



INTERNATIONAL EUROPEAN UNIVERSITY

**EDUCATIONAL AND SCIENTIFIC INSTITUTE
"EUROPEAN MEDICAL SCHOOL"**

**DEPARTMENT
OF MEDICAL AND PREVENTIVE DISCIPLINES**

The list of theoretical questions for the final control

FOR 3RD YEAR STUDENTS, V SEMESTER

SPECIALTY 222 "MEDICINE"

DISCIPLINE

HYGIENE AND ECOLOGY

Section 2. Special issues of hygiene and ecology.

1. Work and labor, definition of concepts, socio-hygienic significance of labor. Physiology of labor, harmful factors of the labor process. Changes in physiological processes in the human body during work and their physiological and hygienic assessment.
2. Fatigue and overfatigue, measures to prevent fatigue.
3. The concept of occupational hazards and occupational diseases, their classification.
4. Diseases associated with high levels of mental stress, intensification of production processes.
5. Workplace organization. Monotony of work, its prevention. Forced body position, tension of individual organs and systems and prevention of diseases associated with them. The concept of difficulty and intensity of work. Ergonomics.
6. Physiological and hygienic features of the work of an elderly person. Indicators of the severity and intensity of work of the elderly and their changes during employment. The influence of adverse factors of the production environment on the rate of aging of the employee.
7. Hygienic requirements for the mode of operation. Sanitary legislation on labor protection. (Labor Code of Ukraine). Issues of bioethics and biosafety in occupational health.
8. Harmful and dangerous factors of working conditions and production environment. Influence of physical factors of the production environment (noise, vibration, high-frequency electromagnetic oscillations, etc.) on the health of workers.
9. "Noise" disease and its prevention. Vibration disease and its prevention.
10. Industrial microclimate, factors that determine it, the impact of adverse microclimate on the health of workers, preventive measures.
11. Features of occupational hygiene at low and high atmospheric pressure. Altitude, mountain, decompression, caisson diseases, their prevention.
12. Methods for determining dust, chemical contamination of the production environment.
13. Chemical factors of the production environment. Carcinogenic, mutagenic, allergenic factors in production, prevention of their harmful effects.
14. Industrial dust, its classification, prevention of harmful effects. Industrial toxicology. Complex, combined, combined action of industrial hazards.
15. Biological factors in production, prevention of their adverse effects.
16. Hygienic requirements for heating, ventilation and lighting of industrial premises. Methods and means of prevention of occupational injuries. Issues of bioethics and biosafety in the prevention of harmful and dangerous factors of the production environment.
17. MR rofesiyni poisoning and its prevention.
18. Occupational hygiene in the main industries of industrial and agricultural production, women and adolescents, the elderly and the disabled.
19. Means of individual protection against harmful and dangerous factors of the production environment (protection of body, sight, hearing, respiratory organs).
20. Environmental factors and social living conditions that affect the formation of the health of children and adolescents.

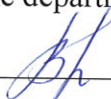
21. General patterns of growth and development of children and adolescents. Assessment criteria and health indicators for children and adolescents. Methods of comprehensive assessment of the health of children and adolescents. Features of the distribution of children and adolescents by health groups.
22. The main indicators of physical development. Rules of anthropometry. Requirements for tables of regional standards of physical development. The concept of biological and calendar age. Indicators of the level of biological development of children and adolescents. Modern ideas about epochal and intra-age acceleration and deceleration (retardation).
23. Methods for assessing the physical development of children and adolescents (the method of sigma deviations, regression scales, complex and centile methods). Methods of assessing the state of health and physical development of organized children's groups.
24. Tasks of the doctor on the organization and carrying out of improving actions in children's collectives (schools, gymnasiums, lyceums, colleges, boarding schools, vocational schools, orphanages, preschool establishments, camps of work and rest, out-of-school establishments).
25. Child and adolescent health management system. The role of the family doctor in the formation of favorable hygienic conditions for the upbringing and education of the child.
26. Factors and conditions of the environment and the educational process affecting health ' I'm children and adolescents. The shift in the state of health ' I and diseases that are caused by the influence of environmental factors and conditions of stay of pupils in schools.
27. Hygienic requirements for the land plot, building and group section of the children's preschool institution. The principle of group isolation and its significance.
28. Hygienic requirements for the land plot and the building of the general educational institution. The principle of functional zoning and its significance. Hygienic requirements for planning, arrangement, equipment, microclimate, ventilation, lighting and sanitation of the main premises of educational institutions.
29. Hygienic requirements for educational furniture and their physiological justification. Rules for marking desks, other school furniture and seating students. Hygienic requirements for the placement of school furniture in the school classroom.
30. The main preventive measures to improve the sanitary and hygienic conditions of students in modern educational institutions.
31. Anatomical-physiological and psychophysiological features of the body of children and adolescents of different ages and genders. Medical, physiological and psychological pedagogical criteria for assessing the level of development of the child. Methods of studying age psychophysiological features of an organism of children and teenagers. Health changes and diseases caused by irrational organization of the educational process.
32. The concept of school maturity. Hygienic bases and methods of determining the functional readiness of the child to study at school.
33. The concept of daily routine and basic regime elements. Features of hygienic rationing of daily activities of students. Hygienic principles of compiling and evaluating the daily routine of children and adolescents of different ages.
34. Hygienic requirements for the organization of the educational process in modern secondary schools. Hygienic requirements for school schedules and methods of its evaluation. Hygienic requirements for the organization and methods of the lesson. Features of education of six-year-old children.
35. Hygienic requirements for school textbooks and manuals.
36. Features of the educational process in innovative educational institutions (gymnasiums, lyceums, colleges, etc.), specialized schools, children's sanatoriums and health facilities.
37. Hygienic requirements for the organization of extracurricular activities and free time of students.
38. Hygienic principles of rational organization of physical education of children and adolescents. Types, means and forms of physical culture in modern educational institutions.
39. The concept of motor activity. Methods of quantitative measurement and hygienic assessment of motor activity. Prevention of hypokinesia. Physiological and hygienic bases of assessment of a lesson of physical culture. Hygienic requirements for places of physical education classes.
40. Medical control over the organization of physical education classes and hygienic aspects of medical support of physical education of children and adolescents. Physiological and hygienic bases of hardening of an organism of children and teenagers. Basic types, principles and methods of hardening organization.

