**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**

«ENDORSED»
Abilova S.S.
04.11.-.2026

# Hygiene
## Course Outline (Module)

Assigned to — **Hygiene Department**

Academic Curriculum — 560001_26.1ILDi.pli.xml
560001KR General medicine (foreign student)

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

| Course hours scheduling (per semester) | | | | |
|---|---|---|---|---|
| Semester | 5 | | Total | |
| Weeks | 18 | | | |
| Type of class | AC | CO | AC | CO |
| Lectures | 16 | 16 | 16 | 16 |
| Practical classes | 48 | 48 | 48 | 48 |
| Contact work during the theoretical training | 0.5 | 0.5 | 0.5 | 0.5 |
| Total classroom | 64 | 64 | 64 | 64 |
| Contact work | 64.5 | 64.5 | 64.5 | 64.5 |
| Independent study | 26 | 26 | 26 | 26 |
| Time to control | 29.5 | 29.5 | 29.5 | 29.5 |
| Total | 120 | 120 | 120 | 120 |

| 1. COURSE OuTLINE OBJECTIVES | |
|---|---|
| 1.1 | Professional training of specialists from different medical specialties (hygienists, epidemiologists, infectious diseases, phthisiologists, surgeons, obstetricians, gynecologists, pediatricians, dermatologists, neuropathologists, etc.) can not be qualitative and effective without profound study of preventive disciplines - hygiene, ecology and epidemiology.<br>Knowledge of hygiene for doctors of preventive and medical profiles is necessary during professional activity:<br>1. Analysis of the health status of the population or its individual contingents in connection with anthropogenic and social conditions of life and work.<br>2. Diagnosis of diseases associated with the state of the environment and the environment.<br>3. Primary, secondary and tertiary prevention of diseases, organization, conduct and control of preventive measures.<br>4. Participation in the work of medical social-expert commissions of medical-labor expertise, drug control commissions, commissions of medical-labor expertise, and other medical commissions, whose task is to study and assess the health status.<br>5. Assessment of the conditions of stay in organized groups (children's, educational).<br>6. Analysis of the severity and intensity of labor and professional activities in order to determine the need for the transfer of workers with certain violations of their health for easier work, the appointment of medical and preventive nutrition, dispensary care, spa treatment, rehabilitation.<br>7. Ability to recommend methods and means of the regime of the day, training, work, personal hygiene, diet, the use of natural factors and a set of methods and means of tempering the body.<br>8. Provision of medical recommendations and instructions on the use of methods and means of prevention of intra-hospital infections, infections and invasions among the population at its service in the clinic, at home, in organized groups.<br>9. Carrying out sanitary-educational work among patients, in organized groups (children, educational, labor) and among the population as a whole and others.<br>These are the main, but not all, activities of a physician who need knowledge of hygiene . In connection with the above-mentioned medical education should help to form a young specialist notonly clinical, primarily preventive, that is hygienic thinking, understanding of the role of factors of the environment and social conditions of life in the occurrence of violations of health and diseases, justification of preventive measures. Medical care of the population causes the urgent need for profound knowledge of hygiene, primary, secondary and tertiary disease prevention and hygienic research skills. |

| 2. PLACE OF THE COURSE IN THE EDUCATIONAL PROGRAM | |
|---|---|
| Educational Program Units:**:** | |
| **2.1** | **Students' preliminary Training Requirements:** |
| 2.1.1 | Humanitarian, social and economic cycle (history of medicine), the natural science cycle, clinical disciplines. |
| 2.1.2 | Normal physiology |
| 2.1.3 | Biochemistry |
| 2.1.4 | Biology |
| 2.1.5 | Physics |
| 2.1.6 | Chemistry |
| **2.2** | **Disciplines and practices for which the development of this discipline (module) is necessary as a previous one:** |
| 2.2.1 | Occupational diseases |
| 2.2.2 | Infectious diseases |
| 2.2.3 | Oncology, radiation therapy |
| 2.2.4 | Hospital surgery |
| 2.2.5 | Hospital therapy |

| STUDENT COMPETENCES FORMED AS A RESULT OF MASTERING THE DISCIPLINE (MODULE) | |
|---|---|
| **PK-11 able and ready to conduct sanitary-educational healthy nutrition among the population; to eliminate modified risk factors for the development of diseases, to give recommendations.** | |
| **Knowledge:** | |
| Level 1 | The role and tasks of nutrition in strengthening and maintaining health in modern conditions. |
| Level 2 | Recommended values of physiological norms for food consumption |
| Level 3 | Recommendations for the correction of nutrition, taking in to account physiological norms |
| **Skills:** | |
| Level 1 | Use reference materials and tables when calculating the caloric content of waste rations |
| Level 2 | Conduct a hygienic assessment of the diets and nutritional quality of various population groups |
| Level 3 | Investigate food poisoning in order to organize preventive measures |
| **Expertise:** | |
| Level 1 | Methods for correcting the qualitative and quantitative composition of the diet, taking into account the individual |

