No. STOM-21

Questions for testing
in the discipline "Hygiene"

the main professional educational program of higher education - specialty programs
in the specialty 31.05.03 Dentistry (educational program, partially implemented in English),
approved on may 24, 2023

1. Hygiene and sanitation, content, tasks. Methods of hygienic research. The importance of hygienic knowledge for dentists.
2. Environmental factors, their classification and role in the occurrence and spread of diseases.
3. Hygienic characteristics of the atmosphere. Sources of air pollution and measures for its protection.
4. Physical properties of air, their hygienic assessment and methods of determination.
5. Thermoregulation mechanism. Paths of heat transfer and their dependence on the physical properties of air.
6. Atmospheric pressure, its effect on the body. Caisson disease and preventive measures.
7. Hygienic value of air humidity. Methods for assessing certain types of humidity.
8. The concept of microclimate. Hygienic characteristics of the indoor air environment.
9. Meteorological conditions and their effect on the body.
10. Hygienic significance and biological effect of various parts of the solar spectrum. Prevention of UV deficiency.
11. Climate and weather, their hygienic significance. The concept of acclimatization.
12. Physiological and sanitary-hygienic significance of water. Hygienic requirements for the quality of drinking water.
13. Chemical indicators of water pollution and their hygienic assessment.
14. Methods for purifying water disinfection in stationary and emergency conditions.
15. Basic properties of soil, hygienic significance. Measures for sanitary soil protection.
16. Nutrition as a factor in maintaining and promoting health.
17. Basic principles of constructing a food diet.
18. The importance of rational nutrition for various population groups.
19. Nutritional and biological value of food products.
20. Methods for assessing population nutrition. Rules for creating menu layouts for various population groups.
21. The role of proteins for the body, their nutritional and biological value. Consumption standards for various population groups.
22. Food fats, their classification and significance for the body. Consumption standards for the population taking into account climatic conditions.
23. Carbohydrates, their classification. Importance for the body and consumption rates.
24. Microelements and their classification. The importance of the mineral composition of food, the role of calcium and phosphorus, consumption rates.
25. Biological significance of iodine and fluorine for the body. Dental caries, fluorosis, endemic goiter and their prevention.
26. Hypo- and avitaminosis. The causes of their occurrence and preventive measures.
27. Water-soluble vitamins, their importance for the body, sources and consumption rates.

28. Fat-soluble vitamins, their importance for the body, sources and consumption rates.
29. Vitamins and their classification. The role of vitamins in the prevention of dental diseases.
30. Biological role of B vitamins, sources, daily requirement.
31. Biological role of vitamin C, forms of vitamin C deficiency, daily requirement.
32. Biological role of vitamin D, sources, daily requirement for vitamin D.
33. The importance of vitamin A for the body. Norms, sources, prevention of A- vitamin deficiency.
34. Sanitary and hygienic examination of food products of animal origin. Methods for determining poor quality and falsification.
35. Food poisoning of microbial etiology. Basic principles of their investigation and prevention.
36. Food intoxication and its prevention.
37. Food mycotoxicoses and their prevention.
38. Food poisoning of non-microbial etiology and its prevention.
39. Dietary and therapeutic nutrition. Therapeutic and preventive nutrition at work and its importance for the body.
40. Types of buildings of medical institutions and hygienic requirements for their design.
41. Hygienic requirements for the design and placement of dental clinic premises.
42. Hygienic requirements for natural and artificial lighting in dental clinics.
43. The concept of ventilation, its meaning and classification. Air conditioning.
44. Hygienic requirements for microclimate, heating, ventilation of dental clinics.
45. The effect of vibration on the body. Vibration disease.
46. The impact of industrial noise on the body. Prevention of adverse effects.
47. Ultrasound, its sources, application, effect on the body.
48. Infrasound, effects on the body, preventive measures.
49. Principles of protection when working with radioactive substances and sources of ionizing radiation.
50. Industrial dust, classification, physicochemical properties, effect on the body.
51. Specific diseases of the lungs and other organs under the influence of industrial dust. Pneumoconiosis, classification, features of the course, preventive measures.
52. Nonspecific diseases arising under the influence of industrial dust.
53. General patterns of the effects of industrial poisons on the body, measures to prevent occupational intoxication.
54. The concept of occupational hazards and occupational diseases among dentists.
55. Lead, zinc and their compounds. Effect on the body and preventive measures.
56. Carbon monoxide and sulfur dioxide, sources of formation, toxicological characteristics, prevention of poisoning.
57. Mercury and its compounds, use in industry and medicine, effects on the body and preventive measures.
58. Hygienic requirements for working with amalgam.
59. Basic health measures at industrial enterprises.
60. Hygienic requirements for the microclimate in dental clinics.
61. Safety rules and industrial sanitation in dental clinics.

62. Hygienic requirements for sterilization of dental instruments, dressings, utensils, etc.
63. Hygienic requirements for pre-sterilization treatment of dental equipment and instruments.
64. Hygienic requirements for the design of interior premises of dental clinics.
65. Hygienic requirements for the equipment of dental offices and premises of ZTL.
66. Sanitary and anti-epidemic regime and cleaning of dental clinics.
67. Personal hygiene rules for dental clinic personnel.
68. Occupational hygiene of dentists.
69. Patterns of growth and development of the childs body.
70. Methods for studying and assessing the physical development of children and adolescents.
71. Hygienic issues of accommodating people in emergency situations.
72. Medical control over nutrition and water supply of organized population groups in extreme conditions.