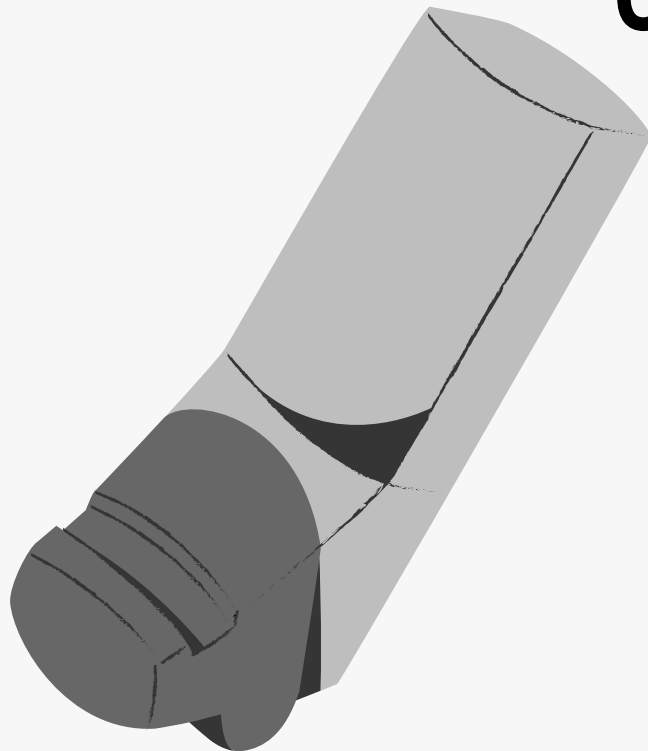




**Fulham Medical Centre**  
NHS GP Surgery in London

# Peak Flow Diary





# What is peak flow?

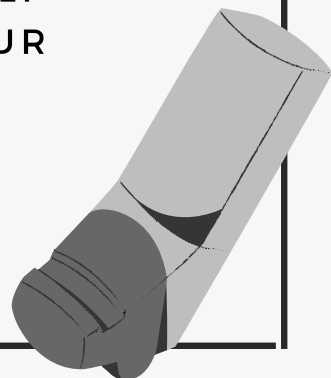
IT CHECKS HOW WELL YOUR LUNGS ARE WORKING BY MEASURING HOW QUICKLY YOU CAN BLOW AIR OUT. IT CAN IDENTIFY BREATHING PROBLEMS LIKE ASTHMA OR COPD.

# What are Asthma & COPD?

THEY ARE CHRONIC RESPIRATORY CONDITIONS CHARACTERISED BY AIRWAY INFLAMMATION AND OBSTRUCTION. ASTHMA CAUSES REVERSIBLE AIRFLOW LIMITATION AND COPD LEADS TO PROGRESSIVE, IRREVERSIBLE LUNG DAMAGE. ASTHMA AND COPD ARE MAJOR RESPIRATORY CONDITIONS, CAUSING APPROXIMATELY 50,000 AND 150,000 EMERGENCY ADMISSIONS ANNUALLY IN THE UK.

