



Indiana Chronic Disease Management Program

## Finding Your Personal Best Peak Flow

Your personal best peak flow number is the highest peak flow number you can achieve when your asthma is under good control. Good control is when you feel good and do not have any asthma symptoms.

### To find your personal best, take peak flow readings:

- At least twice a day for 2 to 3 weeks.
- When you wake up and between noon & 2:00 pm.
- Before and after you take your medicine for quick relief.

For further information contact the Indiana Chronic Disease Management Program at [www.indianacdmpprogram.com](http://www.indianacdmpprogram.com) or call your doctor.

# Breathe Easier

## PEAK FLOW METER

### What it is

A peak flow meter is a device that measures how quickly air can move out of the lungs. During an asthma episode the lungs begin to narrow making it hard to move air in and out of the lungs during breathing.

### How it can help you and your doctor

- Catch early airway narrowing hours or even days before symptoms occur (by giving your child medicine early, you may be able to prevent a serious asthma episode).
- Learn what makes your asthma worse.

- Decide if your medicine plan is working well.
- Decide when to obtain emergency care.

### How to use

1. Place indicator at zero.
2. Stand up and take a deep breath.
3. Put the meter in your mouth closing your lips tightly around the mouthpiece (do not put your tongue inside the hole).
4. Blow out as hard and as fast as you can.
5. Write down this number.
6. Repeat steps 1-5 two more times.

Write down the highest number in your peak flow diary on the back of this page.

## PEAK FLOW ZONE SYSTEM

- \_\_\_\_\_ Personal best peak flow
- \_\_\_\_\_ Green zone (80-100% of personal best)
- \_\_\_\_\_ Yellow zone (50-80% of personal best)
- \_\_\_\_\_ Red zone (0-49% of personal best)



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### Green Zone - Good Control

No asthma symptoms are present. Take your medicines as usual



### Red Zone - Medical Alert

You are having a significant asthma episode. **Use your Albuterol as directed and follow your asthma action plan.** If you do not return to your yellow or green zone within 30 minutes go to the closest emergency room or call your health care provider's office. If, however, you are having signs of severe difficulty breathing **go to the nearest emergency room immediately or call 911 or an ambulance.**



### Yellow Zone - Caution

Your airways are becoming swollen and narrowed. Follow your asthma action plan to try to prevent a serious asthma episode. Also, your asthma may not be under good day-to-day control. Call your doctor if you are not in the green zone within 24 hours.

# PEAK FLOW DIARY

- \_\_\_\_\_ Personal Best
- \_\_\_\_\_ Green Zone
- \_\_\_\_\_ Yellow Zone
- \_\_\_\_\_ Red Zone

Name \_\_\_\_\_

MONTH \_\_\_\_\_

MONTH \_\_\_\_\_

DATE	PEAK FLOW	GREEN	YELLOW	RED
1				
2				
3				
4				
5				
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7				
8				
9				
10				
11				
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30				
31				

DATE	PEAK FLOW	GREEN	YELLOW	RED
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Obtain your peak flow reading every morning before taking your asthma medicines.

If in the yellow zone, follow your yellow zone action plan and repeat peak flow reading 2 or 3 times throughout the day or as needed. Call your doctor's office at \_\_\_\_\_ if you are not in the green zone within 24 hours.

If in the red zone, follow your red zone action plan and repeat peak flow reading within 30 minutes. If you do not return to your yellow or green zone, go to the emergency room.