# **OSMOPLAN+ PEAK FLOW METER**



For the Self-Management of your Asthma

Sitalograph

Paging to EN12826 2002



Medical Devices Directive 93/42/EEC L169, Vol. 36.

#### You and Your Asthma

Most people with asthma need to monitor (check) their asthma at least twice a day and to have a plan of action to keep it under control. Measure your Peak Flow before using your inhaler, working and on retiring at night.

This leaflet provides detailed information on your **asma**PLAN+ peak flow meter and how the self-management Action Plan works. To get the maximum benefit from your peak flow meter, we recommend that you read this carefully.

### Q. What is Peak Flow?

A. Peak flow is a measurement of how fast you can blow out. Your peak flow score will be higher when you are well, and lower when your airways get narrower. Peak flow scores are therefore a useful guide to the openness of your airways at any given moment, and hence the severity of your asthma.

Although how you feel and what you can do are important, it is peak flow scores which show accurately how your breathing is changing. Modern asthma medicines aim to give you the best possible peak flow score. It is also important to aim for stable peak flow. Stable means little difference between morning and evening scores.

#### Q. Why do I need to measure my peak flow?

A. Many people over the ages of five will benefit from monitoring their asthma with a peak flow meter. It will also help your doctor because peak flow scores make it easier to see how well your asthma is controlled and when treatment needs changing.

#### Q. How do I get an Action Plan?

A. Only your doctor can determine the best action plan for you. This is likely to be preceded by an initial assessment followed by a diagnostic phase. During the diagnostic phase you will need to record your Peak Flow scores. Your Action Plan is assessed against your Peak Flow scores over several days. Your treatment and/or the action plan may be changed following the diagnostic phase. This procedure may be repeated until your optimum Management Plan is proven.

#### Use in Clinic

Use a disposable mouthpiece for each patient (SafeTway, Reorder No 20242 (200) or Mini SafeTway, Reorder No 20980). Perform Accuracy Check Procedure at least annually. Record and certify with a calibration label attached to the device.

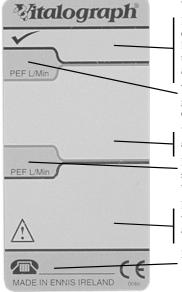
#### Your Management Plan

Your doctor will decide on your action plan, which depends on your individual condition and circumstances.

Only your doctor or specialist nurse should complete your Action Plan label or set the sliding colour zones. The Action Plan may also be recorded here:

Your measured Best Peak Flow

is......L/min
Your Best means the highest Peak
Flow when you are feeling well. This
is YOUR normal value.



#### **Updating Your Management Plan**

You should visit your doctor at least twice a year to assess any changes in your condition and change your plan if required. If you find yourself in the yellow zone most of the time, inform your doctor.

# **Understanding Your Management Plan**

Your current management plan is written onto a label like this which is then attached to the back of your Peak Flow Meter. Some models (**QSMQ**PLAN+) have sliding zone markers or your doctor may simply stick zone labels onto the scale label.

In the green zone your asthma is well controlled. Your doctor writes on the label your regular preventative treatment, such as 'preventer aerosol morning & evening'.

The Peak Flow value in the box between green and yellow zones is typically 80% of your best.

Yellow means additional treatment such as '2 puffs reliever every half hour'.

Between yellow and red, this box will show your warning threshold value PEF which is typically 50% of your best.

Red means medical alert. Your doctor writes in a plan, e.g. 'take 1 steroid tablet' or simply 'contact doctor'.

Emergency telephone number here.

#### The Diagnostic Phase

When your doctor first diagnoses your condition and as your disease improves or worsens, recording your peak flow scores two or more times a day is required for a week or longer. This is to ensure that the treatment you are following is adequately keeping your peak flow score in the green zone.

If the diagnostic phase proves unsatisfactory your doctor will change your treatment and start a new diagnostic phase.

After satisfactory scores and a management plan are established you will probably no longer be asked to record your peak flow scores, but simply to follow your Action Plan.

