

GENERAL HYGIENE

Guidelines for the 2nd year students (Faculty for International Students)

LESSON 1. Hygienic requirements for healthcare institutions placement. Situation and general construction programmes.

AIM: to study common hygienic requirements to healthcare institutions.

DURATION: 2.0 academic hours.

Questions to study

1. General hygienic requirements for healthcare institutions.
2. Situation construction programme.
3. Types of hospital building up.
4. General plan of healthcare institutions.
5. Functional zones of the territory.

Practical work of students

1. Hygienic assessment of a typical hospital project.
2. To solve situational tasks of hygienic assessment of the situational construction program and general plan of the hospital.

Literature for self-study:

1. General Hygiene: training manual for the Medical Faculty of International Students / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2020. – P. 175-181.
2. General Hygiene: Manual for the Medical Faculty of International Students (English medium of instr.) / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2018. – P. 177-183.
3. Preventive and social medicine / K. Park. – Jabalpur, 2003. – 552 p.

GENERAL HYGIENE

Guidelines for the 2nd year students (Faculty for International Students)

LESSON 2. General hygienic requirements for buildings and premises of healthcare institutions.

AIM: to study hygienic requirements to different types of units in healthcare institutions.

DURATION: 2.0 academic hours.

Questions to study

1. General hygienic requirements for buildings and premises of healthcare institutions.
2. Organisation of admission unit.
3. Hygienic requirements for departments, wards and ward sections of healthcare institutions.
4. Hygienic requirements for premises with special sterility regimen.
5. Hygienic requirements for working conditions of medical staff.
6. Hygienic and technical equipage of hospitals.

Practical work of students

1. To perform sanitary inspection of the hospital's internal planning.
2. To solve situational tasks.

Literature for self-study:

1. General Hygiene: training manual for the Medical Faculty of International Students / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2020. – P. 182-191.
2. General Hygiene: Manual for the Medical Faculty of International Students (English medium of instr.) / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2018. – P. 184-193.
3. Preventive and social medicine / K. Park. – Jabalpur, 2003. – 552 p.

GENERAL HYGIENE

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LESSON 3. Hygienic characteristics of microclimate, heating and ventilation in HCl.

AIM: to study the procedure of hygienic assessment of microclimate in healthcare institutions.

DURATION: 2.0 academic hours.

Questions to study

1. Hygienic characteristics of microclimate.
2. Hygienic characteristics of air temperature. Devices for measuring air temperature.
3. Hygienic characteristics of air humidity. Devices for measuring air humidity.
4. Hygienic characteristics of air mobility. Devices for measuring speed of air mobility.
5. Hygienic characteristics of atmospheric pressure. Devices for measuring atmospheric pressure.
6. Methods of complex hygienic microclimate assessment.
7. Mechanisms of body heat exchange with the environment.
8. Heating systems of healthcare institutions. Hygienic requirements to ventilation.

Practical work of students

1. Hygienic assessment of the microclimate in the practice room.

Literature for self-study:

1. General Hygiene: training manual for the Medical Faculty of International Students / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2020. – P. 192-204.
2. General Hygiene: Manual for the Medical Faculty of International Students (English medium of instr.) / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2018. – P. 194-204.
3. Preventive and social medicine / K. Park. – Jabalpur, 2003. – 552 p.

GENERAL HYGIENE

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LESSON 4. Hygienic assessment of air purity of hospital's premises.

AIM: to perform hygienic assessment of air purity in healthcare departments.

DURATION: 2.0 academic hours.

Questions to study

1. Sources of air pollution in healthcare institutions.
2. Assessment of air cleanness in indoor premise.
3. Assessment of air purity based on effectiveness of ventilation.
4. Indices of effectiveness of natural and artificial ventilation.

Practical work of students

1. Hygienic assessment of air purity in the practice room.

Literature for self-study:

1. General Hygiene: training manual for the Medical Faculty of International Students / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2020. – P. 205-212.
2. General Hygiene: Manual for the Medical Faculty of International Students (English medium of instr.) / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2018. – P. 205-212.
3. Preventive and social medicine / K. Park. – Jabalpur, 2003. – 552 p.

GENERAL HYGIENE

Guidelines for the 2nd year students (Faculty for International Students)

LESSON 5. Hygienic assessment of lighting and insolation of hospital's premises.

AIM: to study the procedure of hygienic assessment of lighting in healthcare departments.

DURATION: 2.0 academic hours.

Questions to study

1. Hygienic problems of lighting in healthcare institutions.
2. Insolation regimen of premises.
3. Methods of natural lighting assessment.
4. Hygienic requirements for artificial lightening.

