

FEDERAL STATE BUDGET EDUCATIONAL INSTITUTION
OF HIGHER EDUCATION
"ROSTOV STATE MEDICAL UNIVERSITY"
MINISTRY OF HEALTH OF THE RUSSIAN FEDERATION

Faculty of Education of foreign students, residents and postgraduates

Supervisor
educational program
E.S. Belousova /
(signature) (FULL NAME.)



20_23

DISCIPLINE WORKING PROGRAM

HYGIENE

Speciality 31.05.01 General medicine

Form of education full-time

Rostov-on-Don
2023

I. GOALS AND OBJECTIVES OF MASTERING THE DISCIPLINE

Goals mastering the discipline:

-studying the fundamentals of the methodology of preventive medicine, acquiring hygienic knowledge and skills in assessing the influence of environmental factors on human and public health.

- studying the basics of monitoring the living environment and public health, their analysis, assessment and forecast, identifying cause-and-effect relationships between changes in population health indicators and the impact of environmental factors.

Tasks: formation of students' skills and abilities in:

carrying out measures to prevent diseases of the population; organizing sanitary and anti-epidemic (preventive)

measures aimed at preventing the occurrence of infectious diseases and mass non-infectious diseases (poisonings);

assessing the state of the human environment, as well as other factors determining the health of the population;

assessing the health status of the population;

organizations, carrying out and monitoring the implementation of measures to prevent occupational diseases;

carrying out sanitary education work among the population and medical personnel in order to promote a healthy lifestyle

organization and management of departments/bodies exercising control and supervision functions in the field of ensuring the sanitary and epidemiological well-being of the population, protecting consumer rights and the consumer market, institutions operating to ensure state sanitary and epidemiological supervision in the Russian Federation, and other health care institutions.

II. REQUIREMENTS FOR THE RESULTS OF MASTERING THE DISCIPLINE

The process of studying the discipline is aimed at forming the following competencies in accordance with the Federal State Educational Standard of Higher Education and the EP of Higher Education in this specialty: OPK 2

III. THE PLACE OF DISCIPLINE IN THE STRUCTURE OF EP VO

2.1. The discipline is a mandatory part.

IV. CONTENT AND STRUCTURE OF DISCIPLINE

Labor intensity of the discipline in ze 7 hour

252

4.1. Sections of the discipline studied in 4.5 semesters

Section number	Section name	Number of hours		
		Always	Independent work under the guidance of a teacher	SRS

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Semester 4							
1	General hygiene issues	40	4		18		18
2	Human environment factors	56	12		22		22
Total for the semester		96	16		40		40
Formintermediate certification		test					
Semester 5							
3	Hygiene of therapeutic and prophylactic institutions	58	8		26		24
4	Basics of Preventive Medicine	62	8		thirt y		24
Total for the semester		120	16		56		48
Intermediate form certification		Exam 36					
<i>Total for the discipline:</i>		252	32		96		88

4.2. Contact work

Lectures

Secti on number	No. lectures	Lecture topics	Qua ntit y hours
Semester 5			
1	1	Hygiene and sanitation. Introductory lecture	2
	2	Climate and human health. Hygienic aspects of acclimatization	2
2	3	Air hygiene. Solar radiation	2
	4	Hygiene of water and water supply to populated areas.	2
	5	Soil hygiene. Ecology and environmental management	2
	6-7	Basics of food hygiene	2
	8	Nutritional hygiene of pregnant women, children and adolescents	2

	9	Nutritional hygiene for the elderly and catering in extreme conditions.	2
Total hours per semester			16
Semester 6			
3	10	Hygiene of medical institutions.	2
	eleven	Hygiene of medical institutions (radioactivity, ionizing radiation, their sources, principles of personnel protection)	2
4	12	Public health and the environment.	2
	13	Hygiene of children and adolescents	2
	14-15	Occupational hygiene and health protection for workers and medical workers	2
	16	Therapeutic and preventive nutrition	2
	17	Hygienic problems of cities. Hygiene of residential and public buildings	2
	18	Hygiene of ionizing radiation	2
Total hours per semester			16
<i>Total hours discipline:</i>			32

Practical work

No. section a	No . PR	Topics of practical work	Number of hours	Forms of current control
Semester 5				
1	1-3	Research and sanitary assessment of elements microclimate	6	solution to the situation and calc. tasks, oral questioning, testing
	4	Hygienic study of the complex effect of meteorological factors on the human body. Hygienic study of the body's response to exposure air temperature.	3	solution to the situation and calc. tasks, oral questioning, testing

