

## What is a Peak Flow Meter (PFM)?

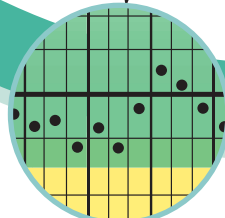
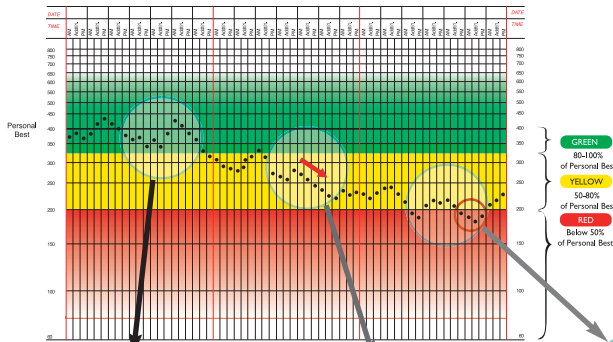
A Peak Flow Meter is a hand-held device used to monitor day-to-day variations in peak expiratory flows (PEF), the fastest speed at which a person can blow air out of the lungs.

## Why use a Peak Flow Meter?

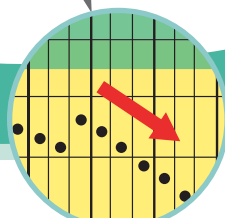
**A Peak Flow Meter may help you and your doctor:**

- identify your asthma triggers
- detect early changes that may be a sign of worsening asthma
- determine the severity of an asthma episode
- decide when to use rescue medication or seek emergency care

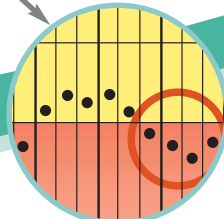
## Daily Record



**Asthma Under Control**  
 Signals "All Clear"



**Worsening Condition**  
 Signals "Caution"



**Take Action**  
 Signals "Medical Alert"

- GREEN**  
80-100%  
of Personal Best
- YELLOW**  
50-80% of Personal Best
- RED**  
Below 50%  
of Personal Best

### Traffic Light System



**When you finish using your TruZone™ PFM, be sure to store it in its original package.**

## How to use your TruZone™ PFM

- 1 Reset the yellow indicator by gently shaking the **TruZone™** PFM vertically.
- 2 Take as deep a breath as possible. Blow out as hard and as fast as possible.
- 3 Repeat 3 times. Record the reading.
- 4 Look at the number on the scale beside the yellow indicator. Record this number in the space provided in your **TruZone™** PFM Daily Record.



Manufactured by Monaghan Medical Corporation for:



**Trudell Medical International™**

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[www.truzone.ca](http://www.truzone.ca)  
[www.aerochambermax.com](http://www.aerochambermax.com)

## ASTHMA ACTION PLAN

**NOTE:** Always keep your peak flow daily diary up to date, and bring it with you for your doctor's appointments. **ColorZone™** tapes are adapted from the **traffic light system**. For additional information, visit [www.truzone.ca](http://www.truzone.ca)

**This Asthma Action Plan must be completed by your healthcare professional**

Asthma Action Plan for:

Date:

Doctor's Name:

Doctor's Phone Number:

Personal Best Peak Flow:

Emergency Phone Number:

### GREEN ZONE

#### Signals "All Clear"

- 80-100% of your personal best \_\_\_\_\_ to \_\_\_\_\_
- No symptoms and routine treatment for maintaining control can be followed

Check Peak Expiratory Flow \_\_\_\_\_ x \_\_\_\_\_ /day

Take normal maintenance therapy of:

\_\_\_\_\_ bronchodilator x \_\_\_\_\_ /day  
 \_\_\_\_\_ anti-inflammatory x \_\_\_\_\_ /day  
 \_\_\_\_\_ other x \_\_\_\_\_ /day



### YELLOW ZONE

#### Signals "Caution"

- 50-80% of your personal best \_\_\_\_\_ to \_\_\_\_\_
- Worsening of cough, wheeze or chest tightness, waking at night (may not occur)
- Measure and monitor peak flow in morning and night
- Increased use of medication may be required
- If relief (return to green zone) is not accomplished within \_\_\_\_\_ hours, contact your doctor or clinic

Take \_\_\_\_\_ bronchodilator as needed up to \_\_\_\_\_ times  
 Increased use of \_\_\_\_\_ bronchodilator x \_\_\_\_\_ /day  
 Increased use of \_\_\_\_\_ anti-inflammatory x \_\_\_\_\_ /day

Note:  
 It is important to follow your Asthma Action Plan even if symptoms do not occur



### RED ZONE

#### Signals "Medical Alert"

- LESS THAN 50% of your personal best (below \_\_\_\_\_ )
- Take \_\_\_\_\_ bronchodilator IMMEDIATELY. Repeat every \_\_\_\_\_ minutes as needed
- Acute asthma attack may occur. Try and remain calm

- SEEK MEDICAL ATTENTION IMMEDIATELY if peak flows do not return to yellow or green zone within \_\_\_\_\_ minutes
- It is important not to wait in seeking medical attention, especially if you experience shortness of breath at rest, difficulty speaking, or have difficulty taking your medication

[www.truzone.ca](http://www.truzone.ca)

Other Special Instructions:

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**Your Complete Asthma Management Solution.**

THE LUNG ASSOCIATION

The Lung Association believes that the use of products such as **AeroChamber MAX®** VHC with your metered dose inhaler is helpful in delivering medication to the lungs.

[www.aerochambermax.com](http://www.aerochambermax.com)



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