

HYGIENE AND ECOLOGY

Under the editorship of Corresponding Member of Academy of Medical Sciences of
Ukraine, professor V.G. Bardov

Permitted by Ministry of Public Health as a manual for practical lessons for the students
of higher medical institutions of the III-IV accreditation levels, doctors-interns

This manual has been prepared by the collaborators of the hygienic chairs of National O.O. Bogomolets medical University and the leading hygienists of higher medical educational institutions of Ukraine under the general editorship of the leading department of Ministry of Public Health of Ukraine on general hygiene and human ecology head, Corresponding Member of Academy of Medical Sciences of Ukraine, professor V.G. Bardov.

The manual contains up-to-date theoretical bases, methods and means of environmental factors study and their influence on health of healthy or ill human and public (social) health, also on the conditions of work, way of life, rest, study, nourishment, education, treatment etc.

The manual includes all main sections of general hygiene and human ecology: propaedeutics to hygiene, municipal hygiene, hygiene of nutrition, hygiene of labour, hygiene of children and adolescents, hygiene of the patient care institutions, radiation hygiene, hygiene of emergency situations, tropic hygiene, personal hygiene, psychological hygiene, human ecology.

The manual has been edited in compliance with the study discipline “Hygiene and Ecology” syllabus and according to the requirements of Bologna process.

In the manual there have been taken into account the prophylactic priorities of doctor’s activity.

The authors of the manual proceeded from the requirements on teaching; new creative accent on students’ self-studying; necessity of the transition to the European principles of study and control of theoretical knowledge, abilities and practical skills, basing on the longstanding experience of teaching this discipline and its separate sections at higher medical educational institutions of Ukraine.

For the students of higher medical institutions of the III-IV accreditation levels, doctors-interns and practical doctors.

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Hygiene and human ecology. Manual for the students of higher medical institutions/ Under the general editorship of V.G. Bardov. – K., 2008. – p.

Art director – M.I. Boiko

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**To our teachers – Professor R.D. Gabovych
and Academician Ye.G. Goncharuk devoted**

PREFACE

Professional training of different medical specialists (hygienists, surgeons, obstetricians-gynecologists, pediatricians, dermatologists, neurologists etc) can't be qualitative and efficient without deep learning of preventive disciplines – hygiene and sanitation, ecology and epidemiology.

Knowledge of hygiene for the doctors of curative branch is necessary because of several reasons, the main of which are:

1. Analysis of population or its definite contingent health status in connection with the anthropogenic and social conditions of life and work.

2. Mastery in diagnostics, as the pathogenic organisms (etiologic and risk factors) in more than 80% are present in the environment, which is studied by hygiene and ecology, and only nearly 20% of diseases are endogenous or genetic ones. Without hygiene knowledge the surrounding factors (natural, everyday, social, industrial) on diagnosing often remain out of doctor's consideration.

3. Primary, secondary and tertiary preventions of diseases, organization, carrying out and control carrying out of the preventive means by different groups of population.

4. Participation in the activity of medical and social commission of experts (MSCE), medical control commission (MCC), medical and labour commission of experts (MLCE), medical committees of military registration and enlistment offices, other doctors' committees the task of which is to study, asses or check the health status.

5. Conditions of living in the organized collectives (children's, educational and military).

6. Hardness and intensity of working, professional activity in order to determine the necessity of transfer of working people with some health problems to the easier kinds of work, administration of treatment-and-prophylactic nourishment, regular medical check-up, sanatorium-and-spa treatment, rehabilitation.

7. Ability to recommend the methods and means of day, study and work regimen, personal hygiene, nourishment hygiene, use of natural factors, methods and means complex to temper the body.

8. Ability to supply doctor's recommendations and administrations on the use of methods and means to prevent nosocomial infections, infections and invasions among population during its service at the polyclinic, at home and in the organized collectives.

9. Carrying out of the sanitary-educational activity among patients, in the organized collectives (children's, educational, work and military) and among the population in general etc.

These are the main but not the all kinds of doctor's activity which require the knowledge of hygiene and ecology.

In connection with everything abovementioned, medical education, regardless of its character, level and expediency is obliged to contribute to the development in a young specialist not only clinical but first of all preventive, that is hygienic thinking, the understanding of the environmental and social factors role in the beginning of different health disorders and diseases, the substantiation of preventive means.

Medical service of the organized collectives and the appearance of the population medical service new forms determine the urgent need in profound mastering of hygiene, primary, secondary and tertiary preventions of diseases, which can be achieved only by obtaining the abilities and skills in the hygienic investigations, because of this the practical lessons of hygiene are of great importance.

The objective of the given manual is to supply the Bologna process requirements, i.e. to provide students with up-to-date theoretical knowledge, to help them to prepare and perform the practical classes which are to be conducted by the principle of each topic self-processing during the lecture, during the self-independent out-of-university training, during the practical lesson.

The authors apply to the manual uses for sending all their remarks and requests to National O.O. Bogomolets Medical University to the address: Propaedeutics to hygiene and radiation hygiene department, hygienic building, 34, Prospect Peremogy, Kyiv.

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