No. section a	No . PR	Topics of practical work	Number of hours	Forms of current control
	5-6	Research and sanitary assessment of magnetic and electric fields. Methodology for studying the body's response to the influence of a static electric field	4	solution to the situation and calc. tasks, oral questioning, testing
	7	Research and sanitary assessment of radio wave infrared and ultraviolet radiation	3	solution to the situation and calc. tasks, oral questioning,
	8-10	Research methodology and sanitary assessment of illumination in medical, residential and public buildings. Hygienic study of the body's response to exposure to lighting	4	solution to the situation and calc. tasks, oral questioning, testing
2	elev en	Research methodology and sanitary grademechanical vibrations.	2	solution to the situation and calc. tasks, oral questioning,
	12-13	Hygienic study of the body's response to noise exposure	4	solution to the situation and calc. tasks, oral questioning,
	14	Final lesson on "Physical factors"	3	solution to the situation and calc. tasks, oral questioning, testing
	15	Hygiene of water and supply. Methodsimproving water quality.	2	solution to the situation and calc. tasks, oral questioning, testing
	16	Research methodology and sanitary assessment of air pollution in the working area with dust, gaseous substances (CO ₂) Andmicroorganisms	3	solution to the situation and calc. tasks, oral questioning, testing
	17	Final lesson on "Chemical factors"	3	solution to the situation and calc. tasks, oralsurvey, testing
Total hours per semester			40	
Semester 6				
3	1	Radioactivity, properties of ionizing radiation, principles of protection when working with sealed and open sources ionizing radiation.	3	solution to the situation and calc. tasks, oral questioning, testing

No. section a	No . PR	Topics of practical work	Number of hours	Forms of current control
	2	Radiation safety when working with radioactive substances and sources of ionizing radiation. Sanitary and dosimetric control in health care facilities (categories of exposed persons, classes of standards, radiation safety of patients).	3	solution to the situation and calc. tasks, oral questioning, testing
	3	Principles of protecting the environment and the health of workers during the operation of nuclear power plants.	4	solution to the situation and calc. tasks, oral questioning,
	4	Sanitary and hygienic inspection of health care facilities.	3	solution to the situation And calc. tasks,
	5	Final lesson on Health Care Hygiene	6	solution to the situation And calc. tasks, oral questioning,
	6	Sanitary examination of animal products and of plant origin. Sanitary and hygienic inspection of the catering department	4	solution to the situation And calc. tasks, oral questioning, testing
4	7	Food poisoning. Classification. Organization of food poisoning prevention in organized teams.	3	solution to the situation and calc. tasks, oral questioning, testing
	8	Study of the body's vitamin supply.	3	solution to the situation and calc. tasks, oral survey,
	9	Hygienic principles of catering for organized groups. Organization of medical control over the nutrition of organized groups	3	solution to the situation and calc. tasks, oral questioning, testing
	10	Development of hygienic recommendations to optimize individual nutrition	3	solution to the situation and calc. tasks, oral questioning, testing
	eleven	Final lesson on "Food Hygiene"	6	solution to the situation and calc. tasks, oral questioning, testing
	12	Research and assessment of physical development of children and adolescents	3	solution to the situation and calc. tasks, oral questioning, testing
	13	Methods for assessing the physical development of an individual.	6	solution to the situation and calc. tasks, oral

5				questioning, testing
	14	Final lesson on “Hygiene of children and adolescents”	3	solution to the situation And calc. tasks, oral questioning,

No. section a	No . PR	Topics of practical work	Number of hours	Forms of current control
	15-16	Classification of working conditions according to indicators of harmfulness and danger of factors in the working environment, severity and intensity of labor processes	3	solution to the situation and calc. tasks, oral questioning, testing
Total for the semester hours			56	
<i>Total hours discipline:</i>			96	

4.3. Independent work of students

Section number	Type of independent work of students	Number of hours	Forms of current control
Semester 5			
1	Preparation for current control	12	Oral survey
2	Preparation for classes, current control	32	Testing Oral questioning Solving situational and calculation problems
Total hours per semester		44	
Semester 6			
3	Preparation for classes, current control	22	Testing Oral questioning Solving situational and calculation problems
4	Preparation for classes, current control	22	Testing Oral questioning Solving situational and calculation problems
Total hours per semester		48	
<i>Total hours discipline:</i>			88

V. ASSESSMENT FUND FOR CURRENT CONTROL AND INTERMEDIATE CERTIFICATION

The fund of assessment tools for determining the level of development of competencies as a result of mastering the discipline is an appendix to the work program.

VI. EDUCATIONAL AND METHODOLOGICAL SUPPORT OF DISCIPLINE

Literature.

