

A list of tests questions for examination

The effect of environmental factors on the life of the population.

Methods of studying the indoor climate and its evaluation.

1. The concept of microclimate:
2. Factors that determine the climate:
3. The function of the body that are most dependent on the microclimate conditions:
4. The concept and Types of thermoregulation:
5. Mechanisms of heat transfer from the surface of the skin:
6. Conditions conducive to increasing the heat radiation method:
7. Conditions conducive to hypothermia:
8. Changes in the body in general overheating:
9. Symptoms of heat stroke:
10. Devices for measuring air temperature:
11. Relative humidity - is:
12. The optimal value of the relative humidity in building and classrooms:
13. Devices for continuous recording of air humidity:
14. Optimum air velocity in the residential and educational areas:
15. Appointment Psychrometer:
16. Appointment Katathermometer:
17. The conditions under which a person may be exposed to low atmospheric pressure:
18. The conditions under which a person may be exposed to high atmospheric pressure:
19. Diseases of a person in conditions of low atmospheric pressure:
20. Instruments for measuring atmospheric pressure:
21. Sanitary indicator of pollution in residential and public indoor air:
22. Physiological effects of carbon dioxide on the body:
23. Average content of carbon dioxide in the atmosphere:

Hygiene of natural and artificial lighting of premises

1. Main biological significance of visible light
2. Basic hygiene requirements for artificial light sources
3. wavelength of the visible spectrum
4. Basic hygiene requirements for artificial lighting
5. Factors determining the level of natural lighting in buildings

6. KEO in the classroom
7. What is the artificial lighting which called rational?
8. The optimal orientation of classrooms in the middle latitudes
9. The recommended value of KEO for classes
10. The recommended value of the coefficient of light for the classrooms

artificial ultraviolet radiation lamps as a preventive measure

1. Biological action of ultraviolet radiation (mainly):
2. What are the artificial UV lamps are used for prophylactic irradiation of people?
3. the biological effects of the specter "C" of UV radiation:
4. What is Photophthalmic syndrome ?
5. 6 What changes occur in the chemical composition of air space during prolonged burning artificial sources of UV radiation specter C?
6. What is the wavelength of the visible and UV of the solar spectrum?
7. The biological effect of the field "B" UV radiation
8. At what time of year, mid-latitude population experiences insufficient UV radiation?
9. 13 What are the positive changes observed in the body under the influence of artificial UV radiation?
10. What is the wavelength region "C" UV radiation?
11. months of the year in which the level of UV radiation is very low ?
12. What are the specter of UV radiation used in air disinfection ?
13. Indications for prophylactic using of artificial UV radiation?
14. biological effect of specter C:
15. The mechanism of the formation of vitamin D3
16. What are the functional changes occur in the body by the action of artificial UV radiation?
17. What is the wavelength of ultraviolet region artificial sources of radiation?
18. What is the wavelength region "B" of UV radiation?
19. Contraindications to prophylactic exposure to ultraviolet radiation by the artificial lamps?
20. Which disorders occur among children as a result UV deficiency ?
21. The biological effect of the field "B" UV radiation?
22. 33 Main causes of rickets:
23. Causes of reducing the amount of natural UV radiation in the north?

Hygienic assessment of the quality of drinking water and water sources.

1. Hygienic requirements for drinking water quality:
2. The main manifestations of fluorosis:
3. The cause of methemoglobinemia:
4. Diseases transmitted by water:
5. Microbiological indicators used to monitor the epidemiological safety of drinking water:
6. Groups of indicators for assessing the quality of drinking water:
7. What is meant by water hardness?
8. Hygienic value of hardness:
9. Indicators of the organoleptic(physical)properties of water
- 10.water arsenic problems, symptoms?
- 11.Zones of sanitary protection of water
- 12.The main sources of pollution of drinking water sources:
- 13.The cause of tooth decay:
- 14.what hazard of high chlorine in the water?

Methods to improve the quality of drinking water.

