



Why Measure Peak Flow Readings?

The peak flow meter (pfm) measures how well your lungs are working. When you have an asthma episode, the airways in your lungs begin to narrow. The peak flow measurements can tell you if there is narrowing—before you may be aware of symptoms. By taking medicine early (before symptoms), you may be able to stop an episode before it becomes more serious.

The PFM can help you:

- ✓ Learn what makes your asthma worse (triggers).
- ✓ Decide if your medications are working.
- ✓ Decide what actions to take.



How to Use Your Peak Flow Meter

- 1) On the numbered scale, put the indicator at the "0" mark.
- 2) Stand up.
- 3) Take a deep breath.
- 4) Put the mouthpiece in your mouth. Close your lips around it. Do not put your tongue in the hole.
- 5) Blow as hard and fast as you can in one blow.
- 6) Repeat Steps 1 through 5 three times and write down the highest of the three numbers reached.



Peak Flow Zones

Once you know your "personal best," you can set up three zones (green, yellow and red) that help you know what to do when your peak flow reading changes (see inside).



Getting Started

Take a peak flow reading three times a day for two weeks when your asthma is under good control.

In the chart below, write the numbers you get each day. The highest number over the two weeks is your "personal best." This is the number you will use to determine your zones.

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
AM							
Noon							
PM							
AM							
Noon							
PM							

My "Personal Best" is: _____

Special numbers to call

Doctor _____

Parent/Guardian _____

Parent/Guardian _____

Other _____

Asthma Action Plan



Warning Symptoms

Call provider the same day if you:

- ✓ Have new/worsening chest tightness or pressure
- ✓ Have new/worsening racing/pounding heart beat
- ✓ Have new/worsening cough or wheezing
- ✓ Have non-white mucus or fever
- ✓ Have new/worsening shortness of breath
- ✓ Have new/worsening sleeplessness or waking often throughout the night
- ✓ Are using rescue inhaler more than 1-2 times per week



Important Things I Should Do Between Visits

Check and record peak flow measurements _____ times per day _____ per week



Self-Management Tools

- 1) Use peak flow meter as directed
- 2) Use spacer for metered-dose inhalers
- 3) Use quick relief inhaler 15 minutes before exercising/activity
- 4) Get to know your asthma triggers and learn ways to limit or avoid them



Healthy Together! is a free program for all Wyoming EqualityCare clients. Contact an APS Health Coach for more information and to enroll in the program: 1.888.545.1710



Green Zone

When your peak flow score is in the **Green Zone**, your asthma is under control if ● your breathing is easy ● you have no cough/wheezing ● you can work or play ● you can sleep all night.

Your range for this zone is from (your personal best multiplied by .80) _____ to (your personal best) _____.

Action Plan

- Check peak flow measurements as directed by your doctor _____ times per day or _____ times per week.
- Take quick relief medication as prescribed.
- Continue your long-term control medication as prescribed.
- Use your quick relief medication before exercise, sports activities, recess or going out into the cold air.

My Asthma Medications Are...

My quick relief medication is: __Albuterol
__Xopenex __Other (_____)

Take _____ times every day as needed (with good control, may need about 1-2 times a week)

My long-term control medications are:

- Inhaled corticosteroid _____
- Long-acting beta agonist _____
- Leukotriene modifier _____



Yellow Zone

When your peak flow score is in the **Yellow Zone**, your asthma is not under good control and you may need an increase in your medication. **Yellow Zone** asthma symptoms may include ● coughing/wheezing ● tightness of chest ● shortness of breath ● inability to sleep at night.

Your range for this zone is from 50 to 80% of your personal best (your personal best multiplied by .50) _____ to (your personal best multiplied by .80) _____.

Action Plan

If symptoms return to Green Zone after one hour of taking two quick relief treatments, then:

- ___ Take quick relief medication every ___ hours for ___ days.
- ___ Continue your long-term control medication as prescribed.
- ___ Contact your doctor for follow-up care/ instructions.
- ___ Check peak flow measurements as directed by your doctor: ___ times per day for ___ days until peak flow is consistently in Green Zone.

Avoid asthma triggers, if possible.

Note: If two quick relief treatments DO NOT help you return to the Green Zone, call your doctor within ___ hours of taking the second quick relief treatment.



Red Zone

When your peak flow score is in the **Red Zone**, your asthma is at a dangerous level and you need to take immediate action. Your **Red Zone** asthma symptoms may include ● trouble breathing ● worsening cough/wheezing ● unable to work, play or sleep ● use of neck or stomach muscles to breathe.

Your **DANGER** symptoms are ● trouble walking or talking due to shortness of breath ● your lips or fingernails are blue ● quick relief medications don't help.

Your range for this zone is less than 50% of your best (your personal best multiplied by .50) _____.

Action Plan

RED Zone symptoms:

___ take quick relief medication every _____ for ___ days.

Note: If two quick relief treatments DO NOT help you to return to your Yellow Zone, contact your doctor for instructions immediately.

DANGER ZONE ACTIONS: Call 911 or go to the emergency room if:

- The above actions do not result in a return to the Yellow Zone.
- You have not been able to reach your doctor for instructions.