Hygiene with the basics of human ecology: textbook / ed. P.I. Melnichenko. – M.: GEOTAR-Media, 2010. - 752 pp
Bolshakov A. M. Guide to laboratory classes on general hygiene: textbook. allowance for special 040500 "Pharmacy"/ A.M. Bolshakov. - ed. 2nd, revised and additional – M.: Medicine, 2004. - 271 p.
General hygiene: educational method. manual for students of the Faculty of Preventive Medicine / T.V. Zhukova, O.A. Svintukhovskiy, I.M. Kharagurgieva, N.A. Kononenko; Height. state honey. university, department general hygiene. – Rostov n/a: RIS RostGMU, 2012. - 154 p.
General hygiene: method. rec./comp.: O.A. Svintukhovskiy, T.V. Zhukova, I.M. Kharagurgieva [and others]; Height. state honey. university, department general hygiene. - Rostov-on-D: RostSMU, 2015. - 66 p.
General hygiene, sanitary and hygienic monitoring: method. rec./ O.A. Svintukhovskiy, T.V. Zhukova, S.N. Belik [etc.]; Height. state honey. university, department general hygiene. – Rostov n/d: Publishing house RostGMU, 2015. - 59 p.
Drozhhina N. A. General hygiene. Guide to laboratory classes: textbook. benefit for university students / N.A. Drozhzhina, A.V. Fomina, D.I. Kicha. – M.: GEOTAR-Media, 2015. - 276 p.
Hygienic characteristics and sanitary assessment of physical factors of the human environment: educational method. manual (workbook) / comp.: O.A. Svintukhovskiy, T.V. Zhukova, S.N. Belik [etc.]; Height. state honey. university, department general hygiene. – Rostov n/a: Publishing house Rostov State Medical University, 2016. -104 With.
Svintukhovskiy O. A. Abstracts of lectures on general hygiene in electronic presentation slides: textbook - method. manual for students of the medical and preventive faculty / O.A. Svintukhovskiy, I.M. Kharagurgieva; Height. state honey. University, Dept. general hygiene. – Rostov n/a: RIS RostGMU, 2010. – 104 p.

6.4. Internet resources

ELECTRONIC EDUCATIONAL RESOURCES		Access to the resource
Electronic library Rost State Medical University .– URL: http://109.195.230.156:9080/opacg/		Unlimited access
Student Advisor [Kits: "Medicine. Healthcare. IN"; "Medicine. Healthcare. SPO"; "Psychological Sciences"]: Electronic library system. – Moscow: LLC "Polytekhresurs" - URL: https://www.studentlibrary.ru + opportunities for inclusive education		Unlimited access
Scientific electronic library eLIBRARY .- URL: http://elibrary.ru		Open access
National Electronic Library. - URL: http://neb.rf/		Access from computers libraries
Federal Center for Electronic Educational Resources. - URL: http://srtv.fcior.edu.ru/		Open access
Ministry of Health of the Russian Federation: official website. - URL: https://minzdrav.gov.ru		Open access
Federal Service for Supervision in the field of healthcare: official website. - URL: https://roszdravnadzor.gov.ru/		Open access

	World Health Organization: official website. - URL: http://who.int/ru/	Open access
	Official Internet portal of legal information. - URL: http://pravo.gov.ru/	Open access
	Other Open resources can be found at: http://rostgmu.ru → Library → Electronic catalog → Open Internet resources → further by keyword...	

6.5. Guidelines for students on mastering the discipline

- **Planning and organizing the time needed to study the discipline.**

An important condition for the successful development of the General Hygiene discipline is the creation of a system of proper organization of work that allows you to distribute the educational load evenly in accordance with the schedule of the educational process. Drawing up a work plan can be of great help in this.

Preparation for lectures

Acquaintance with the discipline occurs already at the first lecture, where the student is required not only to pay attention, but also to independently prepare notes. When working with lecture notes, it is necessary to take into account the fact that some lectures provide answers to specific questions on the topic, while others only reveal the relationships between phenomena, helping the student understand the deep processes of development of the subject being studied, both in history and at the present time.

Lecture note-taking is a complex type of university classroom work that involves intense mental activity of the student. A note is useful when the most essential things are written down and done by the student himself. There is no need to try to write down the entire lecture verbatim. It is advisable to first understand the main idea presented by the lecturer and then write it down. It is advisable to record on one page of the sheet or leave fields on which later, when working independently with notes, you can make additional notes and mark unclear places.

- **Preparation for practical classes.**

The student must begin preparing for each practical lesson by familiarizing himself with the practical lesson plan, which reflects the content of the proposed topic. Careful thinking through and study of the plan's issues is based on studying the current lecture material, and then studying the required and additional literature recommended for this topic.

