

Questions for General Hygiene Exam

1. The basics of preventive medicine. Definition of Hygiene, the purpose and tasks. Structure of Hygiene.
2. The basic Laws of Hygiene. Methods of hygienic researches.
3. Definition of health. Concepts of individual health. Determinants of health.
4. Definition of disease. Disease agents.
5. The concept of Risk factors. The influence of risk factors on the organism.
6. Effects of risk factors combination. Modifiable and unmodifiable risk factors.
7. Risk assessment. Health Formula.
8. The concept of Premorbidity.
9. Complex hygienic diagnostics and hygienic pre-nosological diagnostics.
10. Definition and types of prevention.
11. Modes of intervention in prevention.
12. Sanitary and epidemic wellbeing of the population.
13. The basics of hygienic regulation. Hygienic standards.
14. Sanitary supervision and sanitary control.
15. Sanitary-epidemiologic service in the Republic of Belarus.
16. Hygiene of nutrition. Hygienic problems of nutrition.
17. Types of nutrition. Hygienic requirements for rational nutrition.
18. The basic Laws of rational nutrition.
19. Physiological requirements in rational nutrition.
20. The food guide pyramid. Main rules of healthy nutrition.
21. Definition and classification of nutrients. Essential nutrients.
22. Proteins: definition, classification, functions, dietary sources, requirements. Effects of protein deficiency.
23. Fats: definition, classification, functions, dietary sources, requirements. Fats and disease.
24. Carbohydrates: definition, classification, functions, dietary sources, requirements. Carbohydrates and disease.
25. Vitamins: definition and classification. Functions, dietary sources, requirements of water-soluble vitamins. Diseases of deficiency and excess.
26. Vitamins: definition and classification. Functions, dietary sources, requirements of fat-soluble vitamins. Diseases of deficiency and excess.
27. Minerals: definition and classification. Functions, dietary sources, requirements of macroelements. Diseases of deficiency and excess.
28. Minerals: definition and classification. Functions, dietary sources, requirements of microelements. Diseases of deficiency and excess.
29. Nutrition requirements for particular groups of population. Special features in organization of children's nutrition.
30. Features of nutrition organization for adult working population.

31. Special features of nutrition for intellectual work employees and students, sportsmen, the elderly people.
32. Hygienic basics of preventive nutrition. Characteristics of standard preventive diets.
33. Hygienic principles of clinical nutrition. Characteristics of standard clinical diets.
34. Nutritional quality and safety of food. Certification of quality and safety.
35. Classification of foodstuffs. Food quality examination.
36. Milk and dairy products: hygienic characteristics of nutritional and biological value, quality examination.
37. Methods of milk preservation.
38. Meat and poultry: hygienic characteristics of nutritional and biological value, quality examination.
39. Diseases of unsound meat consumption.
40. Fish: hygienic characteristics of nutritional and biological value, quality examination.
41. Eggs: hygienic characteristics of nutritional and biological value, quality examination.
42. Cereals and wheat: hygienic characteristics of nutritional and biological value, quality examination.
43. Fruits and vegetables: hygienic characteristics of nutritional and biological value, quality examination.
44. Definition of Nutritional Status.
45. Anthropometric and dietary approaches to Nutritional Status assessment.
46. Common methods for dietary data collection.
47. Classification of the Nutritional Status.
48. Relation of nutrition to health. Definition and classification of alimentary diseases.
49. Diseases of Protein-energy malnutrition.
50. Diseases of the nutritional excess.
51. Definition and classification of food poisoning.
52. Infection type of bacterial food poisoning and its prevention.
53. Staphylococcal food poisoning and its prevention.
54. Botulism and its prevention.
55. Mycotoxicosis and its prevention.
56. Nonbacterial food poisoning of plant and animal origin.
57. Nonbacterial food poisoning: mushroom and chemical poisoning.
58. Food poisoning investigation.
59. Hygienic requirements for the nutrition provision units.
60. Hygienic requirements for catering in hospitals.
61. Alien chemical substances (xenobiotics) in food.
62. Hygienic characteristics of the atmosphere.
63. The main sources of air pollution.

