

asmaPLANTM + PEAK FLOW METER



For the Self-Management
of your Asthma
Vitalograph[®]
Designed to EN13826:2003



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 asmaPLAN+ 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

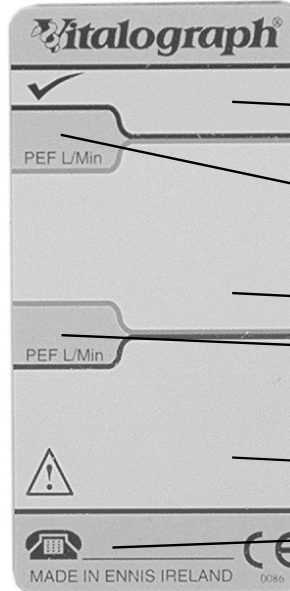
Your Best means the highest Peak Flow when you are feeling well. This is YOUR normal value.

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 (asmaPLAN+) 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 asmaPLAN+ Peak Flow Meter

Your asmaPLAN+ 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 asmaPLAN+ 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.

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