#### Care and Cleaning of your **QSMQPLAN+** Peak Flow Meter

Your **asma**PLAN+ Peak Flow Meter should continue to give reliable measurements for up to three years, after which time you should ask your doctor for a new unit

Avoid crushing the unit and keep it clean and dust free. If you suspect the unit is damaged or is measuring incorrectly, contact your doctor immediately. The outer surfaces should be thoroughly cleaned every week, more often if necessary. We recommend the use of an alcohol wipe (IPA 70-90%), paying special attention to the mouthpiece area.

## NEVER ATTEMPT TO DISMANTLE THE UNIT. THIS CAN CAUSE FAULTY PEAK FLOW SCORES

Caution: Federal Law (USA) restricts this device to sale by, or on the order of, a physician.

#### Warranty

Your **asma**PLAN+ Peak Flow Meter is guaranteed for one year. If a defect occurs please contact your supplier in the first instance. Replace the unit or check and certify its calibration accuracy every three years.

#### Manufacturer;

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Vitalograph Gmbh, Jacobsenweg 12, 22525 Hamburg, Germany. Tel: (040) 547391-0 Fax: (040) 547391-40 e-mail: info@vitalograph.de

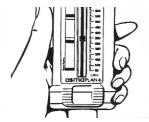
www.vitalograph.com

#### How to use your asmaPLAN Peak Flow Meter

- Slide the pointer down to the bottom of the scale.
- Lightly hold the meter on its edge in front of you, as shown below, with the scale away from your hand.



Blow out as HARD and as FAST as you can for a second or more. Be careful not to block the mouthpiece with your tongue or teeth.



Do this three times then compare the highest score with the zone colour on your Action Plan.



Breath in as deeply as possible. Holding your breath, place the mouthpiece well into your mouth, bite the mouthpiece lightly, and seal your lips firmly around it.



Your peak flow is shown on the scale against the pointer. Note the reading and slide the pointer back to the bottom of the scale.



7. During a diagnostic phase you must record your highest peak flow reading on the chart below.

#### Making sense of your peak flow score

If your scores often fall below your normal, it may be a sign that your asthma is getting worse. Similarly, bigger differences between morning and evening scores may mean your asthma is worsening; especially if you also start waking at night with a cough or wheezing.

Such changes in peak flow, when used in a management plan, allow you to modify your treatment as indicated on your Action Plan label.

#### Your own asthma action plan

Affix your 'Action Plan' label onto the reverse of your Peak Flow Meter. Following the Action Plan enables you to adjust your treatment according to your peak flow scores. If you act quickly, you can usually prevent severe asthma attacks occurring.

Your peak flow scores will fall within one of the three self-management colour bands or zones - green, yellow or red. Follow the Action Plan instructions which apply to that colour zone.

**Important note:** Only your doctor or specialist nurse should complete or change your Action Plan, so it is important to take your meter with you whenever you visit the doctor. If you are starting a new management plan your doctor will need to see your Peak Flow Chart as well.

The **asma**PLAN+ Peak Flow Meter includes adjustable coloured sliders on the scale label to simplify the cross-reference of your Peak Flow score with the relevant treatment on your Action Plan. DO NOT CHANGE THE POSITION OF THE COLOURED SLIDERS YOURSELF. If this should occur inadvertently, contact your doctor or specialist nurse for advice. Your doctor may decide to cover the sliders with invisible tape to prevent them being moved accidentally.

## **Technical Specifications**

Material: Recyclable ABS plastic

Accuracy: ± 10% Repeatability: ± 5% Highest resistance to flow: 0.00384 kPa/L/min @ 720 L/min

Range: 50-800 L/min

Storage: Temperature: 0-50oC Relative Humidity: 10%-95% Peak Flow Meter Standards: EN13826:2003, ATS1994, AS/NZS4237:1994; NHLBI Frequency response: Profile A/B difference less than 15 L/min/15 % (Annex B)

#### **asma**PLAN DAILY RECORD CHART

