

GM28 Hygiene. Educational program

Department of hygiene

2nd year students (4-th semester)

Lectures

1. The role of sanitary and environmental Sciences in providing preventive health challenges. Factors influencing the health of the population.
2. Atmospheric air as the external environment. Influence of meteorological factors on the human organism. Air pollution as a major hygienic and ecological challenge.
3. Water as a factor of the biosphere and the necessary condition for the existence of life on earth. Hygienic requirements for water quality of water sources.
- 4/Environmental and hygienic problems of the hydrosphere, caused by anthropogenous pollution of surface and groundwater. Methods of improving the quality of water.
5. Solar radiation and its role in ensuring of life on earth. The influence of separate components of solar radiation on the livelihoods and health of the person.
6. Soil as a factor in the external environment. Role of soil in the transmission of endemic, infectious and parasitic diseases. Pollution and self-purification of soil.
7. Nutrition as a factor of preservation and strengthening of health. The value of the individual components of the food in the human diet.
8. Ecological problems of human nutrition. The concept of «alien substances», «food chain» and biologically active substances.
9. Hygienic and ecological problems in developing countries

Practical classes (lessons)

1. The occupation to test control of knowledge, abilities and possessions, obtained by students in previous departments.
2. Methods of study of microclimate indoors and its evaluation, Impact on health.
3. Solar radiation ,hygienic assessment. Natural and artificial lighting. The methods of evaluation.

4. The use of artificial ultraviolet radiation in the preventive purposes.
5. Hydrosphere of the planet. Assessment of drinking water quality.
6. Methods of improving the quality of drinking water.
7. Risk factors. Methods of risk assessment of the effects of air pollution on human health.
8. The final test on section.
9. Nutrition and its role in ensuring health and optimal duration of life of the population. Evaluation of the usefulness and adequacy of foods.
10. Methods of assessing the quality of food and there falsification.
The possible impact of falsificated food on human health. (2 lessons)
11. Diseases caused by intake of unsafe food. Microbial and non microbial food poisoning.
12. The nutrition of organized groups. Requirements for the planning, equipping and operation of food premises (the kitchen).
13. Lesson interactive analysis prepared from the lessons (role playing game)
14. The final test on section of nutrition.
15. Seminar lesson.
16. Final Test session on the results of the 1 st semester.(Zagot)

3rd year students (5th semester)

Lectures

1. Hygiene mental and physical labor. Production hazards and occupational diseases. The concept of severity and intensity of labour. Guidelines for prevention of occupational diseases.
2. Developing countries: Ecological and hygienic Problems.
3. The main problems of occupational health at the work with radioactive substances and sources of ionizing radiation.

4. Factors influencing the health of children. Hygienic bases of the normal growth and development of the child. Physical development, indicators, evaluation methods.

5. Hospitals planning system . Nosocomial infections , Protective regime in medical institutions.

Practical classes

1. Industrial noise and vibration. Hygienic value, impact on the body. Methods of measurement and evaluation. Guidelines for prevention.

2. Hygienic evaluation of industrial dust and its sources in production. Classification of occupational dust diseases. Methods of identification and assessment. Guidelines for prevention.

3. Radiation control on objects of application of ionizing radiation sources. The main preventive measures aimed at preventing harmful effects.

4. Radiation safety at work with radioactive substances and ionizing radiation sources in the open and closed types. Directions of prophylaxis.

5. Industrial poisons in factories . Indicators of toxicity and their definition. Guidelines for prevention of occupational poisoning.

6. Seminar lesson on occupational medicine collated abstract messages on a particular topic.

7. The final test session on occupational medicine.

8. Health and physical development of the child and adolescent population. Methods of examination and evaluation.

9. Hygiene of training in school. Requirements to the regime of the day and school schedule. The role of physical education in ensuring the formation of a normal development of the younger generation.

10. Hygienic requirements to the technical means of teaching, and visual teaching AIDS. Requirements to computer classes.

11. The final test session on section hygiene of children and adolescents.

12. Hospitals. Hygienic requirements to placement and planning system.

13. Infectious diseases wards and hospitals. Requirements for the design, equipment and operation. Prevention of nosocomial infections.

14. Lesson interactive acquaintance with the structure, organization of work and equipment equipping the Centers of hygiene and epidemiology.
15. Seminar lesson.
16. Final Test session on the results of the 1 st semester.
17. Test written exam for students who not accumulated the required points to get the desired end result, and then (if necessary) oral interview.