

Questions for General Hygiene Exam

1. Objective, subject and tasks of General Hygiene. Sanitary science, its goals and objectives, the relationship with hygiene. Structure of Hygiene.
2. Sanitary-epidemic wellbeing of the population. Structure of sanitary-epidemic services in Belarus.
3. Types of sanitary supervision and sanitary control.
4. Risk Factors. Identification and management of risk.
5. Hygienic monitoring of environmental factors.
6. Complex Hygienic diagnostics. Research methods used in the hygienic diagnostics.
7. Hygienic prenosological diagnostics. Hygienic methods of prenosological diagnostics.
8. Medical prevention. Types of prevention. Hygienic measures in the system of primary, secondary and tertiary prevention. The purpose and objectives of primary prevention.
9. Scientific bases of hygienic standardization, principles of hygienic standards.
10. The concept of the state hygienic standardization, hygienic registration, licensing activities, certification of products and services that pose a potential health hazard, state sanitary-hygienic examination.
11. The concept of the maximum permissible concentration (MPC), the maximum permissible levels (MPL) of exposure, indicative safe levels of exposure (ISLE), indicative permissible levels (IPL). Hygienic evaluation of multifactorial influences.
12. Adaptation to the effects of environmental factors. True adaptation and compensation.
13. General hygienic problems of nutrition.
14. Hygienic characteristics of macronutrients, their importance in human nutrition.
15. Hygienic characteristics of micronutrients, their importance in human nutrition.
16. Types of nutrition. Hygienic characteristics of different types of nutrition.
17. Methods of human nutrition assessment.
18. Hygienic principles of a balanced diet.
19. Physiological and hygienic standards in nutrition. Special features in organization of children's nutrition.
20. Features of nutrition organization for adult working population.
21. Special features of nutrition for intellectual work employees and students, sportsmen, the elderly people.
22. Types of state hygienic examination of quality and safety of food raw materials, products and ready meals.
23. The order of the state hygienic food examination. Control of hazardous chemicals and biological compounds in food.
24. Classification of food raw materials, products and meals according to the quality and safety.
25. Milk: hygienic characteristics of nutritional and biological value, examination of a quality.
26. Meat and poultry: hygienic characteristics of nutritional and biological value, examination of a quality.
27. Fish and eggs: hygienic characteristics of nutritional and biological value, examination of a quality.
28. Cereals and wheat: hygienic characteristics of nutritional and biological value, examination of a quality.
29. Fruits and vegetables: hygienic characteristics of nutritional and biological value, examination of a quality.

