Speciality «General Medicine»

ACADEMIC DISCIPLINE "GENERAL HYGIENE"
MEDICAL AND PREVENTIVE MODULE

Academic discipline outline	The impact of the environment on health, the hygienic significance of air, soil, water, and solar radiation. Diseases associated with the adverse effects of climatic and social factors. Hygienic aspects of nutrition. Hygiene in healthcare organizations. Organization and implementation of preventive measures. Personal hygiene, hygienic requirements for organizing daily life, work, and rest. Ecology and rational use of natural resources.
Resulting skills	Basic professional skills. To use knowledge about the patterns of impact of environmental factors on human health, to apply methods of hygienic assessment of the human environment to develop basic preventive health-preserving measures.
Learning outcomes	The student should **know**: the principles of maintaining and improving public health, preventing premature aging and deterioration of the body, utilizing the beneficial effects of environmental factors on the course and outcome of disease, and restoring health and performance; the physiological foundations of a healthy lifestyle and the concept of risk factors as the basis for modern concepts of disease prevention; the principles of rational nutrition, methods for assessing actual nutrition and nutritional status, and the principles of therapeutic nutrition in healthcare organizations; hygienic requirements for healthcare organizations, and ways to prevent infections associated with medical care; **be able to:** conduct hygiene education and training to promote a healthy lifestyle; determine indicators of physical, mental, and professional performance; conduct hygiene health diagnostics, health assessment at the individual, collective, and population levels; identify the premorbid state of the human body;

	identify adverse factors affecting human health and performance and develop preventive measures; **master:** skills in hygienic assessment of microclimate, ventilation, lighting, drinking water, and food quality; methods for determining physical development and fitness indicators; methods for assessing actual nutrition and nutritional status, and preparing and analyzing menus and food layouts.
Semester(s)	3, 4 semesters
Prerequisite	Medical Biology and General Genetics Medicinal Chemistry Biological Chemistry Normal Physiology
Credit value	6 credits
Academic hours	210 academic hours, including 74 class hours and 136 hours of independent student work
Forms of midterm attestation	Test Examination