

**Thematic lesson plan of the lecture type
in the discipline "Hygiene"
for students in basic vocational education
specialist 's program
specialty 31.05.03 Dentistry,
focus (profile) Dentistry
full-time education
for the 2023-2024 academic year**

No.	Topics of classes of lecture type	Hours (academic)
1.	Hygiene as a science. The subject and content of hygiene. The history of the formation and development of hygiene. ¹ Connection of hygiene with other sciences. The importance of hygienic measures in the activities of a dentist. The concept of primary and secondary prevention of diseases. Communication and interaction of preventive and curative medicine. Socio-hygienic monitoring as a state system of monitoring the health of the population and the environment, their analysis, assessment and forecast, determination of cause-and-effect relationships between the health of the population and the impact of environmental factors. Modern hygiene problems. ²	2
2.	The environment and its hygienic significance. Environmental factors and their impact on public health. Assessment of the health risk from environmental pollution. ¹ Environment as a combination of natural, anthropogenic and social factors. The concept of the biosphere and its components. The concept of human ecology. Environmental factors and public health. The importance of biological chains in the transfer of harmful substances from the environment to humans. Long-term effects of harmful substances on the body. Hygienic regulation and forecasting. Elements of hygienic diagnostics in the practical work of a dentist. ²	2
3.	Air hygiene. The influence of atmospheric pollution on sanitary living conditions and public health. Protection of atmospheric air. ¹ The chemical composition of atmospheric air and its hygienic significance. Pollution and protection of atmospheric air as a social and ecological-hygienic problem. Hygienic characteristics of the main sources of atmospheric air pollution. The composition of emissions into the atmosphere by the main industries. The main measures for the protection of atmospheric air and their hygienic efficiency. Legislation in the field of atmospheric air protection. ²	2
4.	Climate and weather, hygienic value. Physical properties of air, indoor microclimate and its hygienic significance. Hygienic aspects of acclimatization. ¹ Physical properties of air and their significance for the body. Types of microclimate and the effect of uncomfortable microclimate on heat exchange and human health. Weather, definition and medical classification of weather types. Climate, definition of the concept. Construction and climatic zoning of the territory of Russia. The influence of climate on health and performance. The use of climate for therapeutic and health purposes. Acclimatization and its hygienic significance. Solar radiation, hygienic value. ²	2
5.	Hygiene of water and water supply of populated areas. Fluoride in water and the	2

	state of the human dental system. ¹ Physiological and sanitary-hygienic value of water. Water consumption standards. The role of water in the spread of infectious and parasitic diseases. Diseases associated with the use of water containing chemical impurities. Principles of prevention of aquatic diseases. The importance of fluoride in water for the prevention of endemic fluorosis and caries. Hygienic requirements for the quality of drinking water in centralized and local water supply. Comparative hygienic characteristics of water supply sources. Basic methods of drinking water purification. Legislation in the field of protection of reservoirs and water supply sources. ²	
6.	Nutrition and human health. Scientific foundations of a healthy diet. Characteristics of physiological norms of nutrition. Nutritional status as an indicator of health, evaluation criteria. ¹ The importance of nutrition for the health, physical development and working capacity of the population. The effect of nutrition on the state of the human dental system. The concept and principles of rational nutrition. Quantitative and qualitative fullness of nutrition, balanced diet. Power mode. Characteristics of physiological norms of nutrition. Analysis of various theories of nutrition. Methods for assessing the adequacy of nutrition. ²	2
7.	Proteins, fats, carbohydrates, vitamins, mineral salts, trace elements; their significance, rationing and sources in nutrition. ¹ Proteins of animal and vegetable origin, their sources, hygienic significance. Fats of animal and vegetable origin, their sources, their role in human nutrition. Simple and complex carbohydrates, their sources, hygienic value. Dietary fibers, their role in nutrition and digestion. Vitamins, their sources, hygienic value. Vitamin deficiency, hypovitaminosis, hypervitaminosis, their causes, clinical manifestations, prevention. Mineral salts, their sources, hygienic value. Macro- and microelements. Cariesoprophylactic effect of food. ²	2
8.	Occupational hygiene and health protection of workers. Hygienic assessment of the factors of the working environment and the labor process. Occupational and production-related diseases, prevention. ¹ The impact of working conditions on the health of workers. Hygienic classification and criteria for assessing working conditions according to the indicators of harmfulness and danger of factors of the production environment. Occupational hazards, occupational and production-related diseases. Industrial microclimate, noise, vibration, industrial dust, industrial chemicals; rationing, impact on the health of workers, prevention of occupational diseases. The severity and intensity of work, evaluation criteria. Changes in the human body during work (fatigue and overwork) prevention. Occupational hygiene of medical workers. Medical and sanitary provision of working industrial enterprises. Organization and procedure of preliminary and periodic medical examinations. ²	2
9.	Hygienic requirements for the placement of dental clinics, their arrangement, interior decoration, equipment and equipment. Occupational hygiene of dentists and dental technicians. ¹ The main tasks of hospital hygiene. Air exchange, microclimate, lighting, acoustic mode, decoration, color interior of dental clinics. Hygienic aspects of prevention of nosocomial infections. The main harmful factors of the production environment and the labor process in the work of dentists and	2

	dental technicians. Prevention of occupational diseases. ²	
10.	Healthy lifestyle, its main elements, importance for human health. The concept and tasks of personal hygiene. ¹ Health, healthy lifestyle: concepts, content, meaning for maintaining health and active longevity. Health criteria, classification. Factors determining health. Blocks of a healthy lifestyle. The role of a doctor in the formation of a healthy lifestyle. Personal hygiene as part of public hygiene. Oral hygiene. ²	2
11	Total	20

¹- subject

² - essential content

Considered at the meeting of the department of General hygiene and ecology IPH may, 24, 2023, protocol No 9.

Head of the Department



N.I. Latyshevskaya