

THEMATIC PLAN
of practical classes in the academic discipline
"General hygiene"
for 2nd year students of the Faculty of Foreign Students

№	Title of section (topic)
Human environments and their hygienic importance	
1	<p>Hygienic bases of public health protection.</p> <ol style="list-style-type: none"> 1. Definition of the concept of medical prevention. Purpose and tasks of medical prophylaxis. 2. Hygienic standardization of the impact on the human body of environmental factors 3. Classification of medical prophylaxis and its importance in the system of hygienic measures. <ol style="list-style-type: none"> 3.1 Definition of the concept of primary prevention and its role in the system of hygienic measures, health preservation. 3.2 Definition of secondary prevention and its importance in the system of hygienic measures. 3.3 Definition of tertiary prevention and its role in the system of hygienic measures and the preservation of social status. 4. The concept of "Pre-nosological hygienic diagnostics", its importance in the prevention of premorbid conditions. 5. The concept of risk factors as a scientific basis for modern ideas about disease prevention
2	<p>Hygienic assessment of the influence of microclimate and complex exposure to meteorological factors on human health.</p> <ol style="list-style-type: none"> 1. Structure of the Earth's atmosphere. Influence of the atmosphere on the human body. 2. Physical factors of the atmosphere, their hygienic characteristics and influence on the organism (temperature, humidity, air mobility, barometric pressure, electrical state of the air medium, air ionization). 3. The concept of microclimate. Methods of measurement and principles of hygienic standardization of microclimate indicators. 4. Hygienic evaluation of the complex effect of meteorological factors on the organism. Assessment methods (catathermometry, effective and resultant temperatures). 5. The concept of seasonal and meteo-tropic diseases. Meteorological dependence, principles of prevention.
3	<p>Hygienic assessment of the impact of accommodation conditions on human health. 1.</p> <ol style="list-style-type: none"> 1. Chemical composition of the air environment, its hygienic characterization. Hygienic characterization of the main sources of air pollution in enclosed spaces. 2. Natural and artificial ventilation. Types of artificial ventilation (supply, exhaust and combined), their hygienic characteristics. Classification of artificial ventilation systems. 3. Indicators characterizing the efficiency of ventilation (ventilation volume, air exchange rate, air cube). 4. The concept of light climate. 5. Hygienic requirements for natural and artificial lighting of premises.
4	<p>Hygienic assessment of drinking water quality.</p> <ol style="list-style-type: none"> 1. Physiological, hygienic and epidemiological significance of drinking water. 2. Factors determining the quality of natural water. Classification. Principles of their hygienic standardization. Chemical composition of water, influence on health and living conditions of people. 3. Hygienic characteristics of water supply sources. 4. Basic hygienic requirements for drinking water quality in centralized water supply. 5. Basic hygienic requirements for drinking water quality in non-centralized water supply. 6. Requirements for the arrangement, maintenance and operation of non-centralized water supply sources.

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	7. Methods of research and hygienic assessment of drinking water quality indicators, organization of laboratory control.
5	<p>Methods of improving drinking water quality.</p> <ol style="list-style-type: none"> 1. Basic ways and methods of water quality improvement. Clarification and decolorization, purpose, essence, methods and facilities, disadvantages. 2. Water disinfection. 3. Modern approaches to water disinfection. 4. Special methods of water treatment.
Food hygiene	
6	<p>Hygienic control of energy adequacy and nutritional balance.</p> <ol style="list-style-type: none"> 1. The concept of energy balance in the human body. Constituents of daily energy expenditure of the human body: 2. Physiological norms of nutrition for different groups of population. 3. Methods of determining the body's energy requirements (calorimetric, chronometric and tabular, calculated using CFA). 4. Determination of individual needs of the organism in energy (using CFA) and nutrients (using balanced megacalorie).
7	<p>Hygienic estimation of diets.</p> <ol style="list-style-type: none"> 1. The concept of rational nutrition, physiological and hygienic requirements for it. 2. Calculation of the actual consumption of nutrients and energy value of the diet on the menu-layout using the method of 24-hour interviewing. 3. Algorithm of calculation and estimation of quantitative and qualitative composition of the food ration. 4. Development of recommendations on rationalization of nutrition.
8	<p>Hygienic assessment of nutritional status and vitamin A and C supply.</p> <ol style="list-style-type: none"> 1. Hygienic assessment of nutritional status (somatometric, somatoscopic, physiometric and biochemical indices). 2. Classification of nutritional status. 3. Characteristics of indicators used to assess nutritional status. Norms of somatometric indicators of nutritional status. 4. Hygienic assessment of vitamins A and C in the organism. 5. Programme for studying nutritional status.
9	<p>Preventive maintenance of food poisonings.</p> <ol style="list-style-type: none"> 1. Food poisonings, concept, classification. Food poisonings of a microbic etiology: kinds, clinical displays, preventive maintenance measures. 2. The botulism and staphylococcal a toxicosis: transfer factors, clinical displays, preventive maintenance. 3. Mycotoxicosis and phytotoxicosis. 4. Food poisonings of not microbic nature. Chemical intoxications. 5. Food poisonings by products of a vegetative and animal origin. Poisonings with poisonous mushrooms.