



OSCE Checklist: PEFR Measurement

Introduction	
1	Gather equipment
2	Wash your hands and don PPE if appropriate
3	Introduce yourself to the patient including your name and role
4	Confirm the patient's name and date of birth
5	Briefly explain what the procedure will involve using patient-friendly language
6	Gain consent to proceed with PEFR measurement
7	Position the patient so that they are sitting comfortably
8	Ask the patient if they have any pain or shortness of breath before performing PEFR measurement
Measuring PEFR	
9	Ensure the peak flow meter is set to zero
10	Position yourself sitting up straight or standing
11	Take the deepest breath you are capable of
12	Hold the peak flow meter parallel to the floor and position your mouth around the mouthpiece of the peak flow meter, creating a tight seal with your lips
13	Exhale as forcefully as you are able to
14	Note the reading on the peak flow meter, which is measured in litres per minute
15	Repeat steps 1-6 twice more
16	The highest reading of the three attempts should be used as the final result
17	After you have explained and demonstrated PEFR measurement, observe the patient carrying out the procedure and provide feedback to refine their technique
To complete the procedure...	
18	Check if the patient has any questions regarding PEFR measurement
19	Advise the patient to take regular peak flow readings, ideally each morning and night, recording them in a peak flow diary. Explain that these readings can then be reviewed to make informed decisions about their asthma treatment.
20	Thank the patient for their time
21	Dispose of PPE appropriately and wash your hands