

APPROVED
AT THE MEETING OF THE
DEPARTMENT OF GENERAL HYGIENE
ON AUGUST 28, 2026, PROTOCOL NO. 1

SCHEDULE FOR THE COURSE "GENERAL HYGIENE" FOR FIRST-YEAR
INTERNATIONAL STUDENTS OF THE FACULTY OF MEDICINE STUDYING IN
ENGLISH, IN THE FIRST TERM OF THE 2026/2027 ACADEMIC YEAR.

For group: №6139 en

№	Topic	Number of hours of practical training
1	Human health assessment. (Methods and techniques for assessing human health). Hygienic assessment of the impact of microclimate on human health. Research methods and hygienic assessment of microclimate parameters (temperature, humidity).	4
2	Hygienic assessment of the impact of microclimate on human health. Research methods and hygienic assessment of microclimate parameters (air velocity, atmospheric pressure). Hygienic assessment of the impact of microclimate on human health. Hygienic assessment of the complex effects of meteorological factors on the human body.	4
3	Hygienic assessment of the impact of microclimate on human health. Final lesson on the topic "Hygienic characteristics of the human habitat. Physical properties and chemical composition of atmospheric air. Hygienic assessment of the impact of microclimate on human health." Hygienic assessment of the impact of accommodation conditions on human health. Research methods and hygienic assessment of natural and artificial lighting in indoor spaces.	4
4	Hygienic assessment of the impact of accommodation conditions on human health. Natural and artificial ventilation, types and their hygienic characteristics. Evaluation of ventilation efficiency. Hygienic assessment of the impact of housing conditions on human health. Final class.	4
5	Hygienic assessment of drinking water quality. Research methods and hygienic assessment of physical, organoleptic, and chemical water quality indicators. Hygienic assessment of drinking water quality. Methods for improving water quality.	4
6	Occupational hygiene. Prevention of negative impact of occupational environmental factors on the human body in healthcare organizations. Harmful occupational factors of physical, chemical and biological nature in HO. Occupational hygiene. Prevention of negative impact on the human body of occupational factors in healthcare organizations.	4
7	Obligatory medical examinations and the frequency of their completion by health care employees. Occupational hygiene. Prevention of negative impact on the human body of occupational factors in healthcare organizations. Final class.	4

№	Topic	Number of hours of practical training
8	Healthcare Organizations and Their Role in Public Healthcare. A Hygienic Assessment of Healthcare Organization Layouts (Based on the Example of a Healthcare Organization's Master Plan) Healthcare organizations and their role in providing medical care to the population. Hygienic assessment of the internal layout of a healthcare facility. Hygienic requirements for the design and equipment of the ward section of a healthcare department.	4
9	Sanitary and hygienic requirements for food service areas and buffets in medical departments of healthcare organizations. Hygienic requirements for microclimate, lighting and ventilation of premises in healthcare organizations: operating rooms, wards, clinical laboratories, hospital pharmacies, utility rooms, diagnostic rooms.	4
10	Hygienic Requirements for Patient and Worker Accommodation in Healthcare Facilities. Hygienic requirements for personal hygiene of healthcare workers and patients. Hygienic requirements for medical waste management in healthcare facilities. Final class.	4
11	Hygienic assessment of energy value and nutritional adequacy of the diet. Criteria for rationing the human body's needs for nutrition, physiological requirements for the nutrition of the population. Methods for determining the human body's needs for energy and nutrients. Hygienic assessment of the energy value and nutritional adequacy of the diet. Calculation of the actual nutrient intake and energy value of the diet according to the 24-hour re-call method.	4
12	Hygienic assessment of the energy value and nutritional adequacy of the diet. Assessment of the adequacy of actual diet to the needs of the human body, recommendations for rationalizing nutrition. Hygienic assessment of nutritional status. Recommendations for optimizing nutritional status.	4
13	Hygienic assessment of nutritional status and provision of the human body with vitamins. Recommendations for optimizing the vitamin supply of the human body. Prevention of food poisoning of microbial etiology.	4
14	Prevention of food poisoning of non-microbial etiology. Hygienic basics of human nutrition in case of common somatic diseases. Final class.	4
15	Hygiene of children and adolescents.	2
TOTAL hours		58

Head of the Department of General Hygiene



N.L. Batsukova