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Peak Expiratory Flow Rate (PEFR)

This is a simple method of measuring airway obstruction and it will detect moderate or severe disease. The simplicity of the method is its main advantage. It is measured using a standard Wright Peak Flow Meter or mini Wright Meter. The needle must always be reset to zero before PEF is measured.

Normal values are related to the patient's height as follows:

Height (cm)	PEFR (L/min)*
120	215
130	260
140	300
150	350
160	400
170	450
180	500

* mean; 2 SD = ± 100

An easy to remember approximation is: $PEFR (L/min) = [Height (cm) - 80] \times 5$

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