

File in 3rd spine

NHS number: _____

Name: _____

Address: _____

Date of birth: _____

CR number: _____

Affix patient label

Royal Cornwall Hospitals
NHS Trust



PEAK FLOW CHART

Patient's age: _____

Height: _____

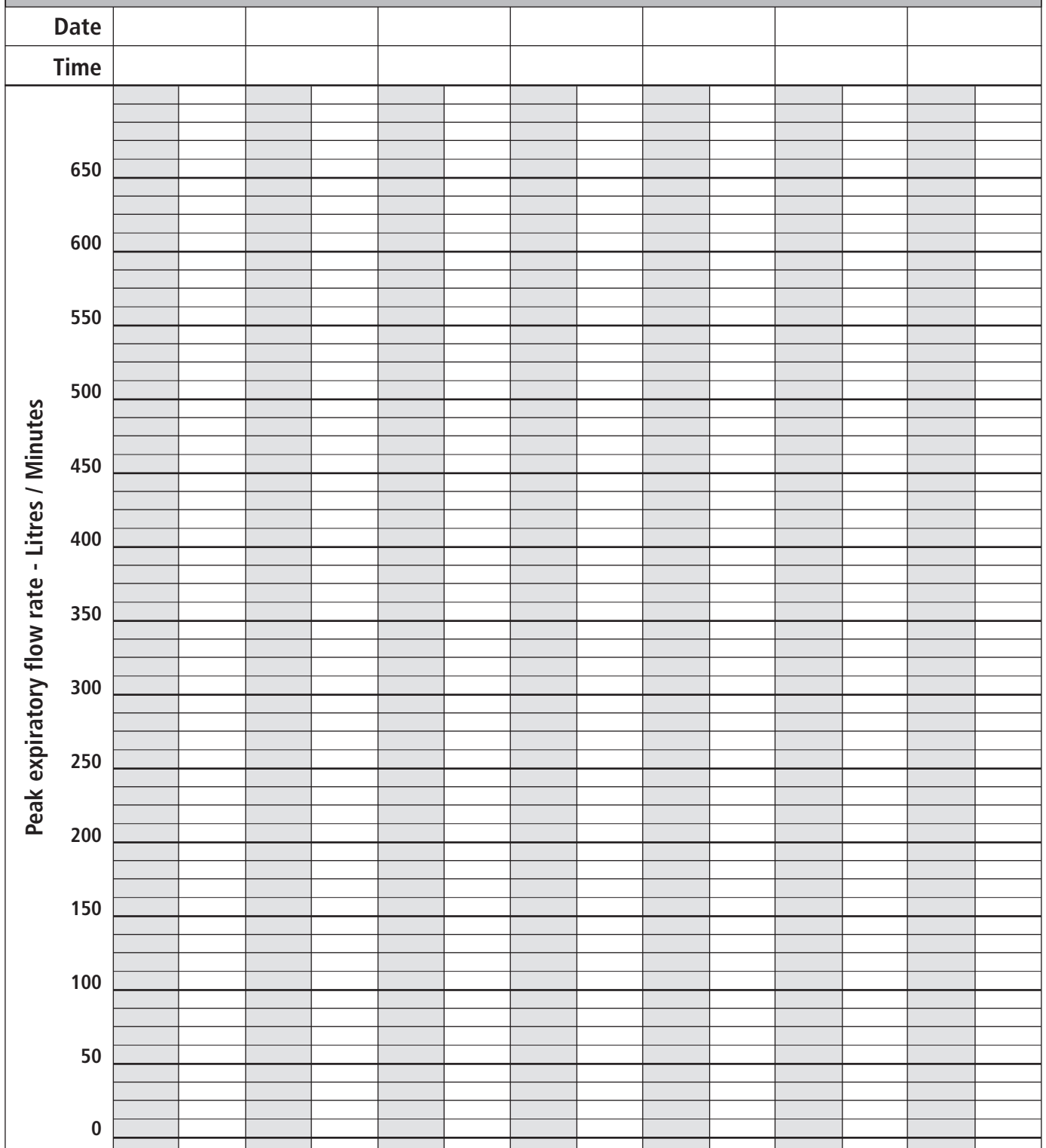
Predicted normal PEFR = _____

(See over)

Before

After

Indication and frequency for monitoring



Predicted normal values for PEFR litres/min (litres/s)

