

# Peak Flow Activities

1. Tom's 3 peak flow scores: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Tom's average score: \_\_\_\_\_

Was Tom's average in the normal range? \_\_\_\_\_  
(Tom is 42, height is 191cm and he is male).

2. Your 3 peak flow scores: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Your average score: \_\_\_\_\_

Is your score in the normal range? \_\_\_\_\_  
(use the charts on page 4)

For activities 3, 4 & 5 use the graph paper on the next pages.

Check out Chart 1 on page 3.

6. What was the peak flow score on the afternoon of the 2<sup>nd</sup> Tuesday? \_\_\_\_\_

When did the peak flow score drop significantly \_\_\_\_\_

What was the highest peak flow score \_\_\_\_\_

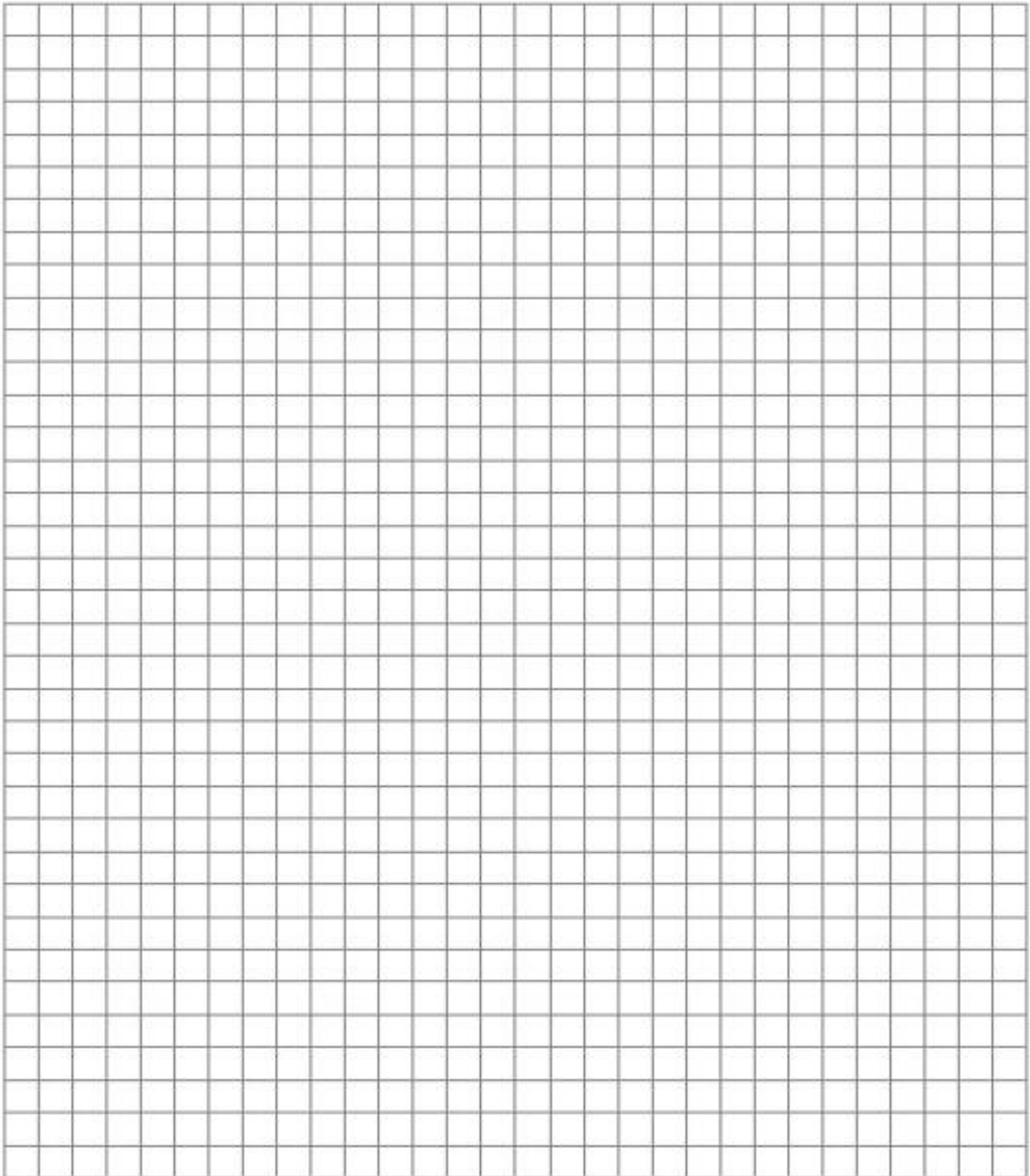
What was the lowest peak flow score \_\_\_\_\_

What made the peak flow score peak on Saturday afternoon and Sunday morning? Was it a blue or brown inhaler?

