

THE PROGRAM

of examination questions for general hygiene Discipline,
for second year students of the Medicine 2 Faculty

1. Hygiene, sanitary, prophylaxis-notions, hygiene studies methods.
2. Factors studied by hygiene, their groups. Risk factors for health.
3. Necessity of knowing hygiene by doctors, domains of knowledge application.
4. Rational alimentation. Principles. Factors taken into consideration in recommendation of rational alimentation.
5. Types of energy expenditures by organism. Methods of determination. Physiologic norms of energy consumption for different groups of population.
6. Biologic importance of proteins. Food products- sources of proteins (from biologic value). Protein necessity and equilibrium.
7. Biologic importance of lipids, sources of aliments, necessity, lipid equilibrium.
8. Biologic importance of carbohydrates, alimentary sources, necessity, carbohydrates equilibrium. Indigestible carbohydrates.
9. Vitamins, general characteristic, classification.
10. Biologic importance of retinol and calciferol, sources in aliments. Daly necessity.
11. Hypervitaminosis, causes, clinique manifestations, prophylaxies.
12. Biologic importance of Vit B, necessity, aliment's sources.
13. Importance of ascorbic acid in alimentation. Daly necessity, products which contain high quantity of Vitamin C.
14. Hypovitaminosis, causes, prophylaxies. Methods which determine vitamin C organism's saturation.
15. Alimentary regimens notions, requirements.
16. Importance of milk and acido-lactic products in alimentation. Indices of milk qualities according to STAS.
17. Importance of meats, fish, eggs in alimentation. Hygienic expertise. Diseases that can be transmitted by fish, meat, eggs, their prophylaxis.
18. Importance of bread in alimentation. Quality indices according STAS.
19. Nutritive value of vegetables, fruits.
20. Alimentary pathologies (classification FAO/WHO)
21. Alimentary poisoning, notions, classification peculiarities.
22. Alimentary toxi-infections- bacteria that can induce it, products that can cause it, clinical picture. Prophylactic principles.
23. Staphylococcal poisoning – Pathogenesis, products that can cause it, clinical peculiarities, prophylaxis.
24. Botulism – Etiology, pathogenesis, products causing it, clinical peculiarities, prophylaxis.

25. Mycotoxicosis -etiology, pathogenesis, products causing it, clinical peculiarities, prophylaxis.
26. Doctor's duty in the case of outbreak of an alimentary intoxication.
27. Hygienic importance of air. Atmospheric stratification and their characteristic.
28. Hygienic importance of air temperature and humidity, methods of determination.
29. Hygienic importance of air movements, their characteristics, methods of determination. Wind rose.
30. Microclimate – notions, actions on the organism.
31. Methods of determination of actions of air thermal ambiance on the organism.
32. Biologic importance of solar radiation. (infrared, light, UV radiations)
33. Weather, climate, climatic zone (general characteristics). Acclimatization as a hygienic problem, its phases.
34. Influence of the oxygen partial pressure variation on the organism.
35. Influence of the CO₂ partial pressure variation on organism.
36. Influence of Azoth partial pressure variation on organism.
37. Atmospheric pollution, definition, sources of pollution.
38. Atmospheric pollutants, their classification by direct action on organism.
39. Effects of pollution of atmospheric air on health (direct and indirect).
40. Measures of protection of atmospheric air.
41. Natural ventilation of air. Their types and factors of determination.
42. Artificial ventilation, components and types.
43. Methods of calculating of volume and multiples of ventilation necessary in public rooms.
44. Appreciation methods of efficacy room ventilation.
45. Hygienic exigency of natural lightening of rooms. Factors of their influence. Indices of appreciation of natural light, norms for different rooms.
46. Sources of artificial lightening of rooms, their hygienic characteristics.
47. Methods of studies and appreciation of artificial light in rooms.
48. Water as factor of health.
49. Physiologic importance of water. Physiologic norms of consumption, factors determining it.
50. Micro and macro elementary composition of water, their influence on health.
51. Hygienic exigency referring to the quality of drinkable water. Groups of indices of drinkable water quality (by sanitary norms).
52. Chemical composition – indicators of water pollution with organic substance.
53. Contagious diseases transmitted through water. Their classification. Manifestation forms of hydric infections.
54. Primary and secondary characters of hydric epidemics.
55. Characteristics of endemic and sporadic forms of hydric infectious diseases.

