

# Using a Peak Flow Meter for Children

**How to use a peak flow meter and where to find more information**



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# How to use a peak flow meter

Peak flow can be useful to help in diagnosing and monitoring asthma. It is a measure of how well your child can blow air out of their lungs.

## To help your child measure their peak expiratory flow rate (PEFR):

- Make sure they find a comfortable position, either sitting or standing – do this the same way every time.
- Push the pointer back to the first line of the scale nearest the mouthpiece.
- Ask the child to hold the peak flow meter so it is horizontal and make sure the child's fingers are not obstructing the measurement scale.
- The child needs to breathe in as deeply as they can and place their lips tightly around the mouthpiece creating a seal.
- They should breathe out as quickly and as hard as they can.
- When they have finished breathing out, make a note of the reading.

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This should be repeated 3 times, and the highest of the 3 measurements should be recorded as the peak flow score on their chart.

Peak expiratory flow rate (PEFR) can vary at different times of day. Recording PEFR in the morning and evening for a couple of weeks may help you to know what scores to expect when your child is well and what scores might suggest your child's asthma has worsened. A chart to record the PEFR is at the end of this leaflet.

### **There is a video and explanation of peak flow on the Asthma and Lung UK:**

<https://www.asthmaandlung.org.uk/symptoms-tests-treatments/tests/peak-flow>

Scan the QR code to watch the video:





# PEAK FLOW CHART

Name.....
Date of Birth.....
Hospital No.....

Age .....

Height .....

Best/ predicted PEFR .....