\_\_\_\_\_

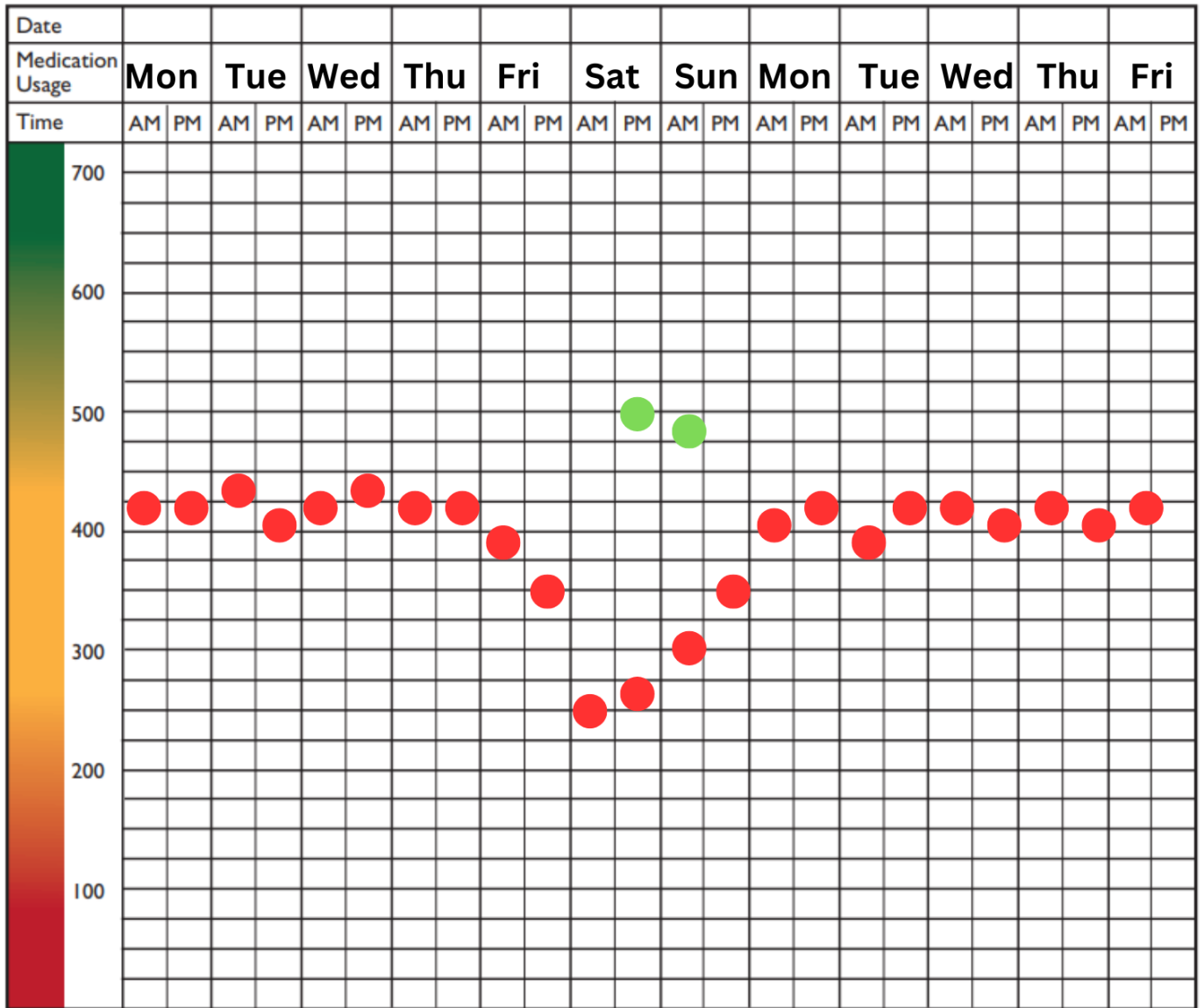
# Peak Flow Activities 3, 4 & 5

Use this graph paper (or some from your teacher) to plot your peak flow scores in these activities.



