

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

CONFIRM
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

FEDERAL STATE BUDGET EDUCATIONAL INSTITUTION OF HIGHER 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.

-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.

Tasks: developing students' skills and abilities in: carrying out activities to prevent diseases of the population; organizations carrying out 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;

organizing, conducting 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 of bodies exercising control and supervision functions in the field of ensuring 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.

I. REQUIREMENTS FOR THE RESULTS OF MASTERING THE DISCIPLINE

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

professional competencies for medical activities

(PC-1) ability and readiness to implement a set of measures aimed at preserving and strengthening health and including the formation of a healthy lifestyle, prevention of the occurrence and (or) spread of diseases, their early diagnosis, identification of the causes and conditions of their occurrence and development, as well as those aimed at eliminating the harmful effects of environmental factors on human health

(PC-3) ability and readiness to

carrying out

anti-epidemic measures, organizing the protection of the population in hotbeds of especially dangerous infections, in case of deterioration of the radiation situation, natural disasters and other emergency situations

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

2.1. Academic discipline is basic

2.2. The formation of the above competencies is facilitated by the study of the previous discipline Life Safety.

2.3. The discipline Hygiene creates the prerequisites for the formation of these competencies by the disciplines: Epidemiology, Propaedeutics of Internal Diseases, Occupational Diseases, General Surgery, Dentistry, Disaster Medicine.

III. CONTENT AND STRUCTURE OF DISCIPLINE

The complexity of the discipline in Z 7 hour 252

4.1. Sections of the discipline studied in semesters 4 and 5

No. section a	Section name	Number of hours					
		Total	Contact work				SRS
			L	WITH	ETC	LR	
Semester 4							
1	General hygiene issues	16	4	-	6	-	6
2	Human environment factors	92	12	-	42	-	38
	Total for the semester	108	16		48		44
	Interim certification form	test					
Semester 5							
3	Hygiene treatment and prophylaxis in which institutions	92	12		42		38
4	Basics of preventive medicine	16	4		6		6
	Total for the semester	108	16		48		44
	Interim certification form	exam 36					
	<i>Total:</i>	252	32	-	96	-	88

4.2. Contact work

Lectures

No. section a	No. lectures	Lecture topics	Number of hours
Semester 4			
1.	1	Hygiene and sanitation. Introductory lecture	2
2.	2	Climate and human health. Hygienic aspects of acclimatization	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	Food hygiene for the elderly and catering in extreme conditions	2
Total for the semester			16
Semester 5			
3	10	Hygiene of medical institutions.	2
	eleven	Hygiene of medical institutions (radioactivity, ionizing radiation, their sources, principles of 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 for the semester			16

Total for discipline	32
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Practical work

Section no.	No . PR	Topics of practical work	Number of hours per	Forms of current control
Semester 4				
1	1-3	Study And sanitary grademicroclimate elements	6	solutio nsituation and calc. tasks, oral survey, testing
	4	Hygienic study of the complex effect of meteorological elements on the human body factor a.Hygienic study of the body's reaction to temperature exposure	3	solutio nsituation and calc. tasks, oral questioning, testing
	5-6	Research and sanitary assessment of magnetic and electric fields. Methodology for studying the body's response to impact staticelectric field	6	solutio nsituation and calc. tasks, oral questioning, testing
	7	Research and sanitary assessment of radio wave infrared and ultraviolet radiation	3	solutio nsituation and calc. tasks, oral survey, testing
	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	6	solutio nsituation and calc. tasks, oral questioning, testing
	2	eleven	Methodology research And sanitaryassessment of mechanical vibrations.	3
12-13		Hygienic study reactions the body's response to noise	6	solution situation and calc. tasks, oral survey, testing
		Final class By "Physical		solution

	14	factors"	3	situation And calc. tasks, oral survey, testing
Section no.	No . PR	Topics of practical work	Number of hours V	Forms of current control
	15	Hygiene of water and water supply. Ways to improve water quality.	3	solution situation And calc. tasks, oral survey, testing
	16	Research methodology and sanitary assessment of air pollution in the working area with dust, gaseous substances (CO ₂) and microorganisms	3	solutio nsituation and calc. tasks, oral questioning, testing
	17	Final class By "Chemical factors"	3	solutio nsituation and calc. tasks, oral questioning, testing
Total for the semester			48	
Semester 5				
3 4	1	Radioactivity, properties of ionizing radiation, principles of protection when working with closed and open sources of ionizing radiation.	3	solutio nsituation and calc. tasks, oral questioning, testing
	2	Radiation safety when working with radioactive substances and sources of ionizing radiation. Sanitary dosimetric control in health care facilities (categories of exposed persons, classes	3	solutio nsituation and calc. tasks, oral questioning, testing
	3	Principles of protecting the environment and the health of workers during the operation of nuclear power plants.	3	solutio nsituation and calc. tasks, oral questioning, testing
	4	Sanitary and hygienic inspection of health care facilities.	3	solutio nsituation And calc. tasks, oral survey, testing

5	Final lesson on Health Care Hygiene	6	solution situation And calc. tasks, oral survey, testing
6	Sanitary examination of products of animal and plant origin. Sanitary and hygienic inspection of the catering department	3	solutio nsituation and calc. tasks, oral survey, testing

Section no.	No . PR	Topics of practical work	Number of hours per	Forms of current control
	7	Food poisoning. Classification. Organization of food poisoning prevention in organized teams.	3	solutio nsituation and calc. tasks, oral survey, testing
	8	Study of the body's vitamin supply.	3	solution situation And calc. tasks, oral survey, testing
	9	Hygienic principles of catering for organized groups. Organization of medical control over the nutrition of organized groups	3	solutio nsituation and calc. tasks, oral questioning, testing
	10	Development of hygienic recommendations to optimize individual nutrition	3	solution situation and calc. tasks, oral survey, testing
	eleven	Final lesson on "Food Hygiene"	3	solution situation And calc. tasks, oral survey, testing
	12	Research and assessment of physical development of children and adolescents	3	solution situation And calc. tasks, oral survey, testing
	13	Methods for assessing the physical development of an individual.	3	solutio nsituation And calc. tasks, oral survey,

				testing
	14	Final lesson on “Hygiene of children and adolescents”	3	solution situation And calc. tasks, oral survey, testing
	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	solutio nsituation and calc. tasks, oral questioning, testing
Total for the semester			48	

Section no.	No . PR	Topics of practical work	Number of hours per	Forms of current control
Total for discipline			96	

4.3. Independent work of students

Section number	Type of independent work of students	Number of hours	Forms of current control
Semester 4			
1	Preparation for current control	12	Oral survey
2	Preparation for classes, preparation for current control	32	TestingOral questioning Solving situational and calculation problems
Total for the semester		44	
Semester 5			
3	Preparation To activities,preparation for current control	22	TestingOral questioning Solving situational and calculation problems
4	Preparation To activities,preparation for current control	22	TestingOral questioning Solving situational and calculation problems

Total for the semester	44	
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IV. 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.

V. EDUCATIONAL AND METHODOLOGICAL SUPPORT OF DISCIPLINE

Main literature:

Hygiene and human ecology: a textbook for medical universities / V.M. Glinenko, V.A. Kataeva, A.M. Lakshin, S.G. Fokin. – M.: MIA, 2010. - 552 p.

Hygiene with the basics of human ecology: textbook / ed. P.I. Melnichenko. – M.: GEOTAR-Media, 2010. - 752 p.
Pivovarov Yu.P. Hygiene and fundamentals of human ecology: a textbook for students of medical universities / Yu.P. Pivovarov, V.V. Korolik, L.S. Zinevich; edited by Yu.P. Pivovarova. – M.: Academy, 2006. - 528 p.
Additional literature:
Hygiene: a textbook for students of medical sciences. universities / under general ed. G.I. Rummyantseva. – M.: GEOTAR MEDICINE, 2000. - 608c.
Pivovarov Yu.P. Hygiene and fundamentals of human ecology: a textbook for students of medical universities / Yu.P. Pivovarov, V.V. Korolik, L.S. Zinevich; edited by Yu.P. Pivovarova. – M.: Academy, 2004. - 528 p.
Hygiene: a textbook for medical facts, honey. universities / under general ed. G.I. Rummyantseva. - ed. 2nd, revised and additional – M.: GEOTAR-Media, 2008. - 608 p.
Lectures on hygiene in electronic presentation slides: textbook. manual for students of the Faculty of Treatment and Prevention and the Faculty of Military Training / comp.: O.A. Svintukhovskiy, T.V. Zhukova; Height. state honey. univ. – Rostov n/d: Publishing house RostGMU, 2009. - 136 p.
Teaching aids:
Hygiene: method. rec./comp.: O.A. Svintukhovskiy, T.V. Zhukova, S.N. Belik [etc.]; Height. state honey. university, department general hygiene. – Rostov n/d: Publishing house of Rostov State Medical University, 2015. - 51 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/d: Rostov State Medical University Publishing House, 2016. - 104 p.
Hygienic characteristics and sanitary assessment of medical and preventive institutions: educational method. manual for students / comp.: O.A. Svintukhovskiy, T.V. Zhukova, S.N. Belik [etc.]; Height. state honey. university, department general hygiene. – Rostov n/d: Publishing house RostGMU, 2016. - 102 p.

6.3. Internet resources

	ELECTRONIC EDUCATIONAL RESOURCES	Access to the resource
1.	Electronic library RostSMU [Electronic resource]. - Access mode: http://109.195.230.156:9080/opacg/	Unlimited access
2.	Student Advisor [Electronic resource]: EBS. – M.: LLC "IPUZ". - Access mode: http://www.studmedlib.ru	Unlimited access
3.	Doctor's consultant .Electronic medical library [Electronic resource]: EBS. – M.: LLC GC “GEOTAR”. - Access mode: http://www.rosmedlib.ru	Unlimited access
4.	UpToDate [Electronic resource]: DB / Wolters Kluwer Health. - Access mode: www.uptodate.com	Unlimited access
5.	Reference legal system “Consultant Plus” [Electronic resource]. - Access mode: http://www.consultant.ru	Access from computers university
6.	Scientific electronic library eLIBRARY [Electronic resource]. - Access mode: http://elibrary.ru	Open access
7.	National Electronic Library [Electronic resource]. - Access mode: http://neb.rf/	Access from computers libraries