1. methods of improving the quality of drinking water:
2. Special methods to improve the quality of water:
3. slow sand filters:
4. Types of filters:
5. methods disinfection of water?
6. Physical methods of water disinfection:
7. Chemical methods of water disinfection:
8. Methods of water chlorination:
9. What are the reactants used for the chlorination of water in the water pipes?
- 10.the bactericidal action of chlorine?
- 11.the chlorine dose in the normal chlorination?
- 12.Advantages of hyper chlorination water for field conditions:
- 13.individual methods of disinfection of water supplies:
- 14.Benefits of water disinfection with UV rays as compared to chlorination:
- 15.Benefits of ozonation compared to chlorination of water:
- 16.Advantages of boiling water:

Hygienic soil ..assessment of populated areas for public health

1. sanitary soil evaluation sings ?

2. What types of living organisms in the soil?
3. What is the mineral part of the soil?
4. What diseases are transmitted through contaminated soil?
5. problems resulting increase in the amount of waste?
6. What are the main ways of recycling of waste?
7. Disadvantages of burning solid waste?
8. What are the diseases most often associated with an increase in chemical contamination of the soil?
9. Indicators of sanitary character of the soil?
10. What microorganisms play an important role in nitrification processes occurring in the soil?
11. What characterizes the epidemiological role of the soil?
12. Which substances are indicators of organic contamination of the soil?
13. What are the methods for disposal of municipal solid waste?

Nutrition as a factor in the preservation and promotion of health.

Evaluation of usefulness and adequacy of food (balanced diet)

1. daily energy consumption?
2. Who are in the III group of labor?
3. The biological role of pectin's
4. Factors affecting the value of basal metabolism
5. Number of major groups of adults, depending on the severity of labor
6. Who are the group I labor gravity?
7. Biological cellulose it is role
8. types of the fatty acids
9. What are type of food which is poorly content phosphorus?
10. picture of chronic protein deficiency
11. The biological role of carbohydrates
12. What is the biological role of fat?
13. foods are sources of protein?
14. percentage vegetable oils in the total fat in the daily diet?
15. The biological role of carbohydrates
16. What foods are good sources of calcium?
17. The biological role of calcium
18. The biological role of polyunsaturated fatty acids
19. The biological role of phosphorus
20. The biological role of proteins
21. What foods are rich sources of carbohydrates?

Hygienic assessment of the nutritional value of milk and dairy products

1. What are the nutrients contained in milk?
2. What minerals contained in milk?
3. What is the ratio between the milk calcium and phosphorus?
4. What are the milk proteins
5. What are the essential amino acids of milk proteins with high biological value
6. The value of milk sugar - lactose
7. What is the nutritional value of milk fat?
8. What are the fat-soluble vitamins are contained in milk?
9. What water-soluble vitamins are contained in milk?
10. percentage of milk fat?
11. What are the singes estimated natural milk?
12. methods of the pasteurization of milk?
13. the epidemiological risk of milk?
14. What is the nutritional value of cheese?
15. What is the nutritional value of cream?
16. treatment Methods of milk
17. singes of freshness of milk

The sanitary inspection nutritional value and safeness of food

1. What helminthes infections can be transmitted to humans from the meat of pigs?
2. What must be did with the cattle meat, if in 40cm² found 2 Finns?
3. What must be do with the party of meat cattle, if in 40 cm² found 3 Finn?
4. Signs of freshness of fish
5. types of helminthes infections can be transmitted to humans with the fish?
6. Causes "bombazh" cans:
7. Causes of high nitrates in fruits and vegetables:
8. source of B1 vitamin?
9. Is the grain a source of B vitamins?
10. types of products in relation to the sanitary inspection ?

Human diseases caused by poor quality food intake. Microbial food poisoning

1. Symptoms typical of botulism:
2. type of products can cause botulism?
3. clinical picture of bacterial food poisoning?
4. What is food poisoning?
5. The causative agent of botulism:
6. What are the products most frequently associated occurrence of salmonella poisoning?
7. Measures for the prevention of food poisoning
8. symptoms are characteristic of food poisoning?
9. classification of food poisoning ?

