NUMBER	NAME	AGE	HR[1] PRE	HR[2] POST	PEFR[3] PRE	PEFR[4] POST 5’	PEFR[5] POST 10’	PEFR[6] POST 15’	PEFR[7] POST 30’	PEFR[8] DIFF PRE-POST	PEFR[9] % CHANGE

Asthma Screening Toolkit (Should be at top of page, can’t move table)
A Step-by-Step Guide

Data Collection Document

1. Heart rate before exercise
2. Heart rate after exercise (should be between 160 –170/minute)
3. Peak flow meter reading (best of three tries) before exercise
4. Peak flow meter reading (best of 3 tries) 5’ after exercise
5. Peak flow meter reading (best of 3 tries) 10’ after exercise
6. Peak flow meter reading (best of 3 tries) 15’ after exercise
7. Peak flow meter reading (best of 3 tries) 30’ after exercise
8. Difference between the pre-exercise peak flow meter reading and the lowest peak flow meter reading at any time after exercise
9. Percent change in peak flow meter reading before and after (use the lowest reading) exercise. 15% or more drops in peak flow meter reading indicate high risk for asthma.