

Diploma in Pharmacy 1st Year

Human Anatomy & Physiology Practical

To record force of air expelled using peak flow metre.

Aim:

To record force of air expelled using peak flow metre.

Reference :

Dr. Gupta G.D , Dr. Sharma Shailesh , Dr. Sharma Rahul Kumar ,“Practical Manual of Human Anatomy and Physiology” Published by Nirali Prakashan , Pg.No 110 - 112

Apparatus Required:

Peak flow metre

Theory :

A peak flow metre is a device that calculates the Peak Expiratory Flow Rate (PEFR). PEFR is the amount of air a person can quickly force out of their lungs in one breath. As a guide for controlling asthma symptoms, the PEFR measures can be used.

Procedure

A peak flow meter is simple to use for measuring the asthma:

- 1) Standing position or straight sitting position should be taken.
- 2) The indicator should be at the bottom of the metre (zero).
- 3) A deep inhalation should be done, filling the lungs completely
- 4) The mouthpiece should be placed in mouth. lightly biting with teeth and closing the lips on it. The person should be instructed to keep the tongue away from the mouthpiece.
- 5) The air should be blown out as hard and as fast as possible in a single blow.
- 6) The metre should be removed from the mouth.
- 7) The number that appears on the metre should be recorded.
- 8) The steps should be repeated for seven or more times.

9) The highest of the three readings should be recorded and this reading will be the Peak Expiratory Flow (PEF).

Result: The force of air expelled using peak flow metre was studied.