64. Characteristics of the main atmospheric pollutants. Measures for the protection of the atmosphere from sources of pollution.
65. Weather and its impact on the human body.
66. Meteorological reactions. Meteorological sensitivity.
67. Climate and its impact on the human body. Climatic zones. Acclimatization.
68. Lithosphere: structure and composition. Importance of soil.
69. Sources of pollution in lithosphere.
70. Endemic goiter and its prevention.
71. Iron deficiency and its prevention.
72. Fluorin deficiency and its prevention.
73. Fluorosis and its prevention.
74. Keshan disease and its prevention.
75. Prevention of Itai-Itai, Minamata, Yusho diseases.
76. Hygienic characteristics of an urban environment.
77. Hygienic requirements for planning and construction of urban and rural settlements.
78. Waste management.
79. Hospital waste management.
80. Health hazards of health-care waste.
81. Hydrosphere: structure and role.
82. The main sources of hydrosphere pollution. Protection measures.
83. Role of water in the distribution of diseases.
84. Drinking water resources.
85. Hygienic characteristics of water sources.
86. Systems of water supply.
87. Improvement of water quality. Stages of water purification.
88. Methods of water decontamination.
89. Indices of water quality: epidemiological safety of water.
90. Indices of water quality: chemical content.
91. Indices of water quality: organoleptic properties and ionizing radiation safety.
92. General hygienic requirements for healthcare institutions. Situation construction programme.
93. Types of hospital building up.
94. General plan of healthcare institutions. Functional zones of the territory.
95. General hygienic requirements for buildings and premises of healthcare institutions. Organisation of admission unit.
96. Hygienic requirements for departments, wards and ward sections of healthcare institutions.
97. Hygienic requirements for premises with special sterility regimen.
98. Hygienic requirements for working conditions of medical staff.
99. Hygienic and technical equipage of hospitals.
100. Hygienic characteristics of microclimate.

101. Hygienic characteristics of air temperature. Devices for measuring air temperature.
102. Hygienic characteristics of air humidity. Devices for measuring air humidity.
103. Hygienic characteristics of air mobility. Devices for measuring speed of air mobility.
104. Hygienic characteristics of atmospheric pressure. Devices for measuring atmospheric pressure.
105. Methods of complex hygienic microclimate assessment.
106. Mechanisms of body heat exchange with the environment.
107. Heating systems of healthcare institutions. Hygienic requirements to ventilation.
108. Sources of air pollution in healthcare institutions.
109. Assessment of air cleanness in indoor premise.
110. Assessment of air purity based on effectiveness of ventilation.
111. Indices of effectiveness of natural and artificial ventilation.
112. Hygienic problems of lighting in healthcare institutions. Natural and artificial lighting.
113. Insolation regimen of premises. Methods of natural lighting assessment.
114. Hygienic bases for prevention of nosocomial infections.
115. Organization and performing epidemiological monitoring in healthcare institutions.
116. Backgrounds and heralds of epidemiological troubles.
117. Staff actions in case of hospital acquired infection. Epidemiological and bacteriological investigation.
118. Infection control in admission department and wards.
119. Preoperative hygienic care for patients. Hygiene of operation theatre staff.
120. Hand hygiene of medical staff.
121. Hospital linen regimen.
122. Sorting dirty linen in the departments. Hygiene of staff working with soiled linen.
123. Hygienic requirements to collection, sorting and transportation of dirty linen.
124. Hygienic requirements to washing of hospital linen. Monitoring of washing quality.
125. Disinfection, pre-sterilization cleaning and sterilization of medical equipment.
126. Medical application of ionizing radiation.
127. Basic principles providing radiation safety.
128. Ways of the radiation safety.
129. Regulation of the collective radiation exposure.
130. Radiation Protection Regulations.
131. Monitoring over radiation safety. Classification of the radiation objects according to their potential danger.
132. Organisation of work with sources of ionizing radiation. Receiving, storage and transportation of the radiation sources.
133. Occupational Hygiene. Staff protective equipment.
134. Types of working activity. Workload and tension of work.
135. Physiology and psychology of work. Physiological classification of physical labor.

136. Hygienic characteristics of working conditions.
137. Manufacturing factors. Hygienic regulation of working conditions.
138. Noise as manufacturing factor. Characteristics of sound and noise. Control of noise.
139. Effects of noise on human body.
140. Prevention of noise disorders. Ways to decrease the noise.
141. Infrasound: Hygienic characteristics, effects, prevention.
142. Ultrasound: Hygienic characteristics, effects, prevention.
143. Characteristics of vibration. Vibration exposure.
144. The health effects of hand-arm vibration.
145. The health effects of whole-body vibration. Vibration exposure accumulation.
146. Diagnostics of vibration related diseases. Prevention of vibration exposure.
147. Characteristics of industrial poisons.
148. The main manifestation of the poison on the body. Methods of determining the poisons in the air. Industrial Ventilation.
149. Xenobiotics and their impact on the body.
150. Mechanisms of action of xenobiotics.
151. Social-hygienic monitoring.
152. The basics of Hygiene of children and adolescents. Factors which form health status.
153. Health groups of children population.
154. Assessment of growth and development. Age periods.
155. Assessment of physical development. Acceleration of growth and development.
156. Functional readiness for systematic education.
157. Special features of school education.
158. Hygienic requirements to educational process organisation in general educational institutions.
159. Prevention of overwork in schoolchildren.
160. Hygienic requirements to the territory of pre-school institution.