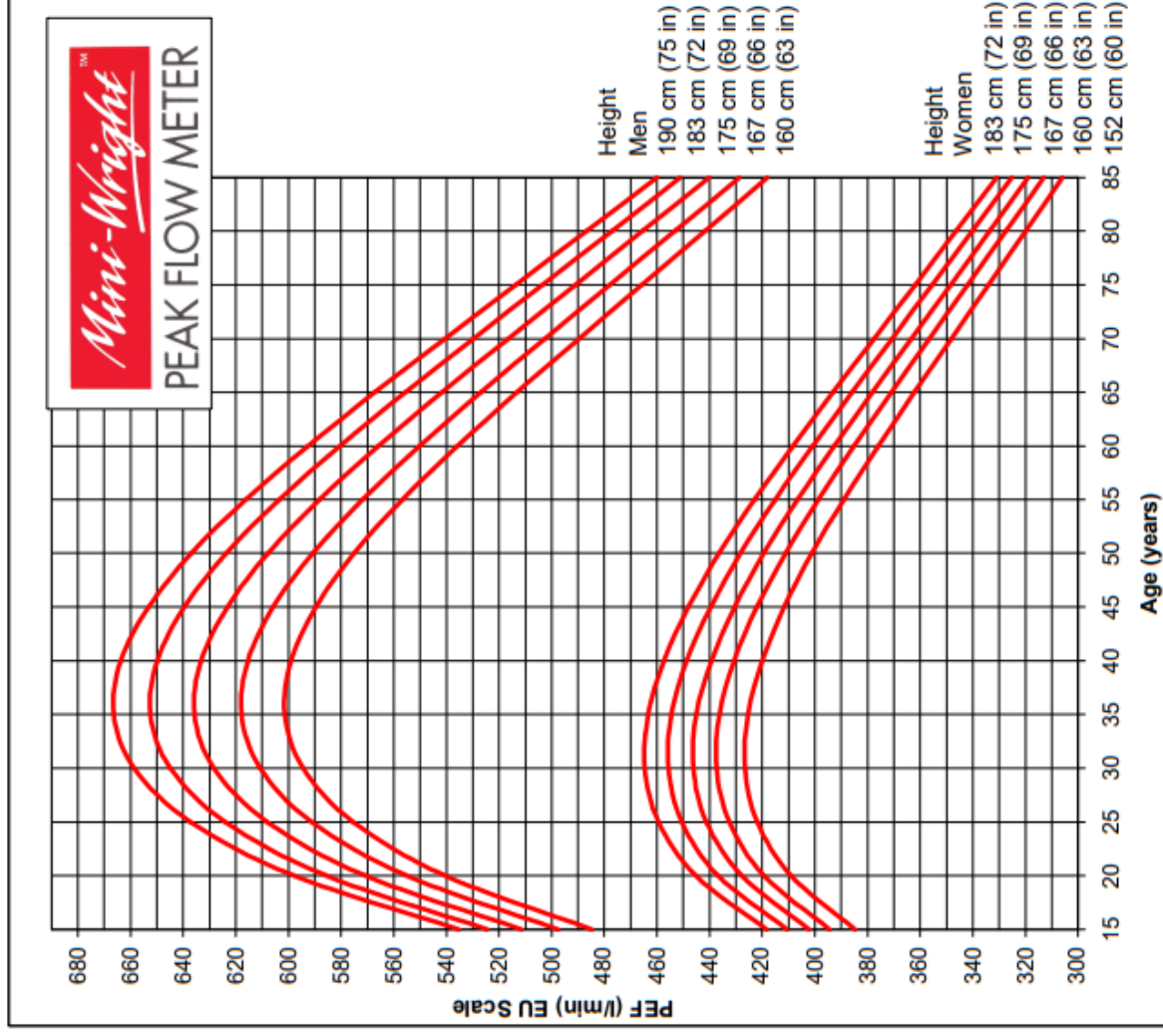
# Chart 1

Use this chart for question 6 on page 1.



## PEAK EXPIRATORY FLOW RATE - NORMAL VALUES

For use with EU/EN13826 scale PEF meters only



Adapted by Clement Clarke for use with EN13826 / EU scale peak flow meters  
from Nunn AJ Gregg I, Br Med J 1989;298:1068-70

In men, readings up to 100 L/min lower than predicted are within normal limits. For women, the equivalent figure is 85 L/min. Values are derived from Caucasian populations.

Remember:

- Choose the right gender set
- Find your nearest height line
- Find your age on the x-axis and see where it intersects your chosen height line and then go across to the peak flow score on the y-axis. This is your normal score!
- When you perform your peak flow, your score can be anything within 100 of the prediction for men and 85 for women.

## PAEDIATRIC NORMAL VALUES

### PEAK EXPIRATORY FLOW RATE

For use with EU / EN13826 scale PEF meters only

Height (m)	Height (ft)	Predicted EU PEFR (L/min)	Height (m)	Height (ft)	Predicted EU PEFR (L/min)
0.85	2'9"	87	1.30	4'3"	212
0.90	2'11"	95	1.35	4'5"	233
0.95	3'1"	104	1.40	4'7"	254
1.00	3'3"	115	1.45	4'9"	276
1.05	3'5"	127	1.50	4'11"	299
1.10	3'7"	141	1.55	5'1"	323
1.15	3'9"	157	1.60	5'3"	346
1.20	3'11"	174	1.65	5'5"	370
1.25	4'1"	192	1.70	5'7"	393