Males										PEFR
Height	1.50m 4'11"	1.55m 5'1"	1.60m 5'3"	1.65m 5'5"	1.70m 5'7"	1.75m 5'9"	1.80m 5'11"	1.85m 6'1"	1.90m 6'3"	
Age	16	438 (7.30)	456 (7.60)	474 (7.90)	492 (8.20)	509 (8.48)	527 (8.78)	545 (9.08)	563 (9.38)	581 (9.68)
	18	493 (8.22)	511 (8.52)	529 (8.82)	547 (9.12)	564 (9.40)	582 (9.70)	600 (10.00)	618 (10.30)	636 (10.60)
	20/25	536 (8.93)	554 (9.23)	572(9.53)	590 (9.83)	607 (10.12)	625 (10.42)	643 (10.72)	661 (11.02)	679 (11.31)
	30	525 (8.75)	542 (9.04)	560 (9.33)	577 (9.62)	595 (9.91)	612 (10.20)	630 (10.49)	647 (10.79)	665 (11.08)
	35	513 (8.56)	531 (8.84)	548 (9.13)	582 (9.70)	582 (9.70)	599 (9.98)	616 (10.27)	633 (10.55)	650 (10.84)
	40	502 (8.73)	519 (8.65)	536 (8.93)	553 (9.21)	569 (9.49)	586 (9.77)	603 (10.04)	619 (10.32)	636 (10.60)
	45	491 (8.18)	507 (8.46)	524 (8.73)	540 (9.00)	556 (9.27)	573 (9.55)	589 (9.82)	606 (10.09)	622 (10.36)
	50	480 (8.00)	496 (8.26)	512 (8.53)	528 (8.79)	544 (9.06)	560 (9.33)	576 (9.59)	592 (9.86)	608 (10.13)
	55	468 (7.81)	484 (8.07)	500 (8.33)	515 (8.59)	531 (8.85)	547 (9.11)	562 (9.37)	578 (9.63)	593 (9.89)
	60	457 (7.62)	472 (7.87)	488 (8.13)	503 (8.38)	518 (8.64)	533 (8.89)	549 (9.14)	564 (9.40)	579 (9.65)
	65	543 (7.55)	468 (7.80)	483 (8.05)	498 (8.30)	513 (8.55)	528 (8.80)	543 (9.05)	558 (9.31)	573 (9.56)
	70	435 (7.25)	449 (7.49)	464 (7.73)	478 (7.97)	493 (8.21)	507 (8.45)	522 (8.69)	536 (8.94)	551 (9.18)
	75	423 (7.06)	438 (7.29)	452 (7.53)	466 (7.76)	480 (8.00)	494 (8.23)	508 (8.47)	522 (8.70)	536 (8.94)
	80	412 (6.87)	426 (7.10)	440 (7.33)	453 (7.56)	467 (7.79)	481 (8.02)	495 (8.24)	508 (8.47)	522 (8.70)
	85	410 (6.68)	414 (6.91)	428 (7.13)	441 (7.35)	454 (7.57)	468 (7.80)	481 (8.02)	495 (8.24)	508 (8.46)

Standard deviation = 60 litres/min (1.00 litres) Ethnic differences negligible

Predicted normal values for PEFR litres/min (litres/s)

Females										PEFR
Height	1.40m 4'7"	1.45m 4'9"	1.50m 4'11"	1.55m 5'1"	1.60m 5'3"	1.65m 5'5"	1.70m 5'7"	1.75m 5'9"	1.80m 5'11"	
Age	16/25	358 (5.97)	377 (6.28)	395 (6.59)	414 (6.90)	433 (7.21)	451 (7.52)	470 (7.84)	489 (8.15)	508 (8.46)
	30	348 (5.79)	366 (6.10)	385 (6.42)	404 (6.73)	422 (7.04)	441 (7.35)	460 (7.66)	478 (7.97)	497 (8.28)
	35	337 (5.62)	356 (5.93)	374 (6.24)	393 (6.55)	412 (6.86)	430 (7.17)	449 (7.49)	468 (7.80)	487 (8.11)
	40	327 (5.44)	345 (5.75)	364 (6.07)	383 (6.38)	401 (6.69)	420 (7.00)	439 (7.31)	457 (7.62)	476 (7.93)
	45	316 (5.27)	335 (5.58)	353 (5.89)	372 (6.20)	391 (6.51)	409 (6.82)	428 (7.14)	447 (7.45)	466 (7.76)
	50	306 (5.09)	324 (5.40)	343 (5.72)	362 (6.03)	380 (6.34)	399 (6.65)	418 (6.96)	436 (7.27)	455 (7.58)
	55	295 (4.92)	314 (5.23)	332 (5.54)	351 (5.85)	377 (6.28)	388 (6.47)	407 (6.79)	426 (7.10)	445 (7.41)
	60	285 (4.74)	303 (5.05)	322 (5.37)	341 (5.68)	359 (5.99)	378 (6.30)	397 (6.61)	415 (6.92)	434 (7.23)
	65	274 (4.57)	293 (4.88)	311 (5.19)	330 (5.50)	349 (5.81)	367 (6.12)	368 (6.44)	405 (6.75)	424 (7.06)
	70	264 (4.39)	282 (4.70)	301 (5.02)	320 (5.33)	338 (5.64)	357 (5.95)	376 (6.26)	394 (6.57)	413 (6.88)
	75	253 (4.22)	272 (4.53)	290 (4.84)	309 (5.15)	328 (5.46)	346 (5.77)	365 (6.09)	384 (6.40)	403 (6.71)
	80	243 (4.04)	261 (4.35)	280 (4.67)	299 (4.98)	317 (5.29)	336 (5.60)	355 (5.91)	373 (6.22)	392 (6.53)
85	232 (3.87)	251 (4.18)	269 (4.49)	288 (4.80)	307 (5.11)	325 (5.42)	344 (5.74)	363 (6.05)	382 (6.36)	

Standard deviation = 60 litres/min (1.00 litres) Ethnic differences negligible