# How does peak flow help?

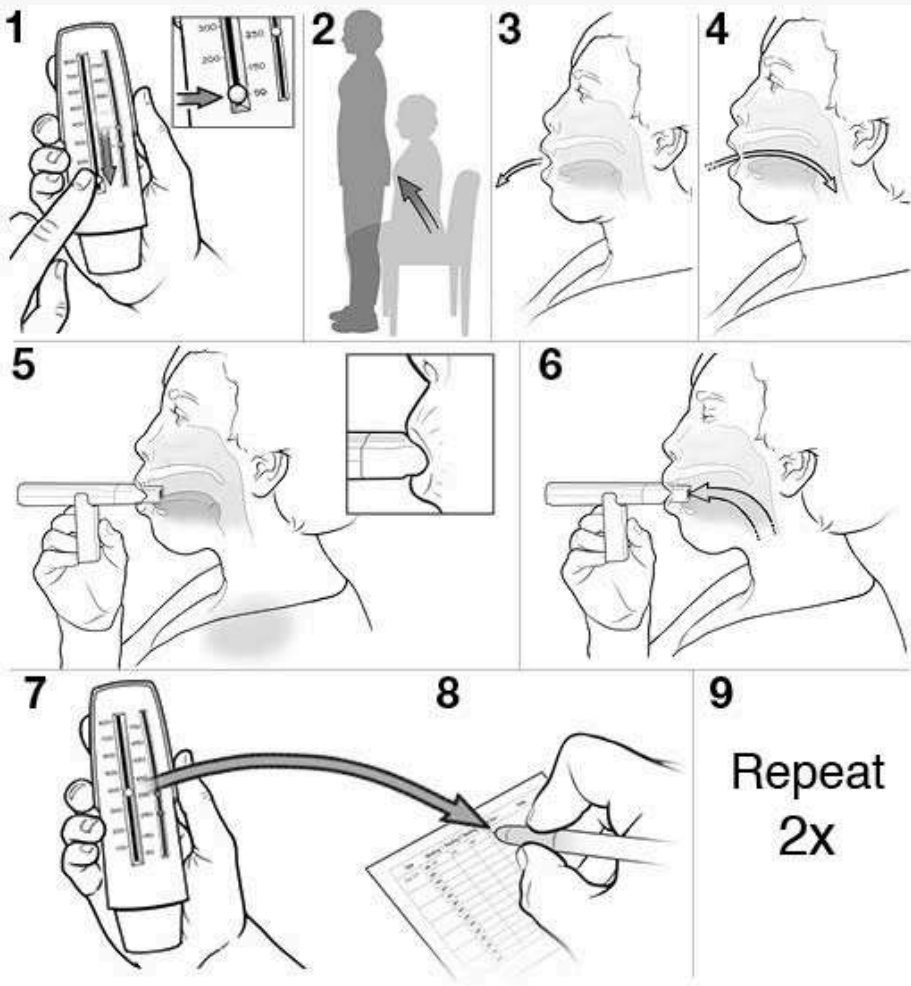
IT HELPS DIAGNOSE ASTHMA/COPD, MONITOR HOW WELL YOUR TREATMENT IS WORKING & HELP IDENTIFY TRIGGERS AND PATTERNS IN YOUR BREATHING.





# How should I measure my peak flow?

- STAND OR SIT UP STRAIGHT.
- TAKE A DEEP BREATH, FILLING YOUR LUNGS COMPLETELY.
- HOLD THE PEAK FLOW HORIZONTAL
- PLACE THE MOUTHPIECE IN YOUR MOUTH AND SEAL YOUR LIPS TIGHTLY AROUND IT.
- BLOW AS HARD AND FAST AS YOU CAN INTO THE METER - "LIKE BLOWING OUT CANDLES".
- RECORD THE READING. REPEAT THREE TIMES, NOTING THE HIGHEST NUMBER ON THE CHART - FOUND ON THE NEXT PAGE.



## When & how often should I measure?

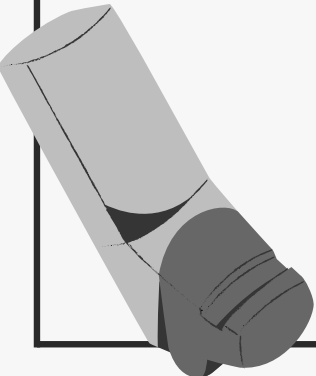
- TWICE DAILY FOR 2 WEEKS
- MORNING: BEFORE USING ANY INHALERS.
- EVENING: AFTER USING INHALERS, IF PRESCRIBED.
- WHEN YOU FEEL SYMPTOMS WORSENING.





