

**State-funded educational institution higher education  
"THE NORTH OSSETIAN STATE MEDICAL ACADEMY"  
Ministries of Health of the Russian Federation**

**SUMMARY OF THE WORKING PROGRAM OF DISCIPLINE  
"HYGIENE"**

Direction of preparation (specialty) 31.05.01 Medical business

- 1. Discipline purpose:** mastering knowledge necessary for development at students of hygienic thinking, identification of relationships of cause and effect between factors of the environment and the state of health of the person, ability to develop a complex of preventive actions.
- 2. Problems of discipline:**
  - ✓ formation of skills of work with scientific literature, normative documents in the field of hygiene;
  - ✓ formation of preventive thinking, ability of establishment of relationships of cause and effect between factors of the environment and health of the person;
  - ✓ acquisition of knowledge of assessment in the treatment-and-prophylactic organizations of conditions of stay of patients and work of medical personnel, prevention of intrahospital infections;
  - ✓ formation of ability to reveal adverse factors of the production environment, to estimate their influence on an organism of working, to hold events for prevention of the occupational and production caused diseases;
  - ✓ development of skills and abilities on training of various contingents of the population in the main hygienic actions of recreational character, motivation to maintaining a healthy lifestyle.
- 3. The place of discipline in structure OF OOP:** Block 1 Disciplines (modules), the basic unit, is studied 4-5 semester.
- 4. The general labor input of discipline** makes to 7 z.a. (252 academic hour, including contact work – the 144th hour).
- 5. The competences of the student created as a result of development disciplines:**
  - ✓ ability to act in non-standard situations, to bear social and ethical responsibility for the decisions made (OK-4);
  - ✓ ability and readiness for implementation of a complex of the actions directed to preservation and promotion of health and including formation of a healthy lifestyle, the prevention of emergence and (or) spread of diseases, their early diagnosis, identification of the reasons and conditions of their emergence and development, and also directed to elimination of an adverse effect on health of the person of factors of the environment of his dwelling (PK-1);
  - ✓ readiness to train patients and their relatives in basic hygienic measures of a recreational nature, skills of self-monitoring of basic physiological indicators, contributing to the health, the prevention of diseases (PK-15);
  - ✓ readiness for educational activities for elimination of risk factors and formation of skills of a healthy lifestyle (PK-16).

**6. As a result of studying of discipline the student has to:**

**NOBILITY:**

- ✓ the main normative and legal documents used in hygiene;
- ✓ fundamentals of preventive medicine, hygiene role in questions of preservation and promotion of health;
- ✓ the factors creating health of the person, their hygienic characteristic;
- ✓ fundamentals of evidential medicine in establishment of relationships of cause and effect of changes of the state of health of the population and action of factors of the habitat;
- ✓ effects of anthropogenous pollution of atmospheric air, water, soil;
- ✓ hygienic requirements to food and to food, physiological norms of food;
- ✓ the diseases and food poisonings caused by the use of substandard food and their prevention;
- ✓ fiziologo-hygienic fundamentals of occupational health;
- ✓ influence of production and professional factors on an organism of working;
- ✓ prevention of the occupational and production caused diseases;
- ✓ bases of hygiene of the treatment-and-prophylactic organizations;
- ✓ bases of hygiene of children and teenagers;
- ✓ hygienic bases of a healthy lifestyle and personal hygiene.

**TO BE ABLE:**

- ✓ to analyze educational, scientific literature, to work with normative and legal documentation for the solution of professional tasks;
- ✓ to estimate probability of adverse action on an organism of natural and natural, social, anthropogenic factors of the environment in specific conditions of life activity;
- ✓ to estimate the early morfofunktsionalny shifts happening in a human body under the influence of environment factors;
- ✓ to carry out sanitary and hygienic assessment of food of various groups of the population;
- ✓ to make the conclusion about high quality of foodstuff;
- ✓ to make investigation and prevention of separate cases of food poisonings;
- ✓ to offer actions for improvement of the surrounding (production) environment;
- ✓ to estimate a radiation situation on indicators of radiation control and to offer recommendations about radiation protection;
- ✓ to carry out sanitary and hygienic assessment of projects of treatment and prevention facilities of various profile;
- ✓ to estimate physical development of children and teenagers;
- ✓ to estimate the habitat of children and teenagers;
- ✓ to provide hygienic education and training of the population concerning a healthy lifestyle and personal hygiene;
- ✓ to be guided in system of the legislative and normative documents regulating the sphere of ensuring sanitary and epidemiologic wellbeing of the population;
- ✓ to work independently with educational, scientific, normative and reference books, to conduct search, to turn the acquired information into means for the solution of professional tasks.

**TO OWN:**

- ✓ basic technologies of acquisition of information: independent work with educational, reference books, Internet resources;
- ✓ by methods of hygienic diagnosis and prevention;
- ✓ by methods of assessment of physical factors of the air environment, quality of drinking water and foodstuff;

- ✓ by methods of hygienic assessment of full value of food of various groups of the population, food status of the person;
- ✓ by methods of prevention of food poisonings;
- ✓ by methods of prevention of occupational diseases;
- ✓ by methods of prevention of intrahospital infections;
- ✓ by methods of a research and assessment of physical development and state of health of children and teenagers;
- ✓ various technologies of the organization and carrying out sanitary and educational work.

**7. Main sections of discipline:**

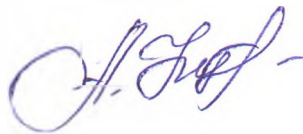
- ✓ Environment and its influence on a human body.
- ✓ Natural and anthropogenous changes of the environment.
- ✓ Hygienic and environmental problems of the modern city.
- ✓ Food as factor of preservation and promotion of health.
- ✓ Work as integral part of existence of the person and its positive and negative influence on health.
- ✓ Hygiene of treatment and prevention facilities.
- ✓ Hygienic bases of ensuring normal development and high level of health of the children's population.
- ✓ Personal hygiene and its role in preservation of health and optimum life expectancies of people.

**8. Types of study:** lectures, practical training, independent work.

**9. Types of control:**

- ✓ *current*: interview, test tasks, situational tasks;
- ✓ *intermediate* – examination in the 5th semester.

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and physical culture  
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