


<p>ОҢТҰСТІК ҚАЗАҚСТАН MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ</p>		<p>SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»</p>
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METHODICAL RECOMMENDATIONS FOR INDIVIDUAL WORK OF STUDENTS

Name of discipline: «Hygiene and Epidemiology»

Code of discipline: GaE 3201

Name of EP: 6B10101 «General Medicine»

Amount of training hours /credits: 120h. (4 credits)

Course and semester of study: 3 course, V semester

Individual work: 24 h.

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Methodical instructions for independent work of students are developed in accordance with the working program (syllabus) of the discipline «Hygiene and Epidemiology» and discussed at the meeting of the department.

Protocol №10 from 23.05. 2023 year.

Head of the Department:



Utepov P.D.

<p>ОҢТҰСТИК QAZAQSTAN MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ</p>		<p>SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»</p>
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№1.

1. Theme: Hygienic significance of atmospheric air pollution, the problem of atmospheric air pollution in the Republic of Kazakhstan.

2. Purpose: to study the hygienic significance of atmospheric air pollution in the Republic of Kazakhstan.

3. Tasks:

1. Evaluate the hygienic significance of atmospheric air pollution in the Republic of Kazakhstan.
2. Identify harmful environmental factors.

4. Form of execution/ evaluation: Check list compilation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 1st - week.

7. Literature:

Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
2. General Hygiene: Workbook for medical students / Aliona Tihon; "Nicolae Testemițanu" State Univ. of Medicine and Pharmacy, Gen. Hygiene Dep. – Chișinău: CEP Medicina, 2017. – 247p.

8. Control-questions:

1. Name the main factors of pollution (pollutants) of atmospheric air in cities and villages of Kazakhstan.
2. What is the "greenhouse effect"?
3. What are the reasons for the violation of the ozone layer of the atmosphere.
4. Name the causes of acid rain.
5. What effect do harmful substances of atmospheric air have on the human body?
6. What is an integral assessment of the degree of danger of atmospheric air pollution?
7. List hygienic measures to protect atmospheric air from pollution.


№2

1. Theme: Solar radiation and its hygienic significance.

2. Purpose: to familiarize students with the indicators of the assessment of illumination and its rationing.

3. Tasks:

1. Evaluate the factors affecting the insolation mode of the room.
2. Evaluate the spectra of solar radiation and its hygienic value.

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4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 2nd week

7. Literature:

Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
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8. Control-questions:

1. What is natural light?
2. Explain the hygienic significance of solar radiation.
3. What is the natural light coefficient?
4. Tell us the biological significance of ultraviolet radiation.

№ 3

1. Theme: Problems of water resources, sources of water supply. Sanitary protection of water sources.

2. Purpose: to familiarize students with the problems of water resources, water supply sources and with a set of measures for sanitary inspection and sanitary protection of water sources.

3. Tasks:

1. Determine the sanitary and hygienic characteristics of underground and surface sources and water supply systems.
2. Evaluate the methods of sanitary inspection of water supply sources.
3. Study the main measures for the sanitary protection of water sources.
4. Tell us about the problems of water resources.
5. Familiarize yourself with the main measures for the sanitary protection of water sources.
6. Study the recommendations for choosing a water source or water supply based on the data of the sanitary and topographic survey of the water source.

4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 3rd week.

7. Literature:

Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.

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8. Control-questions:

1. Give sanitary and hygienic characteristics of underground and surface sources and water supply systems.
2. What methods of sanitary inspection of water supply sources do you know?
3. What problems of water resources exist?
4. Tell us about chemical, biological, thermal, mechanical, radioactive contamination of waters and their characteristics.
5. What priority pollutants of surface and groundwater do you know?
6. Describe industrial, agricultural, household and atmospheric wastewater, priority pollutants of aquatic ecosystems by industry.
7. Tell us the environmental consequences of pollution of the hydrosphere.
8. How does water pollution affect different types of water use?
9. What is the state of Kazakhstan's water resources?
10. How does chemical and biological pollution of water affect the health of the population?

№ 4

1. Theme: Food poisoning and its prevention.

2. Purpose: to systematize and consolidate the knowledge of students on food poisoning of various etiologies and on carrying out preventive measures.

3. Tasks:

1. Familiarization with the modern classification of food poisoning, their etiology and clinic.
2. Determine the cause of food poisoning;
3. Consider the principles of preventive measures aimed at preventing the occurrence of food poisoning of various etiologies.
4. Familiarization with the methodology of drawing up the act of sanitary and epidemiological investigation of food poisoning.

4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 4th week.

