

*Federal State Autonomous Educational Institution of Higher Education
"Peoples' Friendship University of Russia".*

Medical Institute

DISCIPLINE WORKING PROGRAM

HYGIENE

It is recommended for the direction of training specialty

31.05.03 Dentistry

Qualification (degree) of graduate - specialist

1. Goals and objectives of the discipline:

Goals of the discipline:

1. Mastering the theoretical foundations of all sections of hygienic science and practical skills in sanitation.
2. Formation of preventive thinking among students.
3. Provide students with information for mastering the methodology of preventive medicine, acquiring hygienic knowledge and skills in assessing the impact of environmental factors on human health and public health

O

b Combine the elements of primary and secondary prevention in the curative activity of the graduate, form a system of thinking and actions in the treatment and diagnostic process aimed at proving the links of the detected changes in the state of health with the action of environmental factors.

t To give knowledge and skills for solving professional problems of diagnosing the state of health at the individual and population levels using the methods of evidence-based medicine and the elements of the risk assessment paradigm, to participate in the development of scientifically-based treatment and prophylactic measures, the promotion of a healthy lifestyle, factors of environment for health purposes.

2. The place of discipline in the structure of the educational program

The discipline "Hygiene" refers to the basic part of block 1 of the curriculum.

Table 1 lists previous and subsequent disciplines aimed at forming the competencies of the discipline in accordance with the competence matrix of the higher education institution.

Table № 1

Prior and subsequent disciplines aimed at building competences

№	Competence Code and Name	P	The following disciplines (groups of disciplines)
<i>U</i>			
1	UC-7. Being able to maintain the adequate level of physical well-being to ensure a high-quality social and professional activity.	Normal physiology, Life safety	Public health and healthcare
	UC-8. Being able to create and maintain safe conditions in everyday life and professional activity to protect natural environment, ensure sustainable development of society, including in the event of a threat and occurrence of emergencies and military conflicts.	Normal physiology, Life safety	Public health and healthcare
General Professional Competences			

3	GPC-4. Being able to monitor the effectiveness of preventive measures, healthy lifestyle formation and sanitary and hygienic education of the population	Biology, Normal physiology, Life safety, Propaedeutics	Public health and health care, Preventive and community dentistry, Clinical dentistry, Pediatric dentistry
Professional Competences			
4	PC-5. Being able to conduct health and hygiene education among the population and medical workers in order to form a healthy lifestyle	Normal physiology, biology, pharmacology, oral microbiology, life safety	Public health and health care, epidemiology, internal medicine, disaster medicine, , infectious diseases, medical rehabilitation, paediatrics, propaedeutics, preventive and community dentistry, clinical dentistry, paediatric dentistry

3. Requirements for the results of the discipline mastery:

The discipline aims to develop the following competencies:

Competences	Competence name	Indicator of achievement of competencies
UC-7	Being able to maintain the adequate level of physical well-being to ensure a high-quality social and professional activity.	UC-7.1. Choosing health protection technologies to maintain a healthy lifestyle taking into account physiological characteristics of the body. UC-7.2. Planning their working hours to combine physical and mental work load in an optimal way and ensure working capacity. UC-7.3. Observing and promoting healthy lifestyle norms in various everyday situations and professional activity.
U C	Being able to create and maintain safe conditions in everyday life and professional activity to protect natural environment, ensure sustainable development of society, including in the event of a threat and occurrence of emergencies and military conflicts.	UC-8.1. Analysing the factors of harmful impact on the vital functions of the elements of the environment (technical means, technological processes, materials, buildings and structures, natural and social phenomena). UC-8.2. Identifying hazardous and harmful factors within the framework of the carried out activities. UC-8.3. Solving problems related to unsafe behaviour and participating in activities to prevent emergencies in the workplace. UC-8.4. Observing and explaining the rules of behaviour in case of emergencies of natural and man-made

		origin; providing first aid; participating in recovery activities.
G P C	Being able to monitor the effectiveness of preventive measures, healthy lifestyle formation and sanitary and hygienic education of the population	GPC-4.1. Analysing the awareness of the population of a healthy lifestyle and medical literacy. GPC-4.2. Developing a plan to improve sanitary culture and prevent diseases of the population, organizational and methodological measures aimed at increasing the awareness of the population of a healthy lifestyle, its literacy in dental disease prevention.
PC-5.	Being able to conduct health and hygiene education among the population and medical workers in order to form a healthy lifestyle	PC-5.1. Motivating patients (their relatives/legal representatives) to stick to a healthy lifestyle and give up bad habits. PC-5.2. Promoting positive behaviour so that patients (their relatives/legal representatives) maintain and improve their level of health.