10. Clinical forms of current salmonella poisoning:
11. Main directions of prevention of food poisoning:
12. First Aid Measures patient with suspected botulism:
13. First Aid Measures patient with salmonella poisoning?
14. non bacterial food poisoning :
15. bacterial food poisoning :

Requirements for planning, equipping and functioning kitchens

1. function of medical personnel to monitor the catering in institutions:
2. main types of rooms kitchens,
3. planning system of kitchens
4. The main requirements of sanitary and anti-epidemic regime in the nutrition unit
5. What are the activities carried out on the nutrition unit to combat insects and rodents
6. Measures to maintain sanitary regime in the nutrition units
7. Measures to combat rodents and insects include
8. what types of food in children organized groups are prohibited from using:
9. types of medical examination catering staff
10. against any infectious disease should be vaccinated catering staff
11. Employees kitchens must undergo an annual medical check-up, including

Hygienic assessment of vitamin value of food

1. What vitamins are water-soluble group?
2. The biological role of vitamin C:
3. Products with vitamin "C" in excess of 100 mg%
4. The biological role of vitamin P:
5. Products - Sources of Vitamin P:
6. The biological role of vitamin B1:
7. Products of animal origin - the main sources of vitamin B1:
8. plant Products - the main sources of vitamin B1:
9. diseases associated with vitamin B1 deficiency:
10. The biological role of vitamin B2 (riboflavin):
11. Products - sources of vitamin B2:
12. The biological role of vitamin B6:
13. The daily requirement for vitamin B6 people of working age (mg)
14. Food sources of vitamin B6:
15. The biological role of vitamin E:
16. Manifestations of inadequate intake of vitamin PP in the human body:
17. Products of animal origin - sources of vitamin E:
18. What vitamins are fat-soluble?
19. The biological role of vitamin A:
20. Manifestations of vitamin A deficiency
21. Products - sources of vitamin A

22. Products - carotene sources
23. The biological role of vitamin D:
24. Food sources of vitamin D:
25. Diseases associated with deficiency of vitamin D in the body
26. The biological role of vitamin "E":
27. Manifestations of E-hypovitaminosis:
28. Vegetable products - sources of vitamin "E":

Hygiene of hospitales

Hospital for adults

1. Where should be located city somatic hospital?
2. Planning system of hospitals
3. Which hospital departments, to be placed in separate area in hospital
4. The proper system construction of hospitals, which allows to create the best conditions open air
5. System of construction of hospitals, providing the best conditions for the maintenance of medical protective regime
6. Recommended (percentage) for building area in hospitals
7. Which hospitals of the Department, which should have a separate reception room
8. Where should the reception of infectious diseases?
9. The number of patients, which is calculated on a typical section of the ward.
10. Elements of ward section:
11. Types of ward corridor section,
12. The optimal orientation of the chambers for infectious diseases
13. Area for 1 bed in a ward for adults in the somatic compartment (m²)
14. Particular feature of department of infectious diseases
15. Which way the medical staff communicates with (box) highly isolated room
16. Elements are part of polubox isolated room ?
17. Can be hospitalized in department of the infectious, patients with different infectious diseases in the same room ?

Hospital for children, prevention of nosocomial infections

1. the zones in the area of children's hospital?
2. Plan design of the children's department section?
3. prevention of nosocomial infection in children department ?
4. Features of planning department of infectious for children's
5. zones in child hospital
6. causes of inter hospital infection
7. prevention of inter hospital infection
8. How many sick children served by 1 post duty nurse in the department of infants (under 1 year)?
9. What sections are part of the children's ward section?
10. Number of beds in the wards for children up to 1 year
11. Factors affecting the healing process in children's hospitals

12. percentage of green zone areas of children's hospitals?
13. Can be common room reception and check-out children's department together with other departments of the hospital?

The impact of harmful factors on human health.

