

## Best Medical Practice for Asthma Management

### 1. Screening in the clinic-

The Asma-1 electronic peak flow meter is an accurate measuring device that is to be used in the clinic to determine if a patient needs home monitoring. It is used with a new white filter which is a single patient, single visit device.



**Asma-1 Testing Instructions-** Push the (upper) start button, see the blowing head on the screen and have the patient blow into the attached filter as hard as possible for more than 1 second. Repeat 3 times for best effort. Push the ← button to see the best Peak Flow and FEV<sub>1</sub>.

### 2. Provider may order home monitoring with MyPEF peak flow meter-

MyPEF needs to be “dialed in” before use (below). The MyPEF peak flow meter may not read the same as the electronic Asma-1 but it is reproducible. It’s purpose is to show a percentage drop in peak flow once a maximum is established in the clinic with three forceful efforts. **Note:** if a patient already has MyPEF at home, it should be brought to future appointments for a retest. The indicators should be reset as indicated by current patient performance.



**Dialing in MyPEF-** The goal is to mark a 20% and 50% drop in peak flow for that patient.

With the red indicator on zero, have the patient blow forcefully into MyPEF three different times, note highest reading. Move the green/yellow indicator to show a 20% drop (80% of highest) and a yellow/red indicator at 50%.

Instruct the patient to blow daily and when feeling distressed.

Call your medical provider right away if patient can’t blow hard enough to be at or above the green zone. This gives the patient one to two days for a doctor’s appointment that can avoid a flare resulting in an E.R. trip or a hospitalization.

e.g. the patient blew 600 l/m, the green/yellow indicator is placed at 480 (80%, a 20% decrease, get an appointment in the next day or two) and the yellow/red indicator is placed at 300 (if 50% or less, call for help immediately).

Sincerely,

A handwritten signature in black ink that reads "George Lemley".

George Lemley, Managing Member  
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MyPEF cleaning- Warm, soapy water, thoroughly dried before use. Never boil or autoclave.

### Availability

Asma-1 Electronic Peak Flow, FEV <sub>1</sub> Meter (clinic screening)	Part number A6001
Filter (use with Asma-1, single patient, single visit)	Part number IM850
MyPEF (daily home monitoring)	Part number A43900