Peak Flow Monitoring

**Purpose**
To quantify the efficacy of bronchodilator therapy in patients with limited or restricted expiratory flow rates.

**Scope**

**Accountability/Special Training**
- May be administered by a Licensed Respiratory Care Practitioner.
- Training must be equivalent to the minimal Therapist entry level in Respiratory Care Services with age specific recognition of requirements of population treated.

**Physician's Order**
- A physician's order is required for peak flow meter measurements.
- Peak flow monitoring is an integral part of bronchodilator therapy when ordered by a physician.

**Indications**
- Patients with limited or severely restricted expiratory flow.
- Patients on Bronchodilator Therapy.
- Patient is able to understand and physically able to attempt the test.

**Goals**
- To monitor progression of the patients condition.
- Monitor drug efficacy.
- Improve dosing accuracy of MDI/Bronchodilator therapy.

**Contra-indications**
- Patient does not have a level of comprehension that enables them to do the test.
- Patient will not cooperate.
- Patient has a facial condition or neurological condition that alters their ability to do the test.
- Patient distress level is such that attempting would only deteriorate their condition.

**Equipment**
Peak flow meter

**Procedure**

<table>
<thead>
<tr>
<th>Step</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Check physician's orders.</td>
</tr>
<tr>
<td>2</td>
<td>Obtains peak flow device.</td>
</tr>
<tr>
<td>3</td>
<td>Wash hands thoroughly.</td>
</tr>
<tr>
<td>4</td>
<td>Verifies patient by two identifiers</td>
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<tr>
<td>5</td>
<td>Explain Peak Flow monitoring to patient.</td>
</tr>
</tbody>
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### Procedure Continued

<table>
<thead>
<tr>
<th></th>
<th>Description</th>
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<tbody>
<tr>
<td>6</td>
<td>Make sure the indicator is at the bottom of the scale.</td>
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<tr>
<td>7</td>
<td>Instruct the patient to hold the peak flow meter vertically being careful not to block the opening.</td>
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<tr>
<td>8</td>
<td>Instruct patient to inhale as deeply as possible and then place mouth firmly around the mouthpiece making a tight seal.</td>
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<tr>
<td>9</td>
<td>Instruct patient to blow out as hard and fast as they can through the mouthpiece.</td>
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<tr>
<td>10</td>
<td>To repeat the test, move the indicator back to the bottom of the scale.</td>
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<tr>
<td>11</td>
<td>Instruct the patient to repeat this maneuver three times (if able to do so) prior to and 15-20 post bronchodilator therapy</td>
</tr>
<tr>
<td>12</td>
<td>Documentation of the best measurement of the three attempts pre and post with treatments should be recorded in EPIC. Document per RCS policy # 7.1.1.</td>
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</table>

### Infection Control

Follow procedures as outlined Healthcare Epidemiology Policies and Procedures: #2.24 Respiratory Care Services.


### Corresponding Policies

- RCS Policy and Procedure Manual, Small Volume Aerosol Treatment (Hand-Held); 7.3.15.
- RCS Policy and Procedure Manual, Metered Dose Inhaler Treatment; 7.3.16.
- RCS Policy and Procedure, Guidelines For Medical Record Documentation; 7.1.1.
- RCS Policy and Procedure, Therapist Treatment Cards; 7.1.2.
Peak Flow Monitoring

Formulated: 05/93
Effective: 10/19/94
Revised: 04/04/18
Reviewed: 08/15/23

References

AARC Clinical Practice Guidelines, Assessing Response to Bronchodilator Therapy at Point of Care, Respiratory Care, 1995; 40(12): 1300-1307