As a result of studying the discipline, the student must:

To know:

Fundamentals of the legislation of the Russian Federation for the protection of public health, the main regulatory and technical documents;

Fundamentals of legislation on the sanitary and epidemiological welfare of the population, the main official documents regulating anti-epidemiological services for the population in infectious and parasitic diseases; normative documents on the prevention of hospital infections;

Health indicators of the population, factors that shape human health (environmental, occupational, natural-climatic, endemic, social, epidemiological, psycho-emotional, occupational, genetic);

Principles of hygienic regulations and basic hygienic standards for environmental factors.

Diseases associated with adverse effects of climatic and social factors;

Hygienic aspects of nutrition, hygiene of medical organizations, hygienic problems of health care to the working population;

The basics of preventive medicine, the organization of preventive measures aimed at improving the health of the population;

Methods of health education;

The epidemic process and non-infectious epidemiology, the epidemiology of infectious and parasitic diseases, the implementation of anti-epidemic measures, the protection of the population

in the foci of particularly dangerous infections, with deterioration of the radiation situation and natural disasters;

Etiology, pathogenesis and preventive measures for the most common diseases;

Modern classification of diseases;

Principles of prophylactic medical examination of the population;

Rules of isolation at hospitalization of infectious patients, sanitary and hygienic requirements for the device, organization of work and the regime of infectious hospitals, offices, and boxes.

Be able to:

Conducting hygienic diagnostics, from a hygienic standpoint, to assess the intensity of environmental factors affecting the health of the population or groups of the population (on Wednesdays, the nature of environmental factors, the types of impact).

To plan, analyze and assess the health status of the population and the impact on it of environmental and production factors;

Participate in the organization and provision of therapeutic and preventive and sanitary-anti-epidemic assistance to the population, taking into account its socio-professional and age-sex structure;

Perform preventive, hygienic and anti-epidemic measures;

Conduct an environmental assessment and environmental forecasting of human activities;

To assess the social factors affecting the patient's physical and psychological health: cultural, ethnic, religious, individual, family, social risk factors; to make a preliminary diagnosis - to synthesize information about the patient with the purpose of determining the pathology and the causes that cause it;

Use the methods of primary and secondary prevention (based on evidence-based medicine) in medical practice, establish causal relationships between changes in health status and the impact of environmental factors;

To conduct with the population of the attached site the measures for primary and secondary prevention of the most common diseases, to carry out preventive measures to increase the body's resistance to unfavorable environmental factors using various methods of physical culture and sports, tempering, and promoting a healthy lifestyle.

To master:

Methods of measuring the environmental factors intensity and their hygienic assessment on the basis of comparison with hygienic regulations.

Methods of maintaining and promoting health, the formation of a healthy lifestyle, preventing the occurrence and / or spread of dental diseases,

Methods used in conducting preventive medical examinations, medical examination of the population;

Methods of protecting the population and its individual groups in the deterioration of the radiation situation, natural disasters and other emergencies;

Hygienic methods of improving nature, prevention of dental diseases;

Methods of public health education on the elimination of risk factors and the development of a healthy lifestyle;

Approaches and methods for analyzing hygienic information (environmental factors - public health) on the basis of evidence-based medicine for the purpose of scientific research, public presentation of data.

4. The volume of the discipline and types of academic work

The total complexity of the discipline is 3 credit units.

		Semester
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		Total amount of hours				
		72	72			
		-	-			
		-	-			
		-	-			
		72	72			
		36	36			
Total labor intensity	hours credit					
units						

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5.1. Contents of the discipline sections

№	Name of the discipline section	The content of the section (theme)
1		Hygienic principles of rational nutrition and features of the requirements for rational nutrition of different population groups. Dietary, therapeutic and prophylactic, preventive nutrition. Sanitary-hygienic examination of products (principles, conclusions). Food and biological value, safety of products of animal and vegetable origin. Methods of preserving food products and sanitary-hygienic examination of canned food and concentrates. Food poisoning and their prevention. Sanitary and hygienic examination of projects of public catering establishments.
	h	Hygienic significance of factors acting in populated areas. Water as a factor of the external environment, its hygienic and epidemiological significance. Hygienic assessment of sources of water supply and drinking water. Methods of cleaning, decontamination and methods for improving the quality of drinking water. Methods of fluorination and de-fluorination of water. The role of soil in the transmission of endemic, infectious and parasitic diseases. Hygienic assessment of soil quality. Hygienic bases and requirements for cleaning of populated areas. Hygienic assessment of the layout of populated areas. Hygienic assessment of the microclimate, chemical composition and microbial contamination of indoor air. Hygienic assessment of insolation, natural and artificial illumination of premises. Radioactivity. Sources and types of radiation. Natural background radiation. Methods of radiometry of environmental objects. The dose of ionizing radiation. Methods of dosimetry. Determination and hygienic a
3	hygiene	Basics of occupational hygiene. Physiological basis of the labor process. Hygienic assessment and prevention of