7. Literature:

Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
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8. Control-questions:

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1. What is food poisoning?
2. Name the classification of food poisoning.
3. What are food toxins?
4. What conditions are necessary for the growth and reproduction of microorganisms in food products?
5. Under what conditions can food be the cause and factor of transmission of diseases of food poisoning?
6. Basic principles of prevention of food poisoning.

№ 5

1. Theme: Sanitary cleaning of populated areas..

2. Purpose: to give students an idea of the methods of sanitary assessment of soil by chemical, bacteriological and biological indicators.

3. Tasks:

1. Determine the indicators of organic soil pollution.
2. Name the sources of soil pollution.
3. List the waste disposal systems.
4. Name the methods of solid waste disposal.
5. List the measures of sanitary protection of the soil.

4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 5th week.

7. Literature:

Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
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8. Control-questions:

1. Soil as a natural environment for waste disposal.
2. Sanitary cleaning of populated areas.
3. Waste disposal systems.
4. Collection of liquid household waste.
5. Measures for sanitary protection of soil

№ 6

1. Theme: Catering in preschool and general education institutions. Catering in professional and technical organizations.

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2. Purpose: to familiarize students with the organization of meals in preschool and general education institutions, in vocational organizations.

3. Tasks:

1. Catering of preschool and general education institutions.
2. Features of nutrition of children in preschool institutions.
3. Features of nutrition of teenagers of vocational organizations.
4. Hygienic requirements for the organization of nutrition of adolescents of vocational organizations.

4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 6th week.

7. Literature:

Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
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8. Control-questions:

1. Hygienic requirements for catering in secondary schools.
2. Hygienic basics of nutrition for children and adolescents.
3. Hygienic requirements for catering in preschool institutions.
4. Rational nutrition in professional and technical organizations.
5. Hygienic basics of nutrition in professional and technical organizations.

№ 7

1. Theme: Occupational hygiene of medical workers.

2. Purpose: to acquaint students with the specifics of working conditions and personal hygiene of medical personnel of medical institutions.

3. Tasks:

1. To determine the specifics of the working conditions of medical workers.
2. Determine the rules of personal hygiene of medical workers of medical institutions.
3. Determine the necessary personal protective equipment for medical workers of medical institutions.
4. To assess the impact of industrial hazards on the body.
5. Determine the methodology for organizing preventive measures of the harmful effects of production factors of health facilities.

4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

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6. Deadline: 7th week.

7. Literature:

Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
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8. Control-questions:

1. What are the hygienic requirements for the working conditions of medical staff?
2. Features of the working conditions of medical workers.
3. Classification of occupational hazards.
4. Chemical, physical, mechanical, biological, psychogenic factors in the work of medical workers.
5. Features of occupational hygiene of doctors of certain specialties.

№8

1. Theme: Infections related to medical care and their prevention. Midterm control -1

2. Purpose: to determine the current aspects of the development of infection associated with the provision of medical care and their prevention.

3. Tasks:

1. Evaluate the methodology of the organization of the control of nosocomial infections.
2. Determine the sanitary and epidemiological requirements for the disinfection regime.
3. Evaluate the sanitary and epidemiological requirements for the organization of sanitary and anti-epidemic (preventive) measures to prevent infectious diseases.

4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 8- week.


7. Literature:

Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
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8. Control-questions:

1. What are medical care-related infections?
2. What are the main causes of Infection associated with the provision of medical care?

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3. What factors influence the occurrence of Infection associated with the provision of medical care?
4. Evaluate the methodology for organizing the control of Infection associated with the provision of medical care.
5. What are the sanitary and epidemiological requirements for the disinfection regime?
6. How to evaluate the effectiveness of organizational measures aimed at preventing the occurrence and spread of infectious diseases in health care facilities?

№9

1. Theme: A healthy lifestyle as a basis for the prevention of infectious and non-communicable diseases among the adult population. Analysis of scientific articles.

2. Purpose: to study the basics of disease prevention among adults and children.

3. Tasks:

1. Get acquainted with the basics of a healthy lifestyle as prevention of diseases among the adult population.
2. Get acquainted with the basics of a healthy lifestyle as prevention of diseases among the child population.

4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation. A checklist for evaluating the analysis of scientific articles. Work on the project.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 9th week.

7. Literature:

Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
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8. Control-questions:

1. What measures for the prevention of diseases among the adult population should be carried out?
2. What measures for the prevention of diseases among the child population should be carried out?
3. Name the components of a healthy lifestyle.
4. What recommendations are proposed to improve the health indicators of the population?

№10

1. Theme: Antiepidemic measures in foci of infections with an aerogenic transmission mechanism (diphtheria, meningococcal infection).

2. Purpose: formation of students' knowledge on the manifestations of the epidemic process in diphtheria and meningococcal infection.

