# Peak Flow Meter Technique Checklist for Nurses

**Student's Name:** ________________________________  **School Year:** _____________

**Key Steps in Peak Flow Meter Technique**  **X = Good Technique**  **? = Needs Improvement**

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1. Move the indicator to ‘0’.
2. Breathe out, complete exhalation.
3. Take as deep a breath as possible.
4. Close lips around the mouthpiece.
5. Blow out hard and fast. No coughing or spitting!
6. Write down the number.
7. Repeat 2 times. Record the highest number on log.

**Initials of evaluator**

**SOURCE:** Anne Arundel County (MD) School Health Services School-Based Asthma Management Program