| | |
|---|---|
| | needs of the body |
| Level 2 | The methodology for compiling the menu - layout and its hygienic assessment |
| Level 3 | Methods for the prevention of hypovitaminosis conditions, mineral deficiencies |
| **PK-24 - able and ready to train middle and junior medical personnel in the rules of the sanitary and hygienic regime, ethical and deontological principles;** | |
| **Knowledge:** | |
| Level 1 | the role and importance of individual environmental factors in the emergence and spread of infectious and non-infectious diseases; |
| Level 2 | sources and ways of entry into the human body of contaminants of various nature that have an adverse effect on health; |
| Level 3 | principles of organization and content of preventive measures to prevent or reduce the degree of adverse effects on humans of harmful factors and environmental conditions |
| **Skills:** | |
| Level 1 | comply with moral and legal standards in professional activities. |
| Level 2 | express professional information in the process of intercultural interaction, observing the principles of ethics and deontology |
| Level 3 | use educational and methodological materials and documents in the field of sanitary protection of the environment; |
| **Expertise:** | |
| Level 1 | the skill of working with educational and methodological materials and documents in the field of sanitary protection of the external environment; |
| Level 2 | the basic principles of ethics and deontology; |
| Level 3 | basics of hygienic safety analysis; experience with search engines, databases, etc.. (computer skills PK); communication skills |
| | |
| **PK -25 - able and ready to train the population in basic hygiene measures and educational activities to form healthy lifestyle skills;** | |
| **Knowledge**: | |
| Level 1 | Features of the influence of abiotic environment factors on human health (solar radiation, temperature, humidity, air velocity, atmospheric gas composition, natural and artificial lighting) |
| Level 2 | Fundamentals of hygiene measures aimed at improving the health of the population |
| Level 3 | Fundamentals of rational nutrition, organization of the regime of work and rest, prevention of fatigue and overwork. personal and public hygiene requirements |

| | |
|---|---|
| **Skills:** | |
| Level 1 | Establish cause-and-effect relationships of changes in health status from the impact of environmental factors |
| Level 2 | Use hygiene measures to improve public health |
| Level 3 | Conduct training for patients and relatives on the basic hygiene measures of a health-improving nature (accounting for daily energy consumption, drawing up a diet, work and rest, the effect of weather on health. hardening). |
| **Expertise:** | |
| Level 1 | Theoretical knowledge in all areas of hygiene |
| Level 2 | Practical skills in the primary prevention of occupational diseases and poisoning, industrial injuries |
| Level 3 | Rules for the prevention of cardiovascular diseases, cancer, GID, meteorological diseases, preventive measures to increase the body's resistance. |
| PK-33 - able and ready to introduce new methods and techniques aimed at protecting public health. | |
| **Knowledge:** | |
| Level 1 | Fundamentals of the legislation of the Kyrgyz Republic on the protection of public health |
| Level 2 | The main regulatory and technical documents for environmental protection (hygiene of air, water, soil, etc.) |
| Level 3 | Indicators of public health, factors that shape human health (professional and climatic, endemic, social |
| **Skills:** | |
| Level 1 | Rationing and forecasting the impact of environmental factors on the human body Organize measures to prevent the adverse effects of environmental factors on the human body |
| Level 2 | Conduct a hygienic assessment of the conditions of stay of patients in medical institutions. evaluate the working conditions of workers at industrial enterprises, the working conditions of medical workers, the features of the process and conditions of education of children and adolescent |
| Level 3 | Conduct an assessment of the state of health at the individual and population levels using evidence-based medicine techniques, develop evidence-based treatment and preventive measures. |
| **Expertise:** | |
| Level 1 | Modern methods of assessing the state of public health by the method of social and hygienic monitoring. |
| Level 2 | Methods of sanitary-educational work among the population on primary prevention of diseases. Interpretation of the results of laboratory and instrumental studies of the external environment. |
| Level 3 | Own an algorithm for identifying priority problems and developing a project for comprehensive medical and preventive measures |
| **OK-l - able and ready to analyze socially significant problems and processes, use the methods of natural sciences, mathematics and the humanities in various types of professional and social activities;** | |
| Knowledge: | |
| Level 1 | the phenomena of modern life take into account the genetic characteristics and historical fate of these phenomena, the ability to conduct a discussion and intercultural dialogue on the basis of tolerance, in the field of the social sphere; skills of conscious and responsible participation in the formation and development of civil society |
| Level 2 | basic provisions and methods of social, humanitarian and economic sciences in solving social and professional problems |
| Level 3 | be aware of the social significance of their future profession, have high motivation to perform professional activities |
| **Skills:** | |
| Level 1 | work with information in global computer networks; |
| Level 2 | present research results in the form of reports, abstracts, publications and public discussions |
| Level 3 | be able to make practical recommendations on the use of research results |
| **Expertise:** | |

| | |
|---|---|
| **Level 1** | own the basic methods, methods and means of obtaining, storing, processing information, have the skills to work with a computer as a means of information management<br>computer networking and communication skills. Global network Internet. |
| Level 2 | demand and analyze social data. Perform statistical data analysis |
| Level 3 | offers an analysis of specific socio-cultural spaces, |

**Education results**

| | |
|---|---|
| **3.1** | **Knowledge:** |
| 3.1.1 | the basics of the legislation of 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. |
| 3.2 | **Skills:** |
| 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 |
| 3.3 | **Expertise:** |
| 3.3.1 | defining adverse environmental factors including climate and weather which contribute to seasonal rise in morbidity. Rationale nutrition for prevention of obesity herosclerosis, caries, etc. Analysis and correction of individual nutrition, creation comfortable conditions for medical personnel and patients staying in a hospital with due account for temperature, humidity, microbial contamination of the atmospheric environment in hospital wards, offices, main and auxiliary rooms, prevention of hospital infection. |