Practical work of students

1. Hygienic assessment of the natural and artificial lighting in the practice room.

Literature for self-study:

1. General Hygiene: training manual for the Medical Faculty of International Students / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2020. – P. 212-215.
2. General Hygiene: Manual for the Medical Faculty of International Students (English medium of instr.) / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2018. – P. 212-215.
3. Preventive and social medicine / K. Park. – Jabalpur, 2003. – 552 p.

GENERAL HYGIENE

Guidelines for the 2nd year students (Faculty for International Students)

LESSON 6. Infection control in hospitals. Hygiene of patients and staff.

AIM: to study the basics of nosocomial infections prevention.

DURATION: 2.0 academic hours.

Questions to study

1. Hygienic bases for prevention of nosocomial infections.
2. Organization and performing epidemiological monitoring in healthcare institutions.
3. Backgrounds and heralds of epidemiological troubles.
4. Staff actions in case of hospital acquired infection. Epidemiological and bacteriological investigation.
5. Infection control in admission department and wards.
6. Preoperative hygienic care for patients. Hygiene of operation theatre staff.
7. Hand hygiene of medical staff.

Practical work of students

1. To solve situational tasks.

Literature for self-study:

1. General Hygiene: training manual for the Medical Faculty of International Students / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2020. – P. 216-228.
2. General Hygiene: Manual for the Medical Faculty of International Students (English medium of instr.) / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2018. – P. 216-227.
3. Preventive and social medicine / K. Park. – Jabalpur, 2003. – 552 p.

GENERAL HYGIENE

Guidelines for the 2nd year students (Faculty for International Students)

LESSON 7. Hygienic requirements to the hospital linen regimen. Sterilization of the medical equipment.

AIM: to study the basics of hospital linen regimen.

DURATION: 2.0 academic hours.

Questions to study

1. Hospital linen regimen.
2. Sorting dirty linen in the departments. Hygiene of staff working with soiled linen.
3. Hygienic requirements to collection, sorting and transportation of dirty linen.
4. Hygienic requirements to washing of hospital linen. Monitoring of washing quality.
5. Disinfection, pre-sterilization cleaning and sterilization of medical equipment.

Practical work of students

1. Demonstration of methods for washing quality control.
2. To solve situational tasks.

Literature for self-study:

1. General Hygiene: training manual for the Medical Faculty of International Students / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2020. – P. 228-234.
2. General Hygiene: Manual for the Medical Faculty of International Students (English medium of instr.) / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2018. – P. 227-234.
3. Preventive and social medicine / K. Park. – Jabalpur, 2003. – 552 p.

GENERAL HYGIENE

Guidelines for the 2nd year students (Faculty for International Students)

LESSON 8. The fundamentals of ionizing radiation hygiene. Monitoring over radiation safety.

AIM: to study the basics of ionizing radiation safety.

DURATION: 2.0 academic hours.

Questions to study

1. Medical application of ionizing radiation.
2. Basic principles providing radiation safety.
3. Ways of the radiation safety.
4. Regulation of the collective radiation exposure.
5. Radiation Protection Regulations.
6. Monitoring over radiation safety.
7. Classification of the radiation objects according to their potential danger.
8. Organisation of work with sources of ionizing radiation.
9. Receiving, storage and transportation of the radiation sources. Radioactive waste.

Practical work of students

1. Demonstration of ionizing radiation exposure assessment methods.
2. To solve situational tasks.

Literature for self-study:

1. General Hygiene: training manual for the Medical Faculty of International Students / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2020. – P. 235-253.
2. General Hygiene: Manual for the Medical Faculty of International Students (English medium of instr.) / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2018. – P. 235-253.
3. Preventive and social medicine / K. Park. – Jabalpur, 2003. – 552 p.

GENERAL HYGIENE

Guidelines for the 2nd year students (Faculty for International Students)

LESSON 9. Occupational Hygiene. Working environment.

AIM: to study the basics of occupational hygiene.

DURATION: 2.0 academic hours.

Questions to study

1. Occupational Hygiene. Staff protective equipment.
2. Types of working activity. Workload and tension of work.
3. Physiology and psychology of work. Physiological classification of physical labor.
4. Hygienic characteristics of working conditions.
5. Manufacturing factors. Hygienic regulation of working conditions.

Practical work of students

1. Investigation of the student's tiredness during classes.
2. To solve situational tasks.

Literature for self-study:

1. General Hygiene: training manual for the Medical Faculty of International Students / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2020. – P. 254-265.
2. General Hygiene: Manual for the Medical Faculty of International Students (English medium of instr.) / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2018. – P. 254-264.
3. Preventive and social medicine / K. Park. – Jabalpur, 2003. – 552 p.