30. Definition and classification of nutritional status. Hygienic diagnosis of nutritional status.
31. Alimentary diseases. Symptoms and diseases of malnutrition. Identification of nutrient deficiency symptoms.
32. Diseases of protein-energy malnutrition. Prevention of protein-energy malnutrition.
33. Oil-soluble vitamins: requirement, main nutritional sources, diagnostics and prevention of deficiency.
34. Water-soluble vitamins: requirement, main nutritional sources, diagnostics and prevention of deficiency.
35. Mineral substances – macroelements: requirement, main nutritional sources, diagnostics and prevention of deficiency.
36. Mineral substances – microelements: requirement, main nutritional sources, diagnostics and prevention of deficiency.
37. Symptoms and diseases of excessive nutritional status. Prevention of obesity.
38. Definition and classification of food poisoning.
39. Characteristics of infection type bacterial food poisoning. Prevention measures.
40. Characteristics of toxic type bacterial food poisoning. Prevention measures.
41. Characteristics of non bacterial food poisoning. Prevention measures.
42. Investigation of food poisoning. Stages of the investigation, the goals and objectives of each of the stages.
43. The role of medical diagnostic and sanitary-epidemiological services in organizing and conducting the investigation of food poisoning.
44. Hygienic requirements to the catering in healthcare organizations.
45. Hygienic requirements for the structure, equipment and design of a nutrition unit.
46. Sanitary requirements for the transportation, reception and storage of food. Documentation of a hospital nutrition unit.
47. Hygienic control of patients catering, quantitative and qualitative adequacy of a diets.
48. Medical examination of a nutrition unit personnel's health. Contraindications to work in public catering.
49. Hygienic principles of clinical nutrition. Characteristics of standard clinical diets.
50. Hygienic basics of preventive nutrition. Characteristics of standard preventive diets.
51. Hygienic evaluation of the physical properties of the air environment (microclimate, barometric pressure, electrical and radiation conditions).
52. Chemical composition of the air, its effect on the organism.
53. The main sources of air pollution. Quantitative and qualitative characteristics of the main air pollutants. Principles of prevention of adverse effects of harmful factors. Dependence of the effect on the concentration and exposure time.
54. Effect of air pollution on the sanitary conditions of the population. Hygienic diagnosis of health status in terms of air pollution.
55. Risk assessment of air pollution. Organization of the atmosphere monitoring.
56. Diseases associated with adverse influences of the environment. Immune dysfunction syndromes and multiple chemical sensitivity.
57. Hygienic requirements for the planning and construction of urban and rural locations. Hygienic requirements for housing.
58. Hygienic characteristics of the physical factors of the settlements and dwellings environment.
59. Definition of health risk from noise exposure in settlements. Screening assessment of the noise factor.
60. Hygienic characteristics of chemical environmental factors in settlements and dwellings. Waste management.
61. Epidemic value of the soil. Soil self-cleaning. Hygienic control the purity of the soil on the sanitary-bacteriological parameters.

62. Hygienic standardization of the exogenous chemicals content in the soil. Principles of hygienic standardization of pollutants in the soil.
63. Indicators of chemical pollution of soil.
64. The concept of sanitary protection of soils. The main tasks of the sanitary protection of soils.
65. Economic, hygienic and physiological significance of water.
66. The role of water in spread of the diseases.
67. Endemic diseases – biogeochemical epidemics, caused by water.
68. Zoonosis and pathogenic protozoa spread through water.
69. Viral infections and intestinal infections spread through water.
70. Sources and reserves of fresh water. Hygienic characteristics of the main water sources.
71. Hygienic characteristics of the systems of water supply.
72. Hygienic requirements for the quality of water: standards of epidemiological water quality.
73. Hygienic requirements for the quality of water: indices, characterising water quality by chemical content.
74. Hygienic requirements for the quality of water: indices of organoleptic properties of water.
75. Methods of water quality improvement.
76. Stages of water purification. Coagulation, flocculation and filtration of water.
77. Physical methods of water decontamination.
78. Chemical methods of water decontamination.
79. Advantages and disadvantages of water chlorination. Ways of water chlorination.
80. Sanitary supervision of water supply.
81. General hygienic requirements to healthcare institutions.
82. Situation construction programme of Healthcare Institutions.
83. Hygienic characteristics of different types of building up of the Healthcare Institutions.
84. General plan of Healthcare Institutions. Functional zones of the territory of Healthcare Institutions. Distances between wards and other buildings on the territory of Healthcare Institutions.
85. General hygienic requirements for buildings and premises in Healthcare Institutions.
86. Planning and functions of admission units, sizes of admission units.
87. Hygienic requirements for departments, wards and ward sections.
88. Hygienic requirements for working conditions of medical staff.
89. Hygienic characteristics of microclimate. Mechanisms of body heat exchange with the environment.
90. Temperature regimen in Healthcare premises. Devices for measuring air temperature.
91. Air humidity and hygienic value of humidity. Devices for measuring air humidity.
92. Air mobility as a hygienic factor in HCI premises. Devices for measuring speed of air mobility.
93. Methods of complex microclimate assessment. Katathermometry. Effective temperatures (ET) and equivalent effective temperature (EET).
94. Systems of heating in Healthcare premises, characteristics of radiant heating.
95. Atmospheric pressure as a hygienic factor.
96. Indices of air pollution at Healthcare premises.
97. Hygienic requirements for natural ventilation.
98. Hygienic requirements for artificial ventilation.
99. Indices of ventilation effectiveness.
100. Natural lighting in Healthcare Institutions, characteristics, types and features of internal planning.

