

Allstate & Lincoln Benefit DWR/Peak Flow Form

Name of Insurance Company: _____ Date of Interview: _____

Applicant Name: _____ Date of Birth: _____
Last First Middle

Examiner Instructions:

- If during the course of the interview the applicant refuses to answer a certain question, simply record “Refused to Answer” and move on to the next question.
- Begin by recording the time of day you begin the interview, then read the following introduction to the applicant:

Start Time: _____:_____ AM PM

“I will now perform a simple and brief test of your breathing and also one of your memory, which I will explain to you in detail prior to performing each test.”

- Proceed to the DELAYED WORD RECALL

DELAYED WORD RECALL - Part I

Examiner Instructions:

- Before beginning the interview, separate the words on the (last) word-page by cutting along the indicated lines.
- Stack the word-cards and then show the first word to the applicant. Ask the applicant to say the word aloud and form a sentence using the word.
- Repeat the process with each of the 10 words below. You need not record the applicant’s answers.
- The applicant may not write anything down.
- Begin by reading the following instructions to the applicant:

“This test is a delayed word recall which will measure your memory. I’m going to show you 10 cards with words on them. When I show you the word you’ll say it aloud and then use it in a sentence. Each sentence can be as short or as long as you like. Then I’ll show you the words again and have you use them in a sentence a second time. I’ll be asking you to recall the words later.”

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Examiner Instructions:

- Repeat the process by reading the following instructions to the applicant:

“Now I’m going to show you the same 10 words again and ask you to say the word aloud and then use it in a sentence. You may either make up new sentences or use the same sentence you used before.”

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Time of Completion: _____

Examiner Instructions:

- Put the word-cards out of sight.
- Check your watch and record the time the last sentence was completed under “Time of Completion” above.
- This completes *Part I* of the *Delayed Word Recall*. *Part II* must begin in exactly 5 minutes
- Please proceed to the Peak Flow Section

Peak Flow Measurements

“I will now be performing a test that measures your breathing or lung capacity and I’ll be using a machine called a Peak Flow Meter.”

- Show the applicant the meter and instruct them on the proper way to use the PFM;
 1. Hold the meter around the round handle of the device.
 2. The applicant’s fingers should not block any openings or prevent the sliding indicator from moving.
 3. The applicant should remove any gum or food from their mouth.
 4. The applicant’s lips should form a tight seal around the mouthpiece.
 5. The mouthpiece should be inserted past their teeth.
 6. The applicant should exhale as fast as possible with a sharp short blast rather than slowly as this will yield the best results.
 7. The force of the air coming out of the applicant’s lungs will cause the marker to move along the numbered scale.
- Now that you have explained how to use the PFM insert a mouthpiece into the PFM and reset the meter to zero.
- Demonstrate for the applicant the proper way to use the PFM.
- Put a clean filter on the PFM and ask the applicant to stand and hand them the PFM.
- Instruct them that they are going to exhale into the PFM three separate times stopping for a brief moment to take a breath before each time they exhale into the PFM.
- Have the applicant proceed with exhaling into the PFM.
- After the applicant exhales into the meter the first time, record the PF reading below under “1st Attempt” and reset the meter to zero. The applicant may now exhale into the meter a second time.
- After the applicant exhales into the meter the second time, record the PF reading below under “2nd Attempt” and reset the meter to zero. The applicant may now exhale into the meter the third and final time.
- After the applicant exhales into the meter the third time, record the PF reading below under “3rd Attempt” and circle the highest of the three scores.
- The highest score should also be recorded on the lab requisition under the Examiner Comments field using the following format “PF XXX”.
- As long as 5 minutes has passed it’s time to finish the DWR test. If five minutes hasn’t passed wait until it has to proceed.

Result: 1st Attempt: _____ 2nd Attempt: _____ 3rd Attempt: _____

DELAYED WORD RECALL - Part II

Examiner Instructions:

- Read the statement below to the applicant to determine how many words he/she recalls.
- Record all words stated, both correct and incorrect words including duplicates.
- Then record below the total number of correct words recalled out of the possible 10.
- You will also record the number of correct words on the lab requisition under the Examiner Comments field using the following format “DWR X”.

“A few minutes ago, I showed you some words and asked you to make a sentence with each of them. At this time I would like you to tell me as many of the words as you can remember. Take your time.”

TOTAL NUMBER OF WORDS CORRECTLY RECALLED OUT OF THE 10 CHOICES: _____

Applicant Signature Date

Examiner Signature Date

CHIMNEY

SALT

HARP

BUTTON

MEADOW

FLOWER

FINGER

RUG

BOOK

TRAIN
