**Plano Independent School District**

**School Health**

**Peak Flow Meter Possible Problem List**

**Possible Problems:**

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| --- | --- |
| **Observation** | **Reason/Action** |
| Inconsistent numbers | The student should obtain similar numbers for all three tries. Inconsistent numbers may be due to incorrect technique. Possible reason for inconsistent numbers:* Coughing during the procedure
* Poor seal round the mouthpiece during the procedure
* A dirty meter
* Blocking the mouthpiece with the tongue
 |
| When exhaling, students make a “tah” sound.  | The force of the air coming out of the lungs causes the marker to move along the numbered scale. When exhaling, students should make a “hah” sound. A “hah” sound is just exhaled air, while a “tah” sound is made with the tongue and does not give an accurate measurement.  |