101. Methods of assessment of natural lighting.
102. Insulation regimen of Healthcare premises.
103. Types and systems of artificial lightening, hygienic requirements, methods of assessment.
104. Hospital acquired infections. Definition and classification.
105. Organization and performing of epidemiological monitoring in Healthcare Institutions.
106. Backgrounds and heralds of epidemiological troubles in Healthcare Institutions.
107. Staff actions in a case of Hospital acquired infections.
108. Epidemiological investigation of Hospital acquired infections cases.
109. Bacteriological investigation in a case of Hospital acquired infections.
110. General requirements to the hospital linen regimen.
111. Sorting of dirty linen in the departments.
112. Hygiene of staff working with soiled linen.
113. Washing of hospital linen.
114. Monitoring of washing quality.
115. Disinfection of medical equipment.
116. Pre-sterilization cleaning and sterilization of the medical equipment.
117. General characteristics of the sources of ionizing radiation used in Healthcare Institutions.
118. Ways of providing the radiation safety in Healthcare Institutions.
119. Radiation safety of the staff in Healthcare Institutions.
120. Radiation safety of the population.
121. Hygienic requirements for the placement and zoning of the radiation objects.
122. Work regimen with closed and open sources of radiation, with X-ray devices. Monitoring over providing of radiation safety.
123. Transportation and storage of the sources of ionizing radiation.
124. Occupational hygiene, aims of the study.
125. Physiology of work. Main physiological criteria of organism's state; Types of working activity.
126. Physiological classification of physical labour; Types of brain work.
127. Psychology of work; Tiredness - as a physiological process.
128. Classes of working conditions. Safe working conditions. Harmful working conditions. Dangerous working conditions. Professional disease (acute or chronic).
129. Manufacturing factors. Classification of the (harmful) manufacturing factors.
130. Hygienic regulation of working conditions. Normative regulating documents in occupational hygiene.
131. Noise as a factor of manufacturing environment. Types of noise, manufacturing noise. Noise regulations. Maximal permissible street noise.
132. Effects of noise on human body. Factors, influencing the noise effects on human body.
133. Prevention of noise disorders. Ways to decrease the noise.
134. Vibration as a factor of manufacturing environment. Characteristics of vibration. Vibration exposure.
135. The health effects of hand-arm vibration.
136. The health effects of whole-body vibration.
137. The combined effect of noise and vibration.
138. Prevention of vibration disease.
139. Infrasound as a factor of manufacturing environment. Prevention of the infrasound disorders.
140. Ultrasound as a factor of manufacturing environment. Prevention of the contact ultrasound.

141. Industrial poisons, classification.
142. Factors, influencing poison effects on human body; main actions (general, selective, local, specific, combinative).
143. Methods of poisons assessment, toxicity assessment.
144. Professional poisoning. Acute and chronic intoxications.
145. Toxicology of the main groups of the industrial poisons. Cancerogens, allergens, mutagens in industry.
146. Industrial ventilation, classification, ways of installing.
147. Sanitary control for the industrial enterprises.
148. Hygienic requirements for the industrial enterprises.
149. Organization of the medical service for the workers.
150. Medical examinations of the workers.
151. Basic principles of professional disease prevention. Prevention of the working trauma.
152. Hygiene of children and adolescents, aims of the study.
153. Main regularities of the children's growth and development. Age periods.
154. Assessment of the indices of physical development.
155. Indices of children's health status. Groups of health.
156. Medical control for the physical training. Groups of physical training.
157. Children's medical examination organization.
158. Hygienic requirements for the planning and equipment of pre-schools and schools.
159. Hygienic basics of the children's preparedness for the school. School maturity.
160. Assessment of the children's functional readiness level for the school education.
161. Hygienic requirements for the day regimen of schoolchildren. Physiological basics of the educational regimen organization in school.
162. Working ability indices of the pupils. Prevention of the fatigue and overstrain.