56. Conditioning methods of drinkable water.
57. Hygienic characteristic of methods of transparency and discoloration of water.
58. Hygienic appreciation of methods of water disinfection.
59. Hygienic characteristic of underground water as a source of provisioning of water.
60. Hygienic characteristic of surface waters as a source of water provisioning, auto cleaning of water.
61. Hygienic characteristic of centralized system of water provisioning. Zones of sanitary protection of sources of water provisioning.
62. Hygienic importance of soil, sources of pollution, auto cleaning.
63. Chemical components of soil. Geochemical endemics.
64. Soil as source of contagious diseases & invasive parasitosis.
65. Modalities of sanitation of liquid wastes from localities.
66. Modalities of cleaning of solid wastes from localities.
67. Hygiene knowledge and argumentation of necessity for hospital's doctors.
68. Main directions of projection and building of contemporary hospitals.
69. Role of curative doctors in the preventive health supervising of hospitals.
70. Role of curative doctors in the current health supervising of hospitals.
71. Factors which contributing to create hygienic condition in the hospitals.
72. Hygienic requirements in the process of hospital's emplacement.
Systematization of hospital's territory.
73. Systems of hospital building, their characteristics.
74. Hygienic requirements for emergency service. Work principle and insurance.
75. Medical emergency unit (definition). Systematization requirements and types.
76. Hygienic requirements for microclimate in the hospital rooms.
77. Heating systems used in the hospital rooms, their characteristics.
78. Necessary of volume ventilation for one patient, its calculation.
79. Peculiarities of organizing air changing in the operation room, delivery room, boxes.
80. Hospital's water supply. Quality and quantity norms of water.
81. Liquid & solid waste disposal from hospitals.
82. Hygienic requirements for infectious diseases hospitals/departments.
83. Peculiarities of interior systemization of infectious diseases units.
84. Methods of air disinfection in the hospital rooms. Factors conditioning the efficiency of disinfection.
85. Hygienic requirements for surgical units systemization.
86. Hygienic requirements for obstetric units systemization.
87. Nosocomial infections groups. Causes of frequent apparition and their suppression.

88. Non-specific measures in prophylaxis of nosocomial infections, their characteristics.
89. Hygiene as a scientific branch and health practice. Scope of studies.
90. Functional modifications in the organism during the physical work. Methods of determination of physiologic modifications in the organism during the physical work.
91. Functional modifications in the organism during the intellectual work. Methods of determination of physiologic modifications in the organism during the intellectual work.
92. Overwork and exhaustion, their prophylaxis.
93. Industrial hazards. Their definition and classification.
94. Industrial microclimate and their influence on organism.
95. Dust as professional noxious. Classification. Dust induced diseases, their prophylaxis.
96. Pneumoconiosis, their classifications.
97. Noise and vibrations as professional hazards. Their action on organism, measures of prophylaxis of noxious agents.
98. Professional diseases – definition, classification of professional diseases, their diagnosis.
99. Industrial hazards (definition). Ways of entering and classification by their degree of danger.
100. Hygienic characteristics of toxins ways entering in the organism. Toxin absorption and determining factors.
101. Ways of toxins elimination from organism, their characteristics.
102. Toxin's action on the human organism and determining factors.
103. Tactics of curative doctors in the case professional poisoning examination.
104. Preventive medical examination – during the employment process.
105. Occupational hygiene in agriculture.
106. Occupational hygiene in the zootechnique and aviculture.
107. Military hygiene as an object, its scope. Measures of health-hygienic supply of soldiers, definition, principal types.
108. Peculiarities of water supply in the field conditions. Functions of medical service in control of water in field conditions.
109. Modalities of water treatment in field conditions, military technical installation. Disinfection of water by hyper chlorination
110. Functions of medical service in the control of soldier's alimentation.
111. Modalities of determination and appreciation of caloric values and chemical composition of soldier's ration. Measures of prophylaxis and methods of findings of hypovitaminosis in military units.
112. Hygiene of work in army units.

113. Occupational hygiene in radio-technical units (radiolocation).
114. Ionizing radiations, their characteristics, usage domains.
115. Biologic action of ionizing radiations.
116. Principles of radioprotection.
117. “Critical organ” – definition. Groups of critical organs.
118. Growth and development of children and adolescents. Basic laws of growth and development.
119. Physical development of children and adolescents. Study methods and appreciation of physical development of children and adolescents.
120. Health of children and adolescents – Definition, health groups. Factors which have influence on physical development and morbidity of young organism.

Head of Discipline of Hygiene,
PhD, Professor

I. Bahnarel