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# EFFECT OF POSTURE ON PEAK EXPIRATORY FLOWRATE

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***ABSTRACT***

***Peak expiratory flow rate is one of the convenient lung function test. It is used for monitoring functional changes in asthma. Lung function tests have to be done in both bedridden patients and those who cannot lie down. In field situations they have to be measured in standing position. The lung function parameters like FVC, FEV1 are affected by posture. This study was done to detect the effect of posture on peak expiratory flow rate. Aims & Objectives: To study the effect of posture on peak expiratory flow rate using Wright's peak flow meter. Materials and Methods: 30 young females in the age group of 17-19 years were selected.Those with history of nasal block, asthma, pneumonia etc., were excluded from the study. PEFR was measured by asking the subject to take a deep inspiration and blow out as forcefully as they can into Wright's peak flow meter. This was done in each of standing, sitting and supine positions for three times and the best value was taken as the result. Results: The results were analysed using paired t test. 'p' value between sitting and standing position is 0.4752,between sitting and supine is 0.8080, between standing and supine is 0.1033.Discussion: 'p' value showed no statistically significant difference of PEFR in different postures. Conclusion: Though PEFR is affected by various factors like age, sex, body mass index etc., posture has no significant effect on it.***

***KEYWORDS: Peak Expiratory Flow Rate, Posture, Normal Subjects***

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