

# Peak expiratory flow rate measurement



1	Washes hands	
2	Introduces themselves	
3	Confirms patient details	
4	Explains outline of procedure & gains consent. <i>(Then proceeds to explain the procedure in detail as shown below.)</i>	
5	Set PEFR meter to zero	
6	Sit up straight or stand	
7	Take a deep breath	
8	Form a tight seal around the mouthpiece	
9	Exhale forcefully and quickly	
10	Record the PEFR reading	
11	Repeat a further 2 times and record the highest reading	
12	Demonstrates each of the above steps to the patient	
13	Attaches new mouthpiece	
14	Observes patient performing PEFR measurement	
15	Checks if the patient has any questions	
16	Thanks patient	
17	Washes hands	

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