In the process of preparing for practical classes, students need to pay special attention to independent study of the recommended literature. Therefore, independent work with textbooks, teaching aids, scientific and reference literature is the most effective method of acquiring additional knowledge, it allows you to significantly intensify the process of mastering information, promotes a deeper assimilation of the material being studied, and shapes students' attitude to a specific problem.

- **Recommendations for working with literature.**

It is advisable to start working with literature by studying general works on the topic, as well as textbooks and teaching aids. Next, it is recommended to move on to the analysis of monographs and articles that consider individual aspects of the problems studied in the course, as well as official materials and unpublished documents (research papers, dissertations), which may contain the main issues of the problem being studied.

VII. LOGISTICS

DISCIPLINES

Name of special* premises and premises for independent work	Equipping special rooms and premises for independent work
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<p>344022, Rostov region, Rostov-on-Don, lane. Nakhichevansky, 38/57-59/212-214 (No. 41, Liter A-Ya, 7th floor) Auditorium No. 729 Classroom for conducting lecture-type classes in the discipline “General Hygiene”</p>	<p>The room is equipped with specialized educational furniture: 54 tables, 108 chairs (quantity) Technical teaching aids used to present educational information to a large extent audience: multimedia presentation complex \</p>
<p>344022, Rostov region, Rostov-on-Don, lane. Nakhichevansky, 38/57-59/212-214 (No. 41, Liter A-Ya, 7th floor) Auditorium No. 707 Classroom for practical training classes in the discipline "General Hygiene"</p>	<p>The room is equipped with specialized educational furniture: 14 tables, 28 chairs, a blackboard, a magnetic device.</p>
<p>344022, Rostov region, Rostov-on-Don, lane. Nakhichevansky, 38/57-59/212-214 (No. 41, Liter A-Ya, 7th floor) Auditorium No. 708 Classroom for conducting practical classes in the discipline “General Hygiene”</p>	<p>The room is equipped with specialized educational furniture: 17 tables, 34 chairs, a training board., Instruments: barometer (2 pcs.), psychrometers (4 pcs.), thermometers (5 pcs.), catathermometers (2 pcs.), lux meters (2 pcs.), actinometer (2 pcs.) , anemometer (1 piece), electric aspirators (2 pieces)</p>
<p>344022, Rostov region, Rostov-on-Don, lane. Nakhichevansky, 38/57-59/212-214 (No. 41, Liter A-Ya, 7th floor) Auditorium No. 706 Classroom for conducting practical classes in the discipline “General Hygiene”</p>	<p>The room is equipped with specialized educational furniture: 13 tables, 26 chairs, a training board., Instruments: dosimeter DRGZ-01 (1 piece), dosimeter DRGZ-03 (1 piece), micro-roentgenometer MRM-3 (1 piece), vibration sensitivity meter (1 piece), vibrometer (3 pieces), vibration stand (1 piece), ISHV-1 (3pcs), metal shelf (2pcs)</p>
<p>344022, Rostov region, Rostov-on-Don, lane. Nakhichevansky, 38/57-59/212-214 (No. 41, Liter A-Ya, 7th floor) Auditorium No. 701 Classroom for conducting practical classes in the discipline “General Hygiene”</p>	<p>The room is equipped with specialized educational furniture: 21 tables, 42 chairs, a training board.. Equipment: stadiometer RM-1 (1 piece), medical floor scales (2 pieces), hand dynamometers (10 pcs), backbone dynamometer (2 pcs). capillaroscope (1 piece), audiometer “Elsa” (1 piece)</p>
<p>344022, Rostov region, Rostov-on-Don, lane. Nakhichevansky, 38/57-59/212-214 (No. 41, Liter A-Ya, 7th floor) Room No. 703 “Laboratory”, room for storage and preventive maintenance of educational equipment</p>	<p>Furniture for storing training equipment and reagents. (4 cabinets), 2 tables, 4 chairs, refrigerator laboratory glassware, tables. Technical means for</p>

	preventive maintenance of educational equipment:
<p>344022, Rostov region, Rostov-on-Don, lane. Nakhichevansky, 38/57-59/212-214 (No. 41, Liter A-Ya, 7th floor, 344022, Rostov region, Rostov-on-Don, st. Adygeyskaya / Pushkinskaya, 12/191. Special rooms for independent work - reading rooms of the library, auditorium of the Department of Physics, Department of Automation and monitoring the quality of training</p>	<p>Computer equipment with an Internet connection and access to the EIOS RostSMU</p>