

**ANNOTATION**  
**work program of the discipline**  
**"Hygiene"**

Speciality	05/31/01 General medicine
Number of credits	In accordance with the RUP
Interim certification form (pass/pass with assessment/exam)	Test/Exam

**1. The purpose of studying the discipline**

Target developing in students a conscious understanding of the connection between health and the environment,

factors and living conditions, work activity as a prerequisite for their active participation in carrying out effective measures to prevent diseases, promote healthy lifestyle.

**2. Brief Contents of the discipline Section**

1: General hygiene issues Section

contents

Hygiene and sanitation. Ecology. Public health and the environment. Preventive direction of domestic healthcare. Factors shaping population health. Tasks of hygiene and sanitary practice in managing the "human-environment" system. Methods of hygienic research. The place of hygiene in medicine. History of the development of hygiene. Section 2: Human environmental factors

Section Contents

Climate and human health.

Hygienic Aspects acclimatization Study And sanitary grade microclimate elements.

Hygienic study of the body's reaction to the effects of air temperature. Hygienic study comprehensive actions on organism person elements of the meteorological factor.

Air hygiene. Solar radiation

Research and sanitary assessment of the illumination factor.

Hygienic study of the body's reaction to exposure to lighting.

Research and sanitary assessment of magnetic and electric fields and radio wave electromagnetic radiation

Study of the body's reaction to the influence of a static electric field Study and sanitary assessment of infrared and ultraviolet radiation Study and sanitary assessment of mechanical vibrations.

Hygienic study of the body's response to noise exposure. Hygienic problems of cities. Hygiene of residential and public buildings.

Research and sanitary assessment of air pollution by dust, gaseous substances and microorganisms.

Hygiene of water and water supply to populated areas. Ways to improve water quality. Soil hygiene. Ecology and rational use of natural resources.

Organization of protection of groundwater in atmospheric air and soil from contamination by radionuclides at the Volgodonsk NPP.

Basics of food hygiene

Nutritional hygiene of pregnant women, children and adolescents.

Nutritional hygiene for the elderly and catering in extreme conditions. Sanitary examination of products of animal and plant origin

Study of the body's vitamin supply.

Food poisoning. Classification. Organization of food poisoning prevention in organized teams

Sanitary and hygienic inspection of the catering department.

Organization of medical control over the nutrition of organized groups

Nutrition research and development of hygienic recommendations to optimize an individual's nutrition.

Section 3:Hygiene of medical institutions Section contents

Hygiene of health care institutions: requirements for the selection and planning of a land plot, the basics of hygienic examination of health care facility projects.

Sanitary and hygienic inspection of medical and preventive institutions.

Hygienic requirements for X-ray diagnostic and radiological departments of health care facilities (radioactivity, ionizing radiation, their sources, principles of personnel protection, categories of exposed persons, classes of standards, radiation safety of patients).

Section 4:Fundamentals of preventive medicine. Section

Contents

Occupational hygiene and health protection of workers

Classification of working conditions according to indicators of harmfulness and danger of factors in the working environment, severity and intensity of labor processes.

Occupational hygiene at nuclear power plants.

Study of the physical development of children and adolescents.

Research methods and methods for assessing the physical condition of an individual.