

Checklists

Week 1: Measuring the



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Peak Expiratory Flow Rate (PEFR) measurement

OBJECTIVE: To conduct A Peak expiratory flow rate (PEFR) measurement.

MATERIALS: Well illuminated examination room, PEFR meter, mouthpiece.

D: Appropriately done PD: Partially done ND: Not done/Incorrectly done

STEP/TASK	D	PD	ND
Preparation			
1. Introduce yourself to the patient and Confirm patient's ID.			
2. Explain the procedure			
3. Get patient's consent.			
4. Wash hands			
5. Have patient Sit up straight or stand			
6. Ensure the PEFR meter is set to zero			
7. Take a deep breath (as deep as you can possibly manage)			
8. Place your mouth around the mouthpiece of the PEFR meter, ensuring a tight seal with your lips			
9. Exhale as forcefully as you possibly can manage			
10. Note the PEFR reading			
11. <i>Repeat this process a further 2 times with one minute interval</i>			
12. The highest reading of the 3 should be taken as the overall result			
After the measurement			
13. Ensure that the patient is comfortable.			
14. Make explanations to the patient, answer his/her questions and discuss management plan.			
15. Wash hands. Document the procedure.			