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Peak flow measurement is a quick test to measure air flowing out of the lungs. The measurement is also called the peak expiratory flow rate (PEFR) or the peak expiratory flow (PEF). Peak flow measurement is mostly done by people who have asthma. Peak flow measurement can show the amount and rate of air that can be forcefully

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breathed out of the lungs.

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meter measures your ability to push air out of your lungs. Peak flow meters come in two ranges to measure the air pushed out of your lungs. A low-range peak flow meter is for small children, and a ...

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Overview. A peak flow meter is a portable, easy-to-use device that measures how well your lungs are able to expel air. By blowing a quick blast of air through a mouthpiece on one end, the peak flow meter can measure the force of air in liters per minute and give you a reading on a built-in numbered scale.

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'I was born with inflammation of the  
lungs, and of everything else, I believe,  
that was capable of inflammation,'  
returned Mr Bounderby. 'For years,  
ma'am, I was one of the most miserable  
little wretc

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## **Peak Flow Measurement - An illustrated guide | J. G. Ayres ...**

To measure your peak flow: find a comfortable position, either sitting or standing. reset your peak flow meter so the pointer is pushed back to the first line of the scale - this is usually 60. hold the peak flow meter so it's horizontal and make sure that your fingers are not obstructing the measurement scale.

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