

## SUMMARY/ ESSENCE

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<b>METHOD OF CHECKING THE PEAK EXPIRATORY FLOW (PEF)</b>	
<b>SUMMARY/ ESSENCE</b>	
<p><b>Background:</b> Indonesia is a thrive country with an alarming level of air pollution quality since 2013-2015 the air quality index has increased which means that the air quality is getting worse. This is due to dense settlements, the population is increasing from year to year, means of transportation, large-scale factories, home industry factories, and so on. Based on the triggers of air quality above. It can cause clean air to become contaminated with harmful substances such as carbon monoxide (CO), sulfur dioxide (SO<sub>2</sub>), surface ozone (O<sub>2</sub>) and particulate 10 (PM<sub>10</sub>). If frequently exposed to these substances can cause respiratory disease, pulmonary inflammation, hyperplasia and cell metaplasia, epithelial cells and the occurrence of lung cancer. This airborne element if it is often exposed to the public can affect the value of the peak expiratory flow. The prevent a decrease in the value of the peak expiratory flow, it is necessary to check the peak expiratory flow with this solution given in the from of a pocket book media with the title of the method of checking the peak expiratory flow. <b>Purpose:</b> To increase the knowledge of the public, college student, health workers regarding the method of checking the peak expiratory flow. <b>Method:</b> in this final project uses a method in the form of a pocket book entitled the method of checking the peak expiratory flow as a medium used to increase the knowledge of college student, health workers, and the community. <b>Conclusion:</b> based on the result above, it can be concluded that the pocket book entitled the method of checking the peak expiratory flow can increase knowledge of college student, health workers, and the community.</p>	