		physical factors in the production environment: aerosols, chemical and biological factors of the production environment. Hygiene of labor of medical workers in the dental profile.
	Hygiene of medical organizations	Hospital hygiene. Features of structural and planning
5	Hygiene of children and teenagers. Hygienic basis of a healthy lifestyle	Hygienic assessment of the health and physical development

5.2. Sections of the discipline and types of activities (h)

№	Name of the discipline section	Lect.	Practical lessons	Lab. works	Seminars	Independent work	Tot. h.
1.	of nutrition						
2.							
3.	Occupational hygiene.						
4.	Hygiene of healthcare organization						
5.	Hygiene of children and teenagers.						
	Totally						

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№	№ discipline section	Lab work title	
1.		Calculation and hygienic assessment of fluoride content in individual diets	
2.		Selection of a therapeutic diet (for a patient), a treatment-and-prophylactic diet (for workers in hazardous working conditions), a preventive diet for the population of fluoride-endemic areas	
3.			
4.		Hygienic assessment of bread and tinned food	
5.		Determination of the factor and type of food poisoning based on hygienic assessment of the poisoning conditions and clinical signs	
6.		a	
7.		Hygiene assessment of atmospheric air	
8.		Hygiene assessment of natural lighting	
9.		Fluoridation and defluoridation of drinking water	
10.		Hygiene assessment of soils of residential areas	
11.		Calculation of radiation protection measures	
12.	Occupational hygiene.	Active rest as a preventive measure against overwork	
13.		Occupational dental and oral diseases	
14.		Hygiene assessment of the working conditions of dentists	

15.	Hygiene of	Design assessment of a dental clinic	
16.	healthcare organization	Prophylaxis of nosocomial infections. Hygienic r	
17.	Hygiene of children and teenagers.	Assessment of physical development with a comprehensive method (biological age)	

8. Description of the material and technical base (material and technical equipment of the discipline)

Three (3) classrooms, one classroom, one computer lab; visual aids (posters), three sets of equipment for slide shows, laptops, instruments, lab utensils, reagents, food simulators; proofreading samples, handouts, case studies, projects (hospital, dental clinic).

9. Informational support for the discipline

A course of video lectures (presentations, materials for laboratory works, case studies, assessment of specialized building projects)

- 1) PFUR TUIS, Medical Institute, Dentistry, Hygiene
- 2) Video lecture courses and presentations on hygiene on the faculty pages of the department on the PFUR educational portal. Link to resource: <http://web-local.rudn.ru/web-local/kaf/rj/index.php?id=17>

Electronic databases

1. The site of the library RUDN - Access mode: <http://lib.rudn.ru/> - from stationary computers of the PFUR
2. University Library ONLINE - Access Mode: <http://www.biblioclub.ru/>
3. LexisNexis. - Access mode: <http://www.lexisnexis.com/hottopics/lnacademic/>
4. Bulletin of the PFUR - Access mode: <http://www.elibrary.ru/defaultx.asp>
5. Full-text collection of Russian scientific journals. eLibrary.ru - Access mode: <http://elibrary.ru/defaultx.asp?>
6. Search engines: Yandex (yandex.ru), Google (google.ru)
7. SCOPUS abstract database <http://www.elsevier.com/locate/scopus/>
8. -WHO Documentation Centre <http://whodc.mednet.ru/>

10. Tutorials

Basic sources

Digital full text materials

1. Гигиена для стоматологов [Текст/электронный ресурс]: Лабораторный практикум: Учебное пособие для студентов, обучающихся по специальности "Стоматология" / Л. В. Максименко, А. В. Таджиева. - Электронные текстовые данные. - М.: Изд-во РУДН, 2015. - 292 с. : ил. - ISBN 978-5-209-06136-6 : 185.95. [Hygiene for dentists [Text / electronic resource]: Laboratory practical work: A manual for students studying in the specialty "Dentistry" / L.V. Maksimenko, A.V. Tadzhieva. - Electronic text data. - M.: Publishing house of the Peoples Friendship University of Russia, 2015. - 292 p. : ill. - ISBN 978-5-209-06136-6: 185.95].
2. Гигиеническое значение питьевого режима. Роль питьевой воды в профилактике неинфекционных заболеваний [Текст/электронный ресурс]: Учебно-методическое пособие для врачей и медицинских сестер, студентов специальностей "Лечебное дело", "Сестринское дело", "Стоматология" / Л. В. Максименко. - Электронные текстовые данные. - М. : Изд-во РУДН, 2013. - 59 с. - ISBN 978-5-209-05488-7 : 44.32. [Hygienic value of the drinking regime. The role of drinking water in the prevention of non-infectious diseases [Text/electronic resource]: Manual for doctors and nurses, students of specialties "General Medicine", "Nursing", "Dentistry" / L.V. Maksimenko. -

