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# Diploma in Pharmacy 1<sup>st</sup> Year

## Human Anatomy & Physiology

### Experiment

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.