Hygienic evaluation of industrial dust

1. What kind of industry is a source of dust?
2. Which the medical specialties must control dust disease among workers :
3. which body organs mainly effected by dust?
4. classification of industrial dust origin?
5. dust is classified according to the dispersion?
6. Group of diseases which caused by industrial dust?
7. Specific occupational dust diseases:
8. Non-specific occupational dust diseases include:
9. Pneumoconiosis, causes and classification
10. Etiology of silicosis among workers:
11. The forms and most common complication of silicosis
12. The most common complication of asbestosis
13. The theory of the development of silicosis
14. Prevention of occupational dust diseases include:
15. What are the therapeutic and preventive actions carried out in the production in order to reduce the harmful effects of dust:
- 16.20 The technological measures for protection against dust:
17. Personal protective equipment against dust:
18. Sanitary and technical measures to protect against dust:
19. Function of medical worker in industrial areas

Industrial noise and its effect on the body

1. The effect of high levels of noise?
2. Depending on the source of the noise, the noise is divided into:
3. Clinical pictures of dust diseases :
4. List the nonspecific symptoms of noise disease ?
5. List the personal protection against noise?
6. Identify common preventive measures in industries with high levels of noise?
7. What kind of specialists are involved in medical examinations of workers exposed to intense noise?
8. Meaning of noise?
9. Classification of noise according to the frequency
10. Instruments for measuring the noise level

Hygienic value of industrial vibration

1. According to the source of the vibration total divided into:
2. Meaning of vibration ?
3. What kind of working factors increase the harmful effects of vibration on the body?
4. Functional changes in the body under the action of vibration?
5. Organs effected in vibration disease?
6. Symptoms of vibration occupational disease?
7. What are the contraindications for the recruitment associated with exposure to vibration?
8. clinical picture of vibration disease?
9. Types of workers which professions are exposed to vibration?
10. Measures preventing vibration disease?
11. Instruments for measuring the vibrations level

Radiation safety when working with radioactive substances and sources of ionizing radiation (radiometry)

1. What is the physical nature of radioactivity?
2. What are the properties characterized by radioactive radiation?
3. What types and character of radiation
4. What is the physical nature of gamma radiation?
5. What is the physical nature of alpha radiation?
6. What is the physical nature of the beta radiation?
7. What is the effect of a gamma ray?
8. closed form of radiation source ?
9. What is the relationship between the radioactive material and its weight?
10. Stochastic (no threshold) effects:
11. Deterministic (threshold) effects include:
12. basic rules when working with open radioactive substances
13. protection working with closed radioactive sources:
14. Units of radioactivity:
15. Units of measurement of absorbed dose:
16. The negative impact of ionizing radiation on human health 23 Equivalent dose -
17. The effective dose -
18. dose limit per year for Group A personnel (mSv)
19. dose limit per year for staff in group (mSv)
20. dose limit per year for the population (mSv)

Radiation control on using sources of ionizing radiation facilities (dosimetric analyses).

1. Deactivation means
2. How many classes of works is isolated by the use of radioactive substances
3. Personal protective equipment from unsealed radioactive substances
4. Planning and laboratory equipment for the work I class
5. Planning and laboratory equipment for the work class III

6. protective measures working with sources of ionizing radiation:
7. Components of natural (natural) background radiation:
8. Examples of medical procedures using ionizing radiation sources
9. What is the "distance protection"
10. What does "protection screen"
11. Methods for decontamination of radioactive contamination:
12. meaning of "deactivation"?
13. Personal protective equipment working with sources of ionizing radiation:
14. List sanitary measures working with sources of ionizing radiation:

Evaluation of the toxicity of industrial poisons (toxicology)

1. Influence of chemicals used in industry?
2. Ways to release of toxic substances from the body?
3. Classes of danger harmful chemicals?
4. What are the pathological processes may develop under the influence of industrial poisons?
5. What environmental factors contribute to increase the toxic effect of chemicals used in industry?
6. Indicators of class danger:
7. Which substances are deposited in the bones?
8. Prevention of occupational poisoning
9. What activities are the responsibility of doctors?