GENERAL HYGIENE

Guidelines for the 2nd year students (Faculty for International Students)

LESSON 10. Noise as manufacturing factor. The effects of vibration on human health.

AIM: to study the principles of noise and vibration disorders prevention.

DURATION: 2.0 academic hours.

Questions to study

1. Noise as manufacturing factor. Characteristics of sound and noise. Control of noise.
2. Effects of noise on human body.
3. Prevention of noise disorders. Ways to decrease the noise.
4. Infrasound: Hygienic characteristics, effects, prevention.
5. Ultrasound: Hygienic characteristics, effects, prevention.
6. Characteristics of vibration. Vibration exposure.
7. The health effects of hand-arm vibration.
8. The health effects of whole-body vibration. Vibration exposure accumulation.
9. Diagnostics of vibration related diseases. Prevention of vibration exposure.

Practical work of students

1. Acquaintance with devices and methods of noise assessment.
2. Acquaintance with devices and methods of vibration assessment.
3. To solve situational tasks.

Literature for self-study:

1. General Hygiene: training manual for the Medical Faculty of International Students / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2020. – P. 266-286.
2. General Hygiene: Manual for the Medical Faculty of International Students (English medium of instr.) / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2018. – P. 265-287.
3. Preventive and social medicine / K. Park. – Jabalpur, 2003. – 552 p.

GENERAL HYGIENE

Guidelines for the 2nd year students (Faculty for International Students)

LESSON 11. Hygienic assessment of chemical manufacturing factors. Medical supply of working environment.

AIM: to study hygienic characteristics of chemical manufacturing factors, effects of industrial poisons on human health. To study the principles of occupational diseases prevention.

DURATION: 2.0 academic hours.

Questions to study

1. Characteristics of industrial poisons.
2. The main manifestation of the poison on the body.
3. Methods of determining the poisons in the air. Industrial Ventilation.
4. Xenobiotics and their impact on the body.
5. Mechanisms of action of xenobiotics.
6. Social-hygienic monitoring.

Practical work of students

1. Acquaintance with devices and methods of poisons assessment.
2. Draw up a plan of preventive measures aimed to improve working conditions and maintain the health of workers under conditions of exposure to the following harmful production factors: noise, vibration, infrasound, ultrasound, industrial poisons.

Literature for self-study:

1. General Hygiene: training manual for the Medical Faculty of International Students / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2020. – P. 287-294.
2. General Hygiene: Manual for the Medical Faculty of International Students (English medium of instr.) / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2018. – P. 288-296.
3. Preventive and social medicine / K. Park. – Jabalpur, 2003. – 552 p.

GENERAL HYGIENE

Guidelines for the 2nd year students (Faculty for International Students)

LESSON 12. Hygiene of children and adolescents. Physical development and health status of children and adolescents.

AIM: to study the principles of physical development and health status assessment.

DURATION: 2.0 academic hours.

Questions to study

1. The basics of Hygiene of children and adolescents. Factors which form health status.
2. Health groups of children population.
3. Assessment of growth and development. Age periods.
4. Assessment of physical development.
5. Acceleration of growth and development.

Practical work of students

1. Assessment of physical development.

Literature for self-study:

1. General Hygiene: training manual for the Medical Faculty of International Students / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2020. – P. 295-304.
2. General Hygiene: Manual for the Medical Faculty of International Students (English medium of instr.) / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2018. – P. 297-306.
3. Preventive and social medicine / K. Park. – Jabalpur, 2003. – 552 p.

GENERAL HYGIENE

Guidelines for the 2nd year students (Faculty for International Students)

LESSON 13. Functional preparedness for systematic education. Hygienic assessment of classes and daily routine in general school.

AIM: to study hygienic characteristics of functional preparedness for school education, to study hygienic requirements for pre-schools and schools.

DURATION: 2.0 academic hours.

Questions to study

1. Functional readiness for systematic education.
2. Special features of school education.
3. Hygienic requirements to educational process organisation in general educational institutions.
4. Prevention of overwork in schoolchildren.
5. Hygienic requirements to the territory of pre-school institution.

Practical work of students

1. To solve situational tasks.

Literature for self-study:

1. General Hygiene: training manual for the Medical Faculty of International Students / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2020. – P. 305-315.
2. General Hygiene: Manual for the Medical Faculty of International Students (English medium of instr.) / I. A. Naumov, E. A. Moiseenok, E. S. Lisok. – Grodno: GrSMU, 2018. – P. 307-317.
3. Preventive and social medicine / K. Park. – Jabalpur, 2003. – 552 p.