


Утверждаю
Заведующий кафедрой общей гигиены
ФГБОУ ВО ВГМУ им. Н.Н. Бурденко
Минздрава России

д.м.н., профессор  В.И. Попов
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Examination questions of hygiene for students of medical faculty on the 2017-2018 educational year

Common questions

1. The history of development of hygiene.
2. The subject and problems of hygiene.
3. Methods used in hygiene.
4. Prevention, types of prevention and their characteristics.
5. The basics of a healthy lifestyle. The kinds of bad habits, methods of control and prevention.

Hygiene of air

6. The physical properties of atmospheric air.
7. Microclimate, parameters of microclimate, types of microclimate.
8. Measurement of atmospheric pressure. Atmospheric pressure (low and high) influence on an individual. Instruments for measuring.
9. Measurement of air humidity. The optimal value.
10. Measurement of air temperature. The effect of temperature (low and high) per person.
11. Measuring air speed, name instruments.
12. Devices for indoor microclimatic measurement.
13. The hygienic value of the infrared radiation. An instrument for measuring of infrared radiation intensity.
14. The hygienic meaning of ultraviolet radiation. Types of UV radiation according to their biological properties.
15. Climate and Health. The acclimatization.
16. Definition of maximum permissible concentration (MPC). Method of determining the Mac value
17. The chemical compound of atmospheric air.
18. Types and sources of air pollution. Atmospheric air protection arrangements.
19. Universal pollutants of the atmospheric air and the air of public premises.
20. Hygienic value of measuring carbon dioxide content in the air.
21. Parameters of natural illuminance. A device for measuring lighting.
22. The hygienic characteristic of parameters for artificial illuminance. Lux Meter. Operating instructions.

Hygiene of water

23. The hygienic value of water.
24. The indicators of drinking water quality.
25. The organoleptic characteristics and physico-chemical properties of drinking water.
26. Hygienic importance of hardness of drinking water.
27. Chemical factors, characterizing water contamination.
28. Toxic-hygienic nitrates assessment in water.
29. The epidemiological role of water. The epidemiological indicators of drinking water quality.
30. The problems of water pollution.
31. The main methods of water purification.
32. Sanitary assessment of the main methods of water disinfection.
33. Chlorination of drinking water. General concept on water chlorine requirement, water chlorine absorbing capacity and residual chlorine. Residual chlorine norms.
34. Defects of the chlorine disinfection method.
35. Methods of water disinfection in field conditions. Water rechlorination. Methods of water de-chlorination.
36. The role of water in the genesis of infectious diseases.

Hygiene of soil

37. The hygienic meaning of soil. The composition and the basic properties of the soil.
38. The problems of soil pollutions. The process of self-purification of soil.
39. The hygienic characteristics of biogeochemical provinces.
40. The epidemiological meaning of soil.

Urbanization

41. The hygienic aspects of urbanization.
42. Planning of the cities, the choice of area, the importance of green zone.
43. The problems of life in big cities. The problems of air pollutions, water pollutions and soil pollutions in big cities.

Nutrition hygiene

44. Hygienic requirements towards sensible (rational) nutrition. Balanced eating theory.
45. Eating peculiarities of different population groups.
46. Principles of scientifically-based food ration.
47. Daily human energy expenditures. Methods of energy expenditure calculation. Food energy value, metric units.
48. The role of proteins in the human nutrition.
49. The role of fats in the human nutrition.
50. The role of carbohydrates in the human nutrition.

- 51.The role of microelements in the human nutrition.
- 52.Nutrition and biological value of milk. Epidemiological value of milk.
- 53.Nutrition and biological value of meat. Epidemiological value of meat.
- 54.Nutrition and biological value of flour and bread.
- 55.The hygienic estimation of canned products. The methods of storage and conservation of food.
- 56.Physiological importance of vitamins for the organism. The role of vitamins in the human nutrition.
- 57.The causes and prevention of exogenous and endogenous hypovitaminosis.
- 58.The hygienic requirements for catering services in hospitals. Sanitary requirements towards places, equipment and kitchen utensils.
- 59.Medical examinations and individual hygiene requirements towards the food unit personnel.
- 60.Definition and classification of food poisoning.
- 61.Common features of food poisoning.
- 62.Characteristic of food poisoning of microbial origin. Preventive measures from food poisoning.
- 63.Characteristic of food poisoning of nonmicrobic origin. Preventive measures from food poisoning.

Hygiene of hospitals

- 64.Sanitation requirements for hospitals. The hygienic bases of hospitals construction.
- 65.Sanitation requirements to planning and construction development of a hospital area. The zones of the hospital site.
- 66.Sanitary and hygienic regimen in various departments (therapeutic, surgical, maternity, pediatric, infectious, radiology).
- 67.Hospital infections problem.

Occupational hygiene

- 68.The main problems of occupational hygiene.
- 69.Occupational hazards and diseases & preventive measures. Occupational illness groups established according to etiologic principle.
- 70.The effects on the body of harmful occupational factors of physical nature.
- 71.Classification of noise and vibration. Units of measurement.
- 72.The effect of noise on the human body. Preventive measures against negative noise effect.
- 73.The effect of vibration on the human body. Stages of vibration disease at long-term local vibration exposure. Preventive measures against negative vibration effect.
- 74.Biological effect of ionizing radiation. Acute radiation sickness, its periods and prognostic categories. Principles of control in radiation safety system.
- 75.The effects on the body of harmful occupational factors of chemical nature.
- 76.The diseases caused by exposure of industrial dust (pneumoconiosis).

77. Working condition classification under impact of working environment and process factors.
78. Medical examinations. Their classification. Preventive medical examination.
79. The features of the work of agricultural workers.
80. The impact of pesticides on the human body & prevention of adverse effects.
81. Hygienic assessment of labour of doctors of different specializations.
82. The features of the work of knowledge workers & students.
83. Reasons and mechanisms of fatigue. Subjective and objective indicators of fatigue. Prevention of fatigue.
84. The difference between fatigue and defatigation.
85. Dynamics of performance efficiency during working day, week. Research procedure of performance efficiency.

Hygiene of children

86. The main questions of hygiene of children & teens.
87. The problems of school-diseases (scoliosis, myopia) & preventive measures.
88. Hygienic substantiation of children hardening. Principles of hardening. Objective indicators of children's hardiness.
89. Basic biological and specific effects of UV radiation. Artificial sources of UV radiation, their use in therapeutic and prophylactic purposes.
90. Children physical development. The indicators of physical development of children and teens. Somatometric and somatoscopic findings. The hygienic aspects of acceleration.
91. Types of postural disorder. Scoliosis and its causes.
92. Causes of flatfoot and flatfoot evaluation methods (plantography method).
93. Hygiene of school lessons. The structure of educational process with rational school schedule arrangement.
94. Traditional lesson planning, its design based on physiological peculiarities of different-aged pupils (primary school pupils, middle school pupils, high school pupils).
95. Principles of school schedule hygienic evaluation. The importance of outdoor activities in the school process. Hypodynamia & preventive measures.