Hygienic bases to ensure normal development and a high level of child health

Physical development, performance evaluation methods. Growth and Development. Acceleration

1. Physical development of children and adolescents is dependent on:
2. Biological age
3. Physiometric sings development:
4. Somatoscopic indicators:
5. the type of posture
6. somatometric indicators:
7. What characterizes the value of "M" in the standards of physical development?
8. Indicators assessed the physical development?
9. The types of foot shape?
10. Meaning of growth and development of the child
11. To measure the muscular strength of hands is used:
12. What are the centile intervals correspond to the average values of height and weight?
13. Devices for determination of lung capacity
14. The first menstruation in girls called:

15. Meaning of acceleration

Assessment of the state of health of the child population, determination of readiness for school

1. Which health group includes children with morphological and functional abnormalities, decreased resistance?
2. Physiological adaptation of the child for school is:
3. After how many weeks normal adaptation to systematic education begins:
4. Which health group includes children with chronic diseases in the stage of decompensation?
5. Psychophysiological test as a criterion of readiness for systematic education,
6. Socio-psychological aspect of the child's adaptation to school
7. Criteria for assessing the health of children and adolescents:
8. Which health group includes children with normal physical and psychological development, which lack functional disorders and chronic diseases?
9. Test-Kern Jirásek results can be used to assess:
10. Which health group includes children with chronic diseases in the stage of compensation:
11. Which health group includes children with chronic diseases in the stage sub compensation:
12. Test-Kern Yeraseka consists of the following tasks:

School health services

1. Signs of exhausting of children and adolescents are:
2. The recommended duration of the lesson for younger students
3. What lessons has the highest performance at the senior schoolboys?
4. Duration of active attention in children 7-10 years
5. Exhausting in children is characterized by the following features:
6. Prevention of fatigue,
7. Tire out
8. Children classroom furniture's :
9. prophylactic of tire out ?
10. School time table

Medical control of physical education students.

Hardening of children and adolescents

1. Hygienic principles of the organization of physical education are:
2. Application forms and means of physical education should be based on:
3. Physical activity - it is:
4. Hypokinesia - is:
5. The relationship between the value of physical activity and the state of health of the child:
6. Hypokinesia in children and adolescents can cause:

7. Motor density of the class lesson - is:
8. Groups of students take into account in physical education :
9. special group of physical education mean
10. Medical control of physical education in the educational institutions includes:
11. Measures to prevent injuries during physical training are:
12. Meaning of physical education:
13. Meaning of hardening :
14. The basic principles of hardening
15. Choosing a method of hardening depend on :
16. Methods of Hardening -:

Hygienic aspects of technical educational training instruments – computer

1. For what using technical training necessary
2. Micro-climatic conditions in the room with a working computer
3. Duration of work on the computer during class
4. Violations of the musculoskeletal system when working at a computer
5. The main manifestations of the impact of personal computers on the functional state of an organism of children and adolescents are
6. According to the sanitary norms, the illumination on the surface of the table for the computer and keyboard to be
7. Factors that adversely affect the body pupils while working on the computer
8. Effective preventive measures during prolonged work at the computer are
9. Computer stress
10. Recommendation for the computer classes with LCD monitors:
11. Occupational diseases of computer
12. The optimal orientation of computer classes for children and adolescents is
13. work on the computer recommended light sources are
14. What medical examinations should take professional PC users
15. The complex of exercises when working with computers should include
16. Electromagnetic radiation effect and protection
17. The school furniture's
18. General requirements for school furniture
19. School furniture is divided into groups based on:

Hygienic assessment of children's planning institutions projects

1. The design for children s institutions is carried out taking into account:
2. Recommended for protection against penetrating noise of children and adolescents facilities:
3. Zones In the area of pre-school educational institution designed:
4. Zones in school areas

5. 5 The composition of the common areas of children's pre-school institutions:
6. Recommended orientation group of rooms in kindergartens:
7. Compliance with the principle of group isolation in preschool educational institution is provided by:
8. Basic principles of rational planning of schools:
9. Basic hygiene requirements for the classroom:
10. Green spaces in the area of preschool educational institutions are required to:
11. Rooms in group cell of preschool educational institution
12. Main rooms in the school:
13. Orientation, recommended for school classrooms of drawing and painting:
14. Zones in kindergarten area
15. Function of nurse in child enterprise :
16. The recommended value of KEO for the classroom:
17. Recommended orientation of classrooms:
18. Recommended light ratio in the group of kindergarten room: