

Federal State Budgetary Educational Institution of Higher Education
«North-Ossetia State Medical Academy»
of the Ministry of Healthcare of the Russian Federation



APPROVED
Rector of FSBEI HE
NOSMA
MOH Russia

O.V. Remizov
«30» March 2022

EDUCATIONAL TRAINING PROGRAM OF DISCIPLINE

HYGIENE

the main professional educational program of higher education –
specialty program in the specialty 31.05.03 Dentistry,
approved in March 30, 2022

Form of education	<u>Full-time</u>
The period of development	<u>5 years</u>
Department of	<u>general hygiene and physical culture</u>

Vladikavkaz, 2022

When developing an educational training program, the discipline is based on:

1. Federal State Educational Standard of Higher Education on specialty 31.05.03 Dentistry, approved by the Ministry of Education and Science of the Russian Federation on August «12» 2020 № 984

2. Academic plan on specialty 31.05.03 Dentistry Стom-21-01-21 ИИ, Стom-21-02-22 ИИ approved by the Scientific Council of the Federal State Budgetary Educational Institution of Higher Education «North-Ossetia State Medical Academy» of the Ministry of Healthcare of the Russian Federation “30” March 2022, Protocol № 6

The educational training program of the discipline was approved at a meeting of the general hygiene and physical culture from "16" March, 2022, Protocol №.8

The educational training program of the discipline was approved at a meeting of the central coordinating training and methodological council from "22" March 2022, Protocol №.4

The educational training program of the discipline was approved by the Scientific Council of the State Medical University of the Federal State Budgetary Educational Institution of Higher Education «North-Ossetia State Medical Academy» of the Ministry of Healthcare of the Russian Federation from “30” March 2022, Protocol № 6

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Contents of the working program

1. Name of discipline;
2. The list of the planned results of training in discipline correlated to the planned results of development of the educational program;
3. The indication of the place of discipline in structure of the educational program;
4. Discipline volume in test units with the indication of number of the class or astronomical clock allocated for contact work of students with the teacher (by types of studies) and for independent work of students;
5. The content of discipline structured on subjects (sections) with the indication of the number of the class or astronomical clock and types of studies which is taken away on them;
6. The list of educational and methodical providing for independent work of students on discipline;
7. Fund of estimated means for carrying out intermediate certification of students for discipline;
8. List of the main and additional educational literature necessary for development of discipline;
9. The list of resources of the Internet (further - Internet network), necessary for development of discipline;
10. Methodical instructions for students on development of discipline;
11. The list of the information technologies used at implementation of educational process on discipline including the list of the software and information help systems (if necessary);
12. The description of the material and technical resources necessary for implementation of educational process on discipline
13. Conducting educational activities using e-learning and distance learning technologies

2. List of planned results of training in the discipline and results of mastering the educational program

No.	Number/competence index	Content of competence (or parts thereof)	Topic of occupation (section)	Indicators of achievement of competencies	Results of mastering		
					to know	to be able	to own
1.	UC-1.	Able to perform critical analysis of problem situations based on a systematic approach, develop an action strategy	Environment and its effects on the body. Natural and anthropogenic environmental changes. Hygienic and environmental problems of the metropolis	IA-1 UC-1 Identifies problem situations and searches for the necessary information to solve problems in the professional field	Environmental factors, their influence on the body, the jawbone system. Hygienic problems of megacities Diseases associated with the negative impact of different habitat conditions. Regulatory documents used in hygiene: SNaR, SanRaN, SR, MI, MR, etc.	Identify and characterize environmental factors that have positive and negative effects on the dental system and on the body as a whole in specific living conditions	By methods of evaluation of parameters of physical factors of the air environment, microclimate, determination of biodose of ultraviolet radiation, illumination, quality of drinking water. Methods for assessing initial morphofunctional shifts in the human body
2.	GPC-4.	It is able to carry out and carry out monitoring of the effectiveness of measures for the prevention, formation of a healthy lifestyle and sanitary and hygienic education of the population	Nutrition as a factor in preserving and promoting public health	IA-1 GPC-4 Analyzes awareness of the population about a healthy lifestyle and medical literacy. ID-2 OPK-4 Knows how to develop a plan of organizational and methodological measures aimed at raising awareness of the population about a healthy lifestyle, its literacy in the prevention of dental diseases IA-3 GPC-2 He knows how to prepare an oral speech or printed text promoting a healthy lifestyle and increasing the literacy of the population in the prevention of diseases	The basics of rational nutrition and its importance to the body. Diseases of the body and oral cavity associated with nutritional disorders. Food poisoning, their classification, features of clinical manifestations. Basics of sanitary and educational work with various groups of the population	Assess the completeness of the food diet of various groups of the population. Evaluate food quality indicators. Investigate food poisoning. Conduct sanitary and educational work on the organization of rational nutrition, prevention of food poisoning	Methods of assessing the completeness of nutrition, sanitary and hygienic examination of food products, investigation of food poisoning, diagnosis of pre-nosological manifestations associated with nutritional disorders. Methods of organization of preventive work with the population on nutrition issues
	PC-4.	Conducting and		IA-4 PC-4 Uses primary and	The importance of the	Evaluate the positive	Methods of preventive

		monitoring the effectiveness of sanitary and anti-epidemic and other preventive measures to protect public health		secondary prevention methods IA-5 PC-4 Applies methods of organization of primary prevention of dental diseases in any age group	nutritional factor for the health of a person and his dental apparatus, macro- and micronutrient composition of food in ensuring the vital activity of the body, prevention of food poisoning	and negative effect of nutrition on the body of a healthy and sick person	work with various population contingents
3.	PC-4.	Conducting and monitoring the effectiveness of sanitary and anti-epidemic and other preventive measures to protect public health	Labor, as an integral part of a person's existence and its positive and negative impact on health. Hygiene of medical and preventive organizations of dental profile	IA-4 PC-4 Uses primary and secondary prevention methods IA-5 PC-4 Applies methods of organization of primary prevention of dental diseases in any age group	Fundamentals of occupational health and physiology. Hygienic classification of conditions, nature of work, harmful production factors, prevention of their impact. Basics of placement, planning and improvement of dental profile MPO. Factors of the production environment that have an adverse effect on the dentist, his main occupational diseases	Identify and characterize the main production and professional factors affecting the body of dentists. Identify and assess the initial signs of health disorders under the influence of harmful production factors	Hygienic methods for assessing the main production and professional factors. Methods of Evaluation of Dental Profile TPF Projects. Methods of specific and non-specific prevention of NI. Methods for assessing functional shifts and disorders in the state of health in the body of workers
	PC-5.	Conducting sanitary and hygienic education among the population and medical workers in order to form a healthy lifestyle		IA-1 PC-5 Conducts sanitary and hygienic education among patients (their relatives/legal representatives) and medical workers in order to form a healthy lifestyle IA-3 PC-5 Forms behavior in patients (their relatives/legal representatives) aimed at maintaining and improving health	Basic regulatory documents and informational sources of reference for the development of hygienic recommendations for the improvement of the production environment	Carry out sanitary and educational work on personal and oral hygiene among working contingents of the population	Hygienic thinking, skills in public speech, argumentation, discussion and controversy

4.	PC-5.	Conducting sanitary and hygienic education among the population and medical workers in order to form a healthy lifestyle	Hygienic foundations for ensuring the normal development and high level of health of the child population	IA-1 PC-5 Conducts sanitary and hygienic education among patients (their relatives/legal representatives) and medical workers in order to form a healthy lifestyle IA-2 PC-5 Evaluates the physical development and functional state of the patient's body	Anatomical and physiological features of the body of children and adolescents, the main patterns of growth and development. Factors that shape the health of children and adolescents. Diseases and health disorders associated with exposure to harmful environmental factors	Identify and evaluate factors that have positive and negative effects on the body of children and their jawbone system. Assess the physical development of children and adolescents. To carry out sanitary and educational work among children, adolescents and their parents	Methods for assessing environmental factors affecting the health of children and adolescents. Methods of research and evaluation of the physical development of children and adolescents. Technologies of sanitary and educational work with children, adolescents and their parents
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3. The place of discipline in the structure of the educational program

The discipline "Hygiene" belongs to the mandatory part of Unit 1 of the Federal State Educational Institution of Higher Education in the specialty **31.05.03 "Dentistry"**.

4. Scope of discipline

No.	Type of work	In total test units	In total hours	Semester No. 5, hours
1	2	3	4	5
1.	Contact work of students with teacher (total), including:	2,0	72	72
2.	Lectures (L)		18	18
3.	Practical exercises (PE)		54	54
4.	Independent work (total)	1,0	36	36
5.	Writing an abstract			
6.	<i>Other types of independent work</i>			
7.	Self-preparation			
8.	Intermediate qualification type (test, exam)	test (T)		test
		exam (E)		
9.	TOTAL: total labour intensity	hours	108	108
		CULI	3,0	3,0

5. Discipline content

No.	No. semester	Discipline topic (section) name	Types of training activities (in hours)				Performance Monitoring Forms
			L	PE	IWS	TOTAL	
1	2	3	4	5	6	7	8
1	V	1. The environment and its effect on the body. 2. Natural and anthropogenic environmental changes. 3. Hygienic and environmental problems of the modern city	8	16	14	38	S, TT, ST
2	V	4. Nutrition as a factor in the preservation and promotion of health	2	14	10	26	S, TT, ST
3	V	5. Labour as an integral part of human existence and its positive and negative impact on health 6. Hygiene of MPO	6	16	10	32	S, TT, ST
4	V	7. Hygienic foundations for ensuring the normal development and high level of health of the child population	2	8	2	12	S, TT, ST
		TOTAL:	18	54	36	108	

6. List of educational and methodological support for independent work of students in the discipline

№/n	Semester number	Name of the teaching methodical development
1.	IV	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English "Methods for the integrated assessment of the effect on the body of meteorological factors. Hygienic problems of the air environment". 2016.
2.	IV	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English "Solar radiation and its hygienic value."2016.
3.	IV	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty involved in the educational program partially implemented in English "Ecological and hygienic problems of the hydrosphere."2016.
4.	IV	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English" Ways to improve the quality of water."2016.
5.	IV	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English "Fundamentals of rational nutrition."2016.
6.	IV	A.R. Kusova, E.G. Cyldas. Educational-methodical manual for practical classes for students of the medical faculty, involved in the educational program partially implemented in English "The quality and safety of food. Food poisoning and their prevention. " 2016.
7.	IV	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty involved in the educational program partially implemented in English "Ecological and hygienic soil problems". 2016.
8.	V	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English "The use of anthropometric methods in the" Hygiene of Children and Adolescents ". 2016.
9.	V	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English Tempering of children and adolescents."2016.
10.	V	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English "Physical education of children and adolescents."2016.
11.	V	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English "Fundamentals of labor physiology. Occupational hazards and health measures in the workplace ". 2016.
12.	V	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English "Hygienic assessment and methods for studying noise and vibration."2016.
13.	V	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English "Hygienic assessment of industrial dust."2016.
14.	V	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English "Production factors of chemical nature."2016.

15.	V	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English "Hygiene of medical and preventive organizations". 2016.
16.	V	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English "Fundamentals of radiation hygiene."2016.
17.	V	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English «Fundamentals of occupational medicine» 2018
18.	V	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English «Influence of production factors on the body of workers, prevention of their adverse effects» 2018
19.	V	A.R. Kusova, E.G. Cyldas. Methodical recommendations for practical classes for students of the medical faculty engaged in the educational program partially implemented in English «Methods of hygienic assessment of physical development of children and adolescents» 2018

7. Fund of assessment funds for intermediate certification of students in the discipline

No.	List of competencies	No. semester	Evaluation Indicator (s)	Evaluation Criterion (s)	Evaluation Scale	Name of VF
1	2	3	4	5	6	7
1	UC-1. Able to perform critical analysis of problem situations based on a systematic approach, develop an action strategy	V	See Training Quality Control Standard approved by order of the FSBEI HE NOSMA of the Ministry of Health of Russia dated 10.07.2018, No. 264/o	See Training Quality Control Standard approved by order of the FSBEI HE NOSMA of the Ministry of Health of Russia dated 10.07.2018, No. 264/o	See Training Quality Control Standard approved by order of the FSBEI HE NOSMA of the Ministry of Health of Russia dated 10.07.2018, No. 264/o	Benchmark of test tasks, situational tasks, tickets to the test
2	GPC-4. It is able to carry out and carry out monitoring of the effectiveness of measures for the prevention, formation of a healthy lifestyle and sanitary and hygienic education of the population	V	See Training Quality Control Standard approved by order of the FSBEI HE NOSMA of the Ministry of Health of Russia dated 10.07.2018, No. 264/o	See Training Quality Control Standard approved by order of the FSBEI HE NOSMA of the Ministry of Health of Russia dated 10.07.2018, No. 264/o	See Training Quality Control Standard approved by order of the FSBEI HE NOSMA of the Ministry of Health of Russia dated 10.07.2018, No. 264/o	Benchmark of test tasks, situational tasks, tickets to the test
3	PC-4. Conducting and monitoring the effectiveness of sanitary and anti-epidemic and other preventive measures to protect public health	V	See Training Quality Control Standard approved by order of the FSBEI HE NOSMA of the Ministry of Health of Russia dated 10.07.2018, No. 264/o	See Training Quality Control Standard approved by order of the FSBEI HE NOSMA of the Ministry of Health of Russia dated 10.07.2018, No. 264/o	See Training Quality Control Standard approved by order of the FSBEI HE NOSMA of the Ministry of Health of Russia dated 10.07.2018, No. 264/o	Benchmark of test tasks, situational tasks, tickets to the test
	PC-5. Conducting sanitary and hygienic education among the population and medical workers in order to form a healthy lifestyle	V	See Training Quality Control Standard approved by order of the FSBEI HE NOSMA of the Ministry of Health of Russia dated 10.07.2018, No. 264/o	See Training Quality Control Standard approved by order of the FSBEI HE NOSMA of the Ministry of Health of Russia dated 10.07.2018, No. 264/o	See Training Quality Control Standard approved by order of the FSBEI HE NOSMA of the Ministry of Health of Russia dated 10.07.2018, No. 264/o	Benchmark of test tasks, situational tasks, tickets to the test

8. List of the main and additional educational literature necessary for mastering the discipline

No.	Title	Author (s)	Year, place of publication	Number of copies	
				in the library	in the department
1	2	3	4	5	6
Main literature					
1.	General hygiene	Th. Storey	New York, 1920	40	2
Additional literature					
1.	Общая гигиена с основами экологии человека: учебник	Лакшин А.М., Катаев В. А.	М.: Медицина, 2004	53	1
2.	Гигиена и основы экологии человека: учебник	Пивоваров Ю.П., Королик В.В., Зиневич Л.С.	М.: Академия, 2004, 2006, 2008	37	1
3.	Руководство к лабораторным занятиям по гигиене и основам экологии человека	Пивоваров Ю.П., Королик В.В.	М.: Академия, 2008	193	1
4.	Гигиена: учебник	под ред. Г.И. Румянцева	М.: ГЭОТАР Медиа 2009	150	1
5.	Гигиена труда: учебник	Под ред. Н.Ф. Измерова	М.: ГЭОТАР-Медиа, 2010,	30	2
			М.: ГЭОТАР-Медиа, 2008	52	2
6.	Коммунальная гигиена, т. 1: учебное пособие	Под редакцией В.Т. Мазаева	М.: ГЭОТАР-Медиа, 2006	21	1
7.	Гигиена питания: учебник	Королев, А. А.	М.:Академия, 2006, 2014	63	2
8.	Гигиена. Compendium: учебное пособие	Архангельский В.И. Мельниченко П. И.	М.: ГЭОТАР-Медиа, 2012	16	1
9.	Гигиена детей и подростков: учебник	Кучма В.Р.	М.: ГЭОТАР-Медиа, 2013	2	1
			М.: Медицина 2010	53	1

СОГЛАСОВАНО
Зав. библиотекой

9. List of resources of the Internet, necessary for development of discipline "Student's consultant"

"Student Counselor"

<http://www.studmedlib.nj/nj/book/ISBN5225046916.html>

<http://www.studmedlib.nj/m/book/ISBN9785970411698.html>

<http://www.studmedlib.nj/nj/book/ISBN9785970415931.html>

<http://www.studmedlib.nj/nj/book/ISBN9785970413821.html>

<http://www.studmedlib.nj/nj/book/ISBN9785970418444.html>

<http://www.studmedlib.m/m/book/ISBN9785970426234.html>

10. Methodological Guidelines for Students on Mastering the Discipline

The training consists of contact work (72 hours), which includes a lecture course (18 hours) and practical classes (54 hours), and independent work (36 hours). The main training time is allocated for practical work.

According to modern requirements wide use in educational process of active and interactive forms of training (computer simulations, business and role-playing games, analysis of specific situations, the solution of situational tasks, group discussions) in combination with out-of-class work with the purpose of formation and development of professional skills of students is provided. Specific weight of the classes given in interactive forms makes 12% of contact work.

Independent work of students means preparation for a practical training and includes studying of special literature on a subject (the recommended textbooks, methodical grants, also acquaintance with the materials published in monographs, specialized magazines on the recommended medical websites is desirable). Work with educational literature is considered as a type of study on discipline and is carried out within the hours allotted on its studying. Each student is provided with access to library stocks of department and higher education institution.

According to each section at department methodical recommendations for students, and also methodical instructions for teachers are developed.

Independent work with literature, writing of papers create ability to analyze medical and social problems, ability to use in practice of natural-science, medicobiological and clinical sciences in different types of professional and social activity.

Different types of study, including independent work of the student, promote mastering culture of thinking, ability in written and oral speech it is logically correct to issue its results; readiness for formation of system approach to the analysis of medical information, perception of innovations; create ability and readiness for self-improvement, self-realization, a personal and subject reflection.

Different types of educational activity create ability in the conditions of development sciences and practitioners to revaluation of the accumulated experience, the analysis of the opportunities, ability to acquire new knowledge, to use various forms of education, information and education technologies.

Initial level of knowledge of students is defined by testing, the current control of assimilation of a subject is defined by oral poll during a practical training, at the solution of standard situational tasks and test control tasks.

Final control of knowledge is carried out at examination on a basis to rating system in the form of an interview, test poll and control of practical skills.

11. The list of the information technologies used at implementation of educational process on discipline

Microsoft Office
 Power Point
 Acrobat Reader
 Internet Explorer
 Information and legal system "Garant"
 Information and legal system "Consultant"

12. Description of the material and technical resources necessary for implementation educational process on discipline

The basis for department of the general hygiene and physical culture is located in the educational case No. 2 of State-funded educational institution of higher education "The North Ossetian state medical academy" of the Russian Ministry of Health.

The division of department of the general hygiene is located in the case No. 2, on the third floor. The total area of educational and laboratory base makes 2226.57 sq.m, including 189.8 sq.m - educational, 194.1 sq.m - educational and auxiliary.

Educational rooms are repaired, conform to sanitary and hygienic requirements.

№/п	Name of the equipment	Quantity	Technical condition
1	2	3	4
Special equipment			
1.	Computer	5	good
2.	Laptop	1	good
3.	Projector	1	bad
4.	Screen	3	good
5.	Copy equipment	4	good
6.	Meteoospreys	1	good
7.	Actinometer	1	good
8.	Hygrometer	2	good
9.	Psychrometer	1	good
10.	The areometer for milk	3	good
11.	The audio-noise meter is pulse	4	good
12.	Scales are analytical	1	good
13.	Bellow valve aspirator	1	good
14.	Height meter	1	good
15.	Scales are medical	1	good
16.	Dynamometers	4	good
17.	Desks	10	good
18.	School desks	30	good
19.	Chairs	49	good
20.	Board	5	good
Tables			
1.	Tables on hygiene of food, on indicators of quality of water and the organization of water supply, on occupational health, a physics health, hygiene of children and teenagers	More 70	good
2.	Projects of hospitals with the master plan and floor-by-floor explications	More 15	good
3.	Sets of situational tasks, test tasks on the studied subjects	More 100	good

13. Conducting educational activities using e-learning and distance learning technologies

In the context of the introduction of restrictive measures (quarantine) associated with an unfavorable epidemiological situation, the threat of the spread of a new coronavirus infection and other force majeure events that do not allow full-time training, it is possible to study this discipline or part of it using e-learning and distance educational technologies.

Teaching the discipline in the above situations will be carried out through the development of an electronic course with access to video lectures and interactive course materials: presentations, articles, additional materials, tests and various assignments. When conducting training sessions, monitoring progress, as well as intermediate certification of students, platforms of the electronic information and educational environment of the academy and / or other e-learning systems recommended for use in the academy, such as Moodle, Zoom, Webinar, etc.

Lectures can be presented in the form of audio, video files, "live lectures", etc.

Conducting seminars and practical classes is possible on-line in both synchronous and asynchronous modes. Seminars can be conducted in the form of web conferences.