



NEWS from Trudell Medical International*

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Importance of Peak Flow Monitoring in Action Plans - An essential part of any asthma management program

The PRACTALL consensus report (2008) on the state of asthma education and treatment guidelines for children emphasized the need to involve the child or their parent in education about their disease. The report recommended using tools specifically designed for people who are not intimately familiar with the disease to help track and monitor asthma at home.¹

Although 'self-monitoring' techniques can be effective for some, there is a general inclination for children and/or their parents to underestimate the severity of everyday asthma symptoms.²

The **TruZone*** Peak Flow Meter (PFM) objectively measures the Peak Expiratory Flow – the fastest speed at which air can be forced from the lungs after taking a deep breath. Keeping track of these daily readings may help patients monitor if lung function is getting worse – even before they have any symptoms – and may even help track and identify activities or environmental triggers aggravating their condition.

When used in conjunction with an Asthma Action Plan, the **TruZone*** PFM allows patients to take an active role in monitoring their condition. The **ColorZone*** Tapes automatically and accurately establish the three 'colour' zones, which help patients compare their readings to the instructions on their Action Plan.

Results recorded in the *Daily Record* identify changes, trends or patterns in respiratory symptoms. Using this information at each appointment will help healthcare providers understand if any updates or changes to treatment plans or medication are required – so you can be sure their Asthma Action Plan is working for them.



¹ Bacharier LB, Boner A, Carlsen KH, Eigenmann PA, Frischer T, Götz M, Helms PJ, Hunt J, Liu A, Papadopoulos N, Platts-Mills T, Pohunek P, Simons FER, Valovirta E, Wahn U, Wildhaber J, The European Pediatric Asthma Group. **Review Article: Diagnosis and treatment of asthma in childhood: a PRACTALL consensus report.** *Allergy* 2008; 63: 5-34.

² Bheekie A, Syce JA and Weinberg EG. **Peak expiratory flow rate and symptom self-monitoring of asthma initiated from community pharmacies.** *Journal of Clinical Pharmacy and Therapeutics* (2001) 26, 287-296.

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