Peak flow  
chart  
Week 1

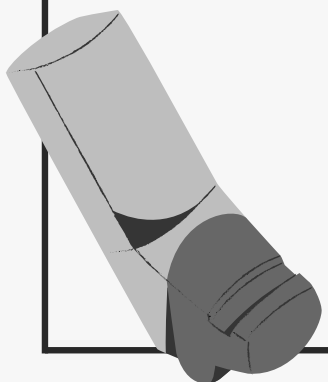
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Peak flow  
chart  
Week 2





# Symptom Checker

Week 1

DAYS OF THE WEEK	M	T	W	T	F	S	S
USED RELIEVER INHALER							
ASTHMA SYMPTOMS: SHORTNESS OF BREATH, TIGHT CHEST, COUGHING, WHEEZING							
WAKING AT NIGHT WITH ASTHMA SYMPTOMS							
UNABLE TO KEEP UP WITH NORMAL DAY-TO-DAY ACTIVITIES							

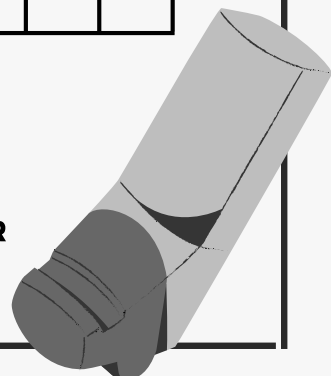
Week 2

DAYS OF THE WEEK	M	T	W	T	F	S	S
USED RELIEVER INHALER							
ASTHMA SYMPTOMS: SHORTNESS OF BREATH, TIGHT CHEST, COUGHING, WHEEZING							
WAKING AT NIGHT WITH ASTHMA SYMPTOMS							
UNABLE TO KEEP UP WITH NORMAL DAY-TO-DAY ACTIVITIES							

**IF YOU ARE FINDING IT MORE DIFFICULT TO BREATHE, WHEEZING/COUGHING MORE THAN USUAL, INHALERS ARE NOT HELPING THEN YOU MAY BE HAVING AN ASTHMA ATTACK!**



**WHAT TO DO: SIT UP, TAKE ONE PUFF OF YOUR RELIEVER INHALER (BLUE) EVERY 30-60 SECONDS - UP TO 10 PUFFS. IF UNSURE, CALL 111. IF STILL NO IMPROVEMENT IN BREATHING THEN CALL 999.**





# What do I do with these measurements?

- FOLLOWING A MINIMUM OF 2 WEEKS OF RECORDINGS, SHARE YOUR MEASUREMENTS WITH OUR PRACTICE EITHER BY:
  - BOOKING IN AN APPOINTMENT WITH A DOCTOR/PHARMACIST **OR**
  - EMAILING OUR PRACTICE A CLEAR PICTURE OF YOUR MEASUREMENTS & BOOKING FOR A TELEPHONE APPOINTMENT TO DISCUSS
- A HEALTHCARE PROFESSIONAL WILL BE ABLE TO ANALYSE YOUR RESULTS, DIAGNOSE ASTHMA/COPD AND DISCUSS THE NEED FOR INHALERS.

## Contact information

- **ADDRESS:** THE FULHAM MEDICAL CENTRE, 446 FULHAM ROAD, LONDON, SW6 1BG
- **TELEPHONE:** 02073856001
- **EMAIL:** HAFCCG.FULHAMMC@NHS.NET

**FURTHER INFORMATION** REGARDING PEAK FLOWS, ASTHMA & COPD CAN BE FOUND ON THIS WEBSITE [HTTPS://WWW.NHS.UK/CONDITIONS/PEAK-FLOW-TEST/#:~:TEXT=IF%20YOU'VE%20ALREADY%20BEEN ,RE%20HAVING%20AN%20ASTHMA%20ATTACK.](https://www.nhs.uk/conditions/peak-flow-test/#:~:text=if%20you've%20already%20been,re%20having%20an%20asthma%20attack.)

ALSO ACCESSIBLE VIA QRS CODE

