

Peak expiratory flow, series, follow-up at workplace Pt-PEF-Pa

The purpose of the examination is to record the variation in peak expiratory flow (PEF) at different times of the day at the workplace and outside the workplace (at home).

User instructions for the PEF meter:

- Always blow in the same position either standing up or sitting down. Preferably standing up.
- Reset the meter and keep it level.
- Inhale as much air as you can.
- Put the mouthpiece between your teeth and place your lips tightly around the mouthpiece.
- Blow into the meter a hard, sharp and fairly short blow at maximum power.
- Complete three successful blows at each measurement time. The difference between the two highest PEF values should not be more than 20 l/min. Blow again several times if necessary to reach that goal.

Implementation of follow-up at the workplace:

- The follow-up should include at least three work periods that lasts at least three days and three days off work that lasts at least two days. Follow-up period is four weeks total. Both workdays (W) and days off (O) shall be recorded in the PEF follow-up form.

PEF measurements:

- When you get up.
- During the day at two (2) hour intervals.
- In the evening before going to bed.
- At night if you wake up.
- Anytime you have symptoms.
- Also before and after taking medication.