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3. Tasks:

1. To evaluate the characteristics of the epidemic process in diphtheria and meningococcal infection.
2. To study the mechanism of transmission of diphtheria and meningococcal infection.

4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 10th week.

7. Literature:

Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
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8. Control-questions:

1. Epidemiological surveillance of meningococcal infection and diphtheria.
- 2 Name preventive and anti-epidemic measures for meningococcal infection and diphtheria.

№11

1. Theme: HIV infection.

2. Purpose: To study the general characteristics of HIV infection and the characteristics of the epidemic process and the organization of epidemiological surveillance.

3. Tasks:

1. Etiological structure of HIV infection.
2. Ways of transmission of the causative agent of HIV infection and their features.
3. Anti-epidemic work in the foci of HIV infection.

4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 11th week

7. Literature:

Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
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8. Control questions (feedback):

1. Ways of HIV transmission:

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2. Are HIV tests subject to mandatory testing?
3. Goals of HIV testing?
4. Prevention of HIV infection.

№12

1. Theme: Botulism and food toxicoinfections.

2. Purpose: To form students' knowledge of the theoretical foundations of epidemiology in botulism.

3. Tasks:

1. To carry out sampling for laboratory studies, as well as to make an emergency notification in case of food poisoning;
2. Develop specific measures for the prevention of food poisoning;
3. Evaluate the organization of nutrition of patients in the hospital.

4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 12th week

7. Literature:

Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
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8. Control-questions:

1. Food poisoning, concept, classification.
2. Food poisoning of bacterial etiology - toxicoinfections and toxicoses, sources, mechanisms and factors of transmission of pathogens, symptoms, preventive measures.
3. Food mycotoxicosis (ergotism, fusariotoxicosis, aflatoxicosis), etiology, symptoms, prevention.
4. Food poisoning of unknown etiology.


№13

1. Theme: Herpetic and cytomegalovirus infections.

2. Purpose: Formation of knowledge among students on the manifestations of the epidemic process in herpetic infections and cytomegalovirus

3. Tasks:

1. Etiology, characteristics of the epidemic process in herpetic infections and cytomegalovirus infection.
2. Organization of preventive and antiepidemic measures for cytomegalovirus infection, herpes infection.

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4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 13th week

7. Literature:

Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
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8. Control-questions:

1. Give a description of herpes infections, cytomegalovirus infection.
2. Epidemiological surveillance of herpes infections, cytomegalovirus infection.

№14

1. Theme: Geohelminthiasis and biogelminthiasis. General characteristics

2. Purpose: to give students an idea of the characteristics and classification of geohelminthiasis and biogelminthiasis, the organization of measures for the prevention of geohelminthiasis and biogelminthiasis.

3. Tasks:

1. Etiology, characteristics of the epidemic process in helminthiasis and biohelminthiasis.
2. Features of the development cycle of pathogens of geohelminthiasis, biogelminthiasis.

4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 14th week

7. Literature:

Electronic resources:


1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
2. General Hygiene: Workbook for medical students / Aliona Tihon; "Nicolae Testemițanu" State Univ. of Medicine and Pharmacy, Gen. Hygiene Dep. – Chișinău: CEP Medicina, 2017. – 247p.

8. Control-questions:

1. Classification of helminthiasis.
2. The life cycle of geohelminthiasis, biogelminthiasis.
3. Preventive and antiepidemic measures of helminthiasis, biohelminthiasis.

№15

1. Theme: Epidemiological surveillance of infections of the outer integuments. Midterm control 2

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2. Purpose: to study epidemiological surveillance of infections of the outer integuments.

3. Tasks:

1. Etiology and pathogenesis of parasitic skin diseases.
2. Epidemiology of parasitic skin diseases.
3. Prevention of parasitic skin diseases.

4. Form of execution/ evaluation: Checklist preparation of test tasks and situational tasks, presentation.

5. Performance criteria: see Appendix №1,2.

6. Deadline: 15th week

7. Literature:


Electronic resources:

1. Золотарева, А. В. General Hygiene: lectures for students in English medium – Общая гигиена: курс лекций для иностранных студентов, обучающихся на английском языке / А. В. Золотарева, В. Н. Бортновский, Н. В. Карташева; пер. на англ. яз.
2. General Hygiene: Workbook for medical students / Aliona Tihon; "Nicolae Testemițanu" State Univ. of Medicine and Pharmacy, Gen. Hygiene Dep. – Chișinău: CEP Medicina, 2017. – 247p.


8. Control-questions:

1. Characteristics for infections of the outer integuments.
2. Epidemiology and characteristics of scabies.
3. Etiology of parasitic skin diseases.
4. Etiopathogenesis and epidemiology of scabies.
5. Clinic, diagnosis, treatment of scabies.


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