Electronic text data. - М.: Publishing house of the PFUR, 2013. - 59 с. - ISBN 978-5-209-05488-7 : 44.32]

3. Почва и ее гигиеническое значение [Текст/электронный ресурс]: Учебно-методическое пособие / Л. В. Максименко. - М.: Изд-во РУДН, 2008. - 49 с. : ил. - Maksimenko. - Moscow: PFUR Publishing House, 2008. - 49 с. : ill. - 50.00.]

1. Общая гигиена с основами экологии человека [Текст]: Учебник для студентов стоматологических факультетов вузов / А. М. Лакшин, Катаева Валентина Андреевна. - М. : Медицина, 2004. - 464 с. : ил. - (Учебная литература для стоматологических

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а. Гигиена и экология человека: Учебник для вузов / Глиненко Виктор Михайлович ; В.И.Глиненко и др. - М. : Медицинское информационное агентство, 2010. - 552 с. : ил. -

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а. Гигиенические основы здорового образа жизни [Текст]: Учебное пособие / Д. И. Hygiene and human ecology : Textbook for high schools / Victor M. Glinenko ; V.I. Glinenko et al. - Moscow : Medical Information Agency, 2010. - 552 с. : ill. - ISBN 978-5-9986-0005-0

478С.00]

а. Состояние здоровья и условия труда врачей-стоматологов [Текст]: Учебно-методическое пособие / А. М. Лакшин [и др.] ; РУДН; Под ред. А.М.Лакшина, Д.И.Кичи. - М. : Изд-во РУДН, 2001. - 41 с. : ил. - 10.00. [State of health and working conditions of dentists [Text]: educational-methodical manual / A. M. Lakshin [et al.] ; PFUR; Ed. by A. M. Lakshin, D. I. Kichi. - М. : publishing house PFUR, 2001. - 41 с. : pl. - 10.00.]

б. Обращение с отходами лечебно-профилактических учреждений [Текст/электронный ресурс] : Учебное пособие для студентов специальностей "Лечебное дело", "Стоматология", "Сестринское дело" / Л. В. Максименко. - Электронные текстовые

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а. Общая гигиена [Текст] : Учебно-методические рекомендации для подготовки к экзамену для студентов стоматологического профиля / Л. В. Максименко, Гурова А.И.. - М. : Изд-во РУДН, 2007. - 50 с. - 40.00. [General Hygiene [Text] : Educational guidelines for

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а. Профессиональная патология зубов и полости рта [Текст] : Учебно-методическое пособие для студентов стоматологических факультетов / Д. И. Кича [и др.] ; РУДН; Д.И.Кича и др. - М. : Изд-во РУДН, 2001. - 59 с. : ил. - ISBN 5-209-01388-X : 20.00.

Occupational pathology of teeth and oral cavity [Text] : Textbook for students of dental faculties / D.I. Kicha [et al.] ; PFUR; D.I. Kicha et al. - Moscow: Publishing house of PFUR, 2001. - 59 с. : ill. - ISBN 5-209-01388-X : 20.00.

а. Профессиональная патология зубов и полости рта [Текст]: Учебно-методическое пособие для студентов стоматологических факультетов вузов / Д. И. Кича [и др.] ; РУДН; Д.И.Кича и др. - М. : Медицина, 2004. - 464 с. : ил. - (Educational literature for dental faculties of medical universities). - ISBN 5-209-01388-X : 20.00.]

Printed publication

а. Общая гигиена [Текст]: Учебник для вузов / А. А. Минх. - М. : Медицина, 1984. - 479 с. : ил. - (Учебная литература. Для студентов стоматологических институтов). - 1.50.

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[General Hygiene [Text]: Textbook for Higher Education Institutions / A. A. Minkh. - M. : Medicine, 1984. - 479 с. : ill. - (Textbook for students of dental institutes). - 1.50.]

