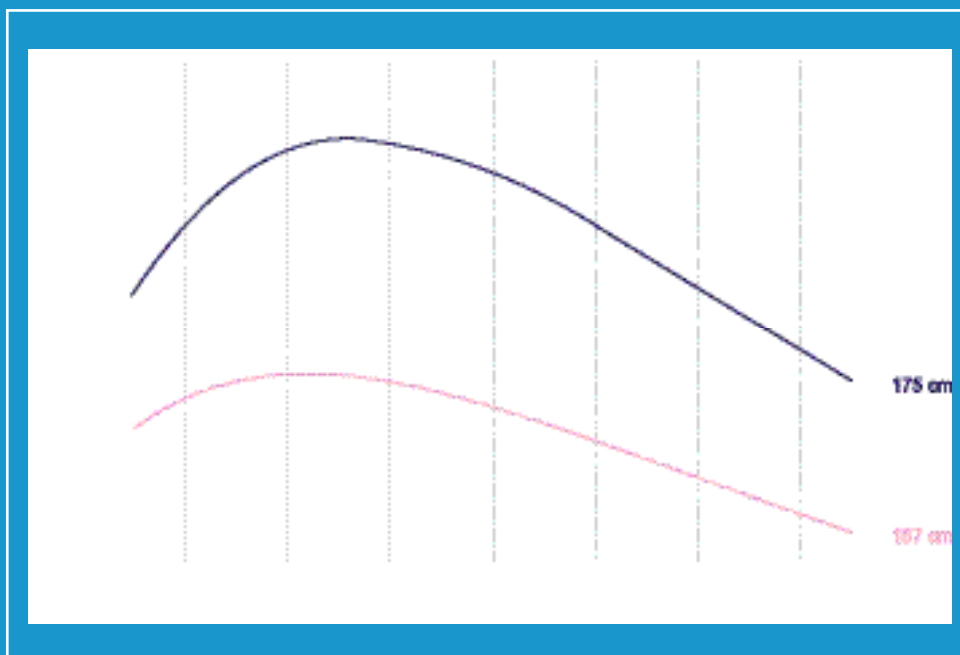
Your physician or nurse might ask you to keep a record of your daily peak flow readings, typically for at least two weeks.

Keeping a peak flow diary gives you and health professionals a better understanding of your health, and helps you to notice, and take action, if your symptoms are getting worse.

WHAT IS A GOOD PEAK FLOW READING?

Peak flow meters measure how fast you are able to breathe out. Peak flow readings typically vary depending on your gender, age, size, and time of day. If your airways are inflamed and narrowed, because of asthma symptoms for example, your peak flow readings will be lower. You can check the predicted normal peak flow reading for a person corresponding to your gender, age, and height from the chart below.

PEAK FLOW (PEF) DIARY



Predicted normal peak flow (PEF) values for women and men aged 15–85 years. Follow the chart line closest to your height to find the estimated normal PEF reading for a person corresponding to your age, gender, and height. Adapted from: Nunn AJ, Gregg I. *BMJ* 1989;298(6680):1068–1070.

PERSONAL INFORMATION

NAME: _____

AGE: _____ HEIGHT: _____

STARTING DATE: _____

HOW TO FILL IN YOUR PEAK FLOW CHART?

1. Measure your peak flow twice daily, in the morning and in the evening. Take 3 readings every time you measure your peak flow and record the highest of the 3 readings on the chart.

Check the PEF values on the left side of the chart and mark your PEF readings to the chart with a cross. The chart has two columns for your daily PEF readings (see example):

■ Morning ■ Evening

2. If you are using reliever medication, measure your peak flow both before and after taking your medication (see example).

× = before reliever medication
○ = after reliever medication

3. If you forget to measure your peak flow one day, don't worry, just leave a gap on the chart.

4. Each day, write down the total number of doses of reliever medication you have taken.

5. Record your symptoms weekly, alongside your peak flow readings.

PEAK FLOW (PEF) CHART

You can record your peak flow readings for up to 8 weeks on the provided chart.

Your physician or asthma nurse will give you further information on how to use your peak flow meter.

