

**MINISTRY OF SCIENCE AND HIGHER EDUCATION OF THE RUSSIAN  
FEDERATION, MINISTRY  
OF SCIENCE, HIGHER EDUCATION AND INNOVATION  
KYRGYZ REPUBLIC**

**Interstate Higher Education Organization Kyrgyz-Russian Slavic University  
named after the first President of the Russian Federation B.N. Yeltsin**



## Hygiene

### Course Outline (Module)

Assigned to the department **Hygiene**

Academic Curriculum 310501\_20\_6 лд ин.plx  
Specialty 31.05.01. - RF560001 – KR for foren student

Qualification **Specialyst**

Form of education **Intramural**

The program was compiled by: Course hours 252  
Course hours 7 ZET In class learning 108 exem 7 sem

#### Distribution of hours for the discipline by semesters

Course hours scheduling (per semester)	6 (3.2)		7 (4.1)		Total	
	УП	ПП	УП	ПП	УП	ПП
weeks	16		16			
Lectures	36	36	18	18	54	54
Practical	90	90	18	18	108	108
Contact work during Theoretical training	0,3	0,3			0,3	0,3
Contact work during Theoretical training			0,5	0,5	0,5	0,5
including interactive	5	5	2	2	7	7
Total classroom	126	126	36	36	162	162
Contact work	126,3	126,3	36,5	36,5	162,8	162,8
Independent study	53,7	53,7	18	18	71,7	71,7
Time to control			17,5	17,5	17,5	17,5
<b>Total</b>	<b>180</b>	<b>180</b>	<b>72</b>	<b>72</b>	<b>252</b>	<b>252</b>

### 1. COURSE OUTLINE OBJECTIVES

1.1	<p>1. To learning the theoretical foundations of hygiene in order to develop preventive thinking, embrace more in-depth diagnosis of infectious and non-infectious diseases, relevant pathogenetic therapy, general questions of environmental impact on health, work capacity and longevity.</p> <p>2. To master the methodology of preventive medicine, acquire knowledge and skills of assessing the impact of environmental factors on human health. To use, for preventing chronic diseases, potential of dietary and lifestyle factors.</p>
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### 2. PLACE OF THE COURSE IN THE EDUCATIONAL PROGRAM

Educational Program Units:	B1.B
<b>2.1</b>	<b>Students' preliminary Training Requirements:</b>
2.1.1	Humanitarian, social and economic cycle (history of medicine), the natural science cycle, clinical disciplines.
2.1.2	Hygiene
2.1.3	Biochemistry
<b>2.2</b>	<b>Course Units and Practical Sessions imposing the prior Proficiency:</b>
2.2.1	Basic knowledge of biology, chemistry, physics, physiology and biochemistry.

### 3. STUDENTS' COMPETENCIES RESULTING FROM THE COURSE UNIT (MODULE)

<b>PK-4: the ability and readiness to use socio-hygienic methods of data collection and biomedical statistical analysis of population health indices</b>	
<b>Knowledge:</b>	
Level 1	The basics of the legislation of the Russian Federation and the Kyrgyz Republic on health protection of the population
Level 2	The main regulatory documents on environmental protection (hygiene of air, water, soil)
Level 3	Population health indices, factors contributing to the formation of human health (occupational, natural-climatic, endemic, social)
<b>Skills:</b>	
Level 1	To implement measures preventing the adverse impact of environmental factors on the human body, to forecast consequences of environmental factors on the human body
Level 2	To conduct hygienic assessment of environmental conditions for patients staying in hospital, to assess occupational hygiene of workers in industrial enterprises, occupational hygiene of medical workers, military personnel, and learning environment of children
Level 3	To assess nutritional status of the population on the basis of rational nutrition requirements and to correct individual nutrition, to prevent digestive system diseases
<b>Expertise:</b>	
Level 1	Modern methods for assessing public health by the socio-hygienic monitoring method.
Level 2	Interpretation of environmental laboratory data and instrumental analysis results.
level 3	Health education activities targeted at the population in the area of primary disease prevention
<b>PK-15: readiness to educate patients and their relatives about the main hygienic measures to keep good general health condition, self-control of the main physiological indices contributing to the preservation and promotion of health and disease prevention</b>	

<b>Knowledge:</b>	
Level 1	Basic hygienic measures for population health promotion
Level 2	Impacts of environmental abiotic factors on human health (solar radiation, temperature, humidity, air velocity, atmospheric gas composition, natural and artificial lighting)
Level 3	Basics of rational nutrition, work and rest regime, prevention of fatigue, demands of personal and public hygiene

<b>Skills:</b>	
Level 1	To use hygienic measures aimed at health promotion
Level 2	To identify cause-and –effect relationships between exposure to environmental factors and health condition
Level 3	To conduct education of patients and relatives about the main health enhancing hygienic measures (considering daily energy expenditures, drawing up of a dietary regime, rest and work regime, considering weather related health )
<b>Expertise:</b>	
Level 1	Theoretical knowledge of all branches of hygiene
Level 2	Practical skills at primary prevention of occupational disease and poisoning, work-related injuries
Level 3	Methods of prevention of cardiovascular diseases, cancer, digestive disorders, weather related diseases, improvement of body resistance, prevention of hypovitaminosis, microelementosis

### Final Students' Competences

<b>3.1</b>	<b>Knowledge:</b>
3.1.1	The basics of the legislation of the Russian Federation and the Kyrgyz Republic, the main normative documents on environmental protection, occupational hygiene, hospital hygiene, hygiene of children and adolescents, military hygiene, nutrition hygiene, prevention of hospital infection
3.1.2	Principles of organizing environmentally related disease prevention measures, morbidity prediction by environmental the relationship between an increase in population morbidity and harmful environmental conditions, occupational hazards, noncompliance with personal and public hygiene rules, dietary deficiency.
<b>3.2</b>	<b>Skills:</b>
3.2.1	To conduct hygienically oriented measures to reduce morbidity, to keep up good health, work ability and longevity. To promote and instill self-control skills in the main physiological parameters related to hygienic non-compliance. To conduct socio-hygienic monitoring and medico-statistical analysis of morbidity, longevity in communities
<b>3.3</b>	<b>Expertise:</b>
3.3.1	Skills of defining adverse environmental factors including climate and weather which contribute to seasonal rise in morbidity. Rational nutrition for prevention of obesity herosclerosis, caries, etc. Analysis and correction of individual nutrition, creation comofotable conditions for medical personnel and patients staying in a hospital with due account for tempetature, humidity, microbial contamination of the atmospheric environment in hospital wards, offices, main and auxiliary rooms, prevention of hospital infection.