	Scopus [Electronic resource] / Elsevier Inc., Reed Elsevier. – Electronic	Access
8.	data. – Philadelphia: Elsevier BV, PA, 2015. – Access mode: http://www.scopus.com/ (National project)	is not limited
9.	Web of Science [Electronic resource] / Clarivate Analytics. - Access mode: http://apps.webofknowledge.com (National project)	Unlimited access
10.	MEDLINE Complete EBSCO [Electronic resource]/EBSCO. - Access mode: http://search.ebscohost.com (National project)	Unlimited access
14.	Single window of access to information resources [Electronic resource]. - Access mode: http://window.edu.ru/ [7.02.2019].	Open access
15.	Russian education. Federal educational portal [Electronic resource]. - Access mode: http://www.edu.ru/index.php [7.02.2019].	Open access
22.	Federal Electronic Medical Library of the Russian Ministry of Health [Electronic resource]. - Access mode: http://www.femb.ru/feml/ , http://feml.scsm1.rssi.ru [7.02.2019].	Open access
23.	Medline (PubMed, USA) [Electronic resource]. - Access mode: https://www.ncbi.nlm.nih.gov/pubmed/ [7.02.2019].	Open access
24.	Free Medical Journals [Electronic resource]. - Access mode: http://freemedicaljournals.com [7.02.2019].	Open access
25.	Free Medical Books [Electronic resource]. - Mode access: http://www.freebooks4doctors.com/ [7.02.2019].	Open access
26.	Internet Scientific Publication [Electronic resource]. - Access mode: http://www.ispub.com [7.02.2019].	Open access
27.	CyberLeninka [Electronic resource]: scientific. electron. beep. - Access mode: http://cyberleninka.ru/ [7.02.2019].	Open access
28.	Archive of scientific journals [Electronic resource] / NEIKON. - Access mode: http://archive.neicon.ru/xmlui/ [7.02.2019].	Open access
29.	Open access journals in Russian [Electronic resource] / EIPub NEIKON platform. - Access mode: http://elpub.ru/elpub-journals [7.02.2019].	Open access
thirti y.	Medical Bulletin of the South of Russia [Electronic resource]. - Access mode: https://www.medicalherald.ru/jour or from the RostSMU website [02/7/2019].	Open access
31.	World Health Organization [Electronic resource]. - Access mode: http://who.int/ru/ [7.02.2019].	Open access
32.	Evrika.ru [Electronic resource]: informational and educational portal for doctors. - Access mode: http://www.evrika.ru/ [7.02.2019].	Open access
33.	Med-Edu.ru [Electronic resource]: medical video portal. - Mode access: http://www.med-edu.ru/ [7.02.2019].	Open access
34.	Univadis.ru [Electronic resource]: international. honey. portal. - Mode access: http://www.univadis.ru/ [7.02.2019].	Open access
35.	DoctorSPB.ru [Electronic resource]: information-reference portal O medicine. - Access mode: http://doctorspb.ru/ [7.02.2019].	Open access
36.	Modern problems of science and education [Electronic journal]. - Access mode: http://www.science-education.ru/ru/issue/index [7.02.2019].	Open access

37.	Categories clinical recommendations Ministry of Health Russia[Electronic resource]. - Access mode: http://cr.rosminzdrav.ru/#!/	Open access
	Other Open resources can be found at: http://rostgmu.ru	Open
	→Library→Electronic catalogue→Open Internet resources→further by keyword...	access

6.4. Information help systems

Consultant Plus[Electronic resource]: reference, legal system, - Access
mode:<http://www.consultant.ru> [03/06/2017]

6.5. Methodological recommendations for students studying the discipline

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

An important condition for successful mastery of the discipline is the creation of a system of proper organization of work, which makes it possible 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. Its presence will allow you to subordinate your free time to study purposes and work more successfully and efficiently. In the evening you should always distribute work for tomorrow. At the end of each day, it is advisable to summarize the work: carefully check whether everything was completed according to the plan, whether there were any deviations, and if there were, for what reason they occurred.

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.

- **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. All new concepts on the topic being studied must be memorized and included in a glossary, which should be kept from the very beginning of the course.

In the process of preparing for practical classes, students need to pay special attention to independent study of the recommended literature. Despite the completeness of the lecture notes, it is impossible to present all the material in it due to the limit of classroom hours. 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.

VI. MATERIAL AND TECHNICAL SUPPORT OF DISCIPLINE

Name of special* premises and premises for independent work
344022, Rostov region, Rostov-on-Don, lane. Nakhichevansky, 38/57-59/212-214 (No. 41, Liter A-Ya, 1st floor) Audience No. 1-4

Classroom for conducting lecture-type classes in the discipline “General Hygiene”
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 practical classes in the discipline “Hygiene”
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 conducting practical classes in the discipline “Hygiene”
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 “Hygiene”
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 “Hygiene”
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 “Hygiene”
344022, Rostov region, Rostov-on-Don, lane. Nakhichevansky, 38/57-59/212-214 (No. 41, Liter A-Ya, 7th floor) Auditorium No. 732
Classroom for conducting practical classes in the discipline "Hygiene"
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 - library reading rooms, auditorium of the Department of Physics, Department of Automation and Monitoring of Education Quality
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
344022, Rostov region, Rostov-on-Don, lane. Nakhichevansky, 38/57-59/212-214 (No. 41, Liter A-Ya, 7th floor) Room No. 733 “Material”, room for storage and preventive maintenance of educational equipment