41. Hygienic principles of hospital construction and creation of optimal conditions for patients' stay and work of medical staff. Sanitary examination of projects for the construction of treatment and prevention facilities.
42. Hygienic principles of hospital construction. Hygienic requirements for land and hospital buildings.
43. Hygienic aspects of the organization of work of doctors. Prevention of occupational diseases of doctors of various specialties.
44. Hygienic requirements for the ward section and the hospital ward. Methods of studying microclimatic conditions and ventilation efficiency in the ward. Indicators of air quality in the ward.
45. Hygienic requirements for the arrangement, equipment and operation of the hospital reception department. Features of the organization of admission of patients to infectious departments of hospitals. Sanitary but anti-epidemic regime.
46. Hygienic requirements for the arrangement, equipment and operation of the therapeutic department. Sanitary and anti-epidemic regime.
47. Hygienic requirements for the arrangement, equipment and operation of the surgical department of the hospital. Sanitary and anti-epidemic regime.
48. Hygienic requirements for the arrangement, equipment and operation of the obstetrics and gynecology department and maternity hospital. Sanitary and anti-epidemic regime.
49. Hygienic requirements for the arrangement, equipment and operation of the children's ward of the hospital. Sanitary and anti-epidemic regime.
50. Hygienic requirements for the arrangement, equipment and operation of the infectious diseases department of the hospital. Prevention of intrahospital infections. Sanitary and anti-epidemic regime.
51. Hygienic requirements for the arrangement, equipment and operation of the radiology department of the hospital. Sanitary and dosimetric control. Methods for determining the required anti-radiation protection.
52. Hygienic requirements for the arrangement, equipment and operation of the radiology department of the hospital. Sanitary and dosimetric control. Hygienic assessment of the effectiveness of radiation protection.
53. Disposal and disinfection of hospital wastewater and public health (basic principles of disposal and disinfection of wastewater in the presence and absence of centralized sewerage systems, local treatment facilities of rural hospitals and separately located health facilities).
54. Hygienic characteristics of ionizing radiation (physical properties, biological action, types of doses, devices and units of measurement, pathology). Hygienic principles of radiation control. Radiation safety standards.
55. Hygienic characteristics of factors that determine the nature and severity of radiation injuries. Quantitative and qualitative characteristics of radionuclides and ionizing radiation. Giga yenchini principles of radiation control.
56. Hygienic bases of radiation protection in medicine, industrial and domestic conditions. Methods for estimating the radiation background of the area. Basic sanitary rules for working with radioactive substances.
57. Methods of studying the impact of environmental factors on public health: the choice of observation zones, assessment of the degree of environmental pollution, determination of the integrated health index.
58. Hygienic foundations of a healthy lifestyle. Risk factors and their prevention. The concept of combined, complex and combined effect of environmental factors on human health.
59. Hygienic aspects of medical biorhythmology. Fundamentals of psycho hygiene and psychophylaxis.
60. Hygienic principles of hardening. Hygienic characteristics of baths and their role in maintaining health and disease prevention.
61. Hygienic requirements for clothing, footwear and household items. Hygienic assessment of hospital clothes.
62. Hygienic characteristics of climate and weather of hot and tropical latitudes.
63. Physiological features of thermoregulatory mechanisms in the conditions of heating microclimate and its influence on an organism and health. Human adaptation and acclimatization in hot and tropical climate.

64. Health disorders and diseases characteristic of hot and tropical climate and their prevention.
65. Features of personal hygiene in the arid and humid climate of the tropics.
66. Features of planning and development of settlements in the conditions of arid and humid tropical climate.
67. Calculation methods for assessing the impact of tropical climate on the thermal state of the organism.
68. Features of the body's energy needs, quantity and ratio of nutrients in tropical climates.
69. General characteristics of diseases of alimentary origin among the population of tropical regions and methods and means of their prevention.
70. Hygienic requirements for food quality and their features in tropical climates.
71. Hygienic characteristics of water resources and water supply sources in arid (arid) and humid (humidified) zones of the tropics.
72. Features of physiological functions of water in the tropics (structural, exchange, transport, excretory, heat exchange and others).
73. Hygienic requirements for drinking water quality and their features in tropical climates. International standard for drinking water quality and features of its use in the tropics.
74. Hygienic characteristics of methods and means of purification, disinfection, special methods of water conditioning in the tropics.
75. Organization and methods of sanitary control over drinking water quality in centralized and local water supply in developed countries of the tropical zone and in developing countries.
76. Methods of sanitary inspection of water supply sources, collection of water samples for laboratory tests and evaluation of their results.
77. Determination and classification of emergency situations. International and national units on elimination of catastrophe consequences.
78. Peculiarities of the life support of non-governmental units, rescue teams and affected population during catastrophes and in other emergency situations.
79. Field location of rescue units. Organization of sanitary inspection of field location of rescue units in emergency situations.
80. Methods and means of medical control of rescue units in field conditions, in protective installations.

Discussed and approved at the meeting of the department of
MEDICAL AND PREVENTIVE DISCIPLINES,
protocol № 1 from " 25 " 08 2021

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 Maya VERGOLYAS