2. Гигиена питания и окружающей среды [Текст]: Учебное пособие для студентов стоматологического профиля / Л. В. Максименко, Гурова А.И. - М. : Изд-во РУДН, 2004. -

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В. Гигиена в стоматологии [Текст] : Учебное пособие для студентов стоматологического профиля. Кн. 2 / Л. В. Максименко, Гурова А.И., Каплан Б.М.; РУДН; Под ред. Д.И.Кичи. - М. : Изд-во РУДН, 2006. - 162 с. - ISBN 5-209-01925-x : 45.00. [Hygiene in dentistry [Text] с Textbook for students of dental profile. Book 2 / L. V. Maksimenko, Gurova A.I., Kaplan B.M.; PFUR; Ed. by D.I. Kichi. - M. : Publishing house of PFUR, 2006. - 162 с. - ISBN 5-209-01925-x : 45.00.]

4. Руководство к лабораторным занятиям по коммунальной гигиене [Текст] : Учебное пособие для студентов специальности "Лечебное дело". Кн.1 / А. И. Гурова, Н.А.Дрожжина, Л.В.Максименко, Е.А.Пивень ; РУДН; Под ред. Д.И.Кичи. - М. : Изд-во Р

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И Руководство к лабораторным занятиям по гигиене труда [Текст/электронный ресурс]: Учебное пособие для студентов специальности "Лечебное дело". Кн.3 / Л. В. Максименко, Н.А.Дрожжина, Е.А.Пивень; Под ред. Д.И.Кичи. - М. : Изд-во РУДН, 2004. - 160 с. : ill. - ISBN 5-009-02396-6 : 65.00.]

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Ы Руководство к лабораторным занятиям по гигиене питания [Текст/электронный ресурс]: Учебное пособие для студентов специальности "Лечебное дело". Кн.2 / Н.А.Дрожжина, А.И.Гурова А.И., Л.В.Максименко, Е.А.Пивень; Под ред. Д.И.Кичи. - М

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. Руководство к лабораторным занятиям по гигиене детей и подростков и гигиене лечебно-профилактических организаций с основами общественного здоровья и здравоохранения [Текст/электронный ресурс]: Учебное пособие для студентов специальности "Лечебное дело". Кн.4 / Е. А. Пивень, Н.А.Дрожжина, Л.В.Максименко, И.В. Бреусов; Под ред. А.В.Фоминой. - Электронные текстовые данные. - М. : Изд-во Р

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Д Кислотный некроз зубов [Текст] / Г. Д. Овруцкий, Япеев А.С.. - М.: Медицина, 1974. 111 с. : ил. - (Библиотека санитарного врача). - 0.30. [Acid necrosis of teeth [Text] / G.D. Ovrutskiy, A. S. Yapeev. - Moscow: Medicine, 1974. - 111 с. : ill. - (Library of Sanitary Doctor). - 0.30.]

И Пути сохранения работоспособности стоматолога [Текст] : Учебное пособие для студентов специальности "Лечебное дело". Кн.1 / Г.И. Гаева, С.М. Эйдинова; Под ред. и с предисл. Г.М.Иващенко. - М.: Медицина, 1971. - 216 с. : ил. - 0.97. [Ways to preserve the performance capacity of the dentist [Text] / Schebel Rudolf; Translated from German. Ed. by G.I. Gaev, S.M. Eydinov; Edited by G.M. Ivashchenko. - Moscow: Medicine, 1971. - 216 с. : ill. - 0.97.]

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Textbooks

1) Общая гигиена с основами экологии человека [Текст] : Учебник для студентов стоматологических факультетов вузов / А. М. Лакшин, Катаева Валентина Андреевна. - М. : Медицина, 2004. - 464 с. : ил. - (Учебная литература для стоматологических факультетов медицинских вузов). - ISBN 5-225-04807-2 : 692.12 [General hygiene with the basics of human ecology [Text]: Textbook for students of dental faculties of universities / AM Lakshin, Kataeva Valentina. - M.: Medicine, 2004. - 464 p. : ill. - (Educational literature for dental faculties of medical schools). - ISBN 5-225-04807-2: 692.12.]

2) Гигиена и экология человека : Учебник для вузов / Глиненко Виктор Михайлович ; В

Lecture notes

I2. Assessment tools for interim certification of students in the discipline "Hygiene"

Materials for assessing the level of mastering the educational material of the discipline "Hygiene" (assessment materials), including BRS, sample topics of essays, sample test questions and sample questions for retakes, are fully developed and available for students on the discipline page in TUIS RUDN.

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The program is developed in compliance with the requirements of the FSES HE.

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Developers:

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L.V. Maksimenko

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A.V. Fomina

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