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INTERNATIONAL
EUROPEAN UNIVERSITY



SCHOOL OF
MEDICINE

"Hygiene and Ecology"
EPP – 222 "Medicine"

2024



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1	Name of the course and educational program
	"Hygiene and ecology" EPP – 222 "Medicine"
2	Course description
	Hygiene – gives an idea of the forms and methods of preserving and strengthening public and individual health through the implementation of preventive measures with the subsequent use of the knowledge gained in the practical work of a doctor; Ecology – studies the state of the environment and the patterns of its impact on a person in particular and society as a whole, as well as the features of environmental feedback in response to human activity
3	Background of study
	For the successful mastering of the discipline, a higher education applicant needs knowledge obtained in the process of studying the following disciplines: "Medical Biology", "Medical Informatics", "Human Anatomy", "Physiology".
4	Amount of credits/hours
	3 ECTS credits / 90 academic hours
5	Training format
	Blended learning
6	Classroom Location
	4th floor, auditorium. 403
7	Full name of the teacher
	Kovalenko Viktoriia Volodymyrivna , Ph.D., Associate Professor, Head of the Department of Fundamental and Medical Preventive Disciplines Brindak Danylo Viktorovich , Ph.D., Associate Professor of the Department
8	Pulpit
	Department of Fundamental and Medical-Preventive Disciplines of the Scientific Research Institute "EMS"
	
9	Office Location
	Department of Fundamental and Medical-Preventive Disciplines of the Scientific Research Institute "EMS" Kyiv, Akademika Glushkova Ave., 42 V, office. 423



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10 Counseling

Wednesday from 14:00 to 15:30 with prior appointment via corporate mail

11 Teacher's e-mail

victoriakovalenko@ieu.edu.ua
danylobrindak@ieu.edu.ua

12 Course Objectives

Study of the theoretical foundations of hygiene and ecology, development of practical skills for the prevention of diseases of infectious and non-infectious origin in accordance with the basics of the current legislation of Ukraine, mastering laboratory research methods and knowledge on favorable health-improving environmental factors for strengthening human health, hardening the body, etc

13 The role of the academic discipline in achieving program results

PLO 1. Have thorough knowledge of the structure of professional activity. Be able to carry out professional activities that require updating and integration of knowledge. Be responsible for professional development, the ability to further professional training with a high level of autonomy.

PLO 2. Understanding and knowledge of basic and clinical biomedical sciences, at a level sufficient to solve professional problems in the field of health care

PLO3. Specialized conceptual knowledge, including scientific achievements in the field of health care and is the basis for research, critical reflection on problems in the field of medicine and related interdisciplinary problems.

PLO 19. Plan and implement a system of anti-epidemic and preventive measures for the occurrence and spread of diseases among the population.

PLO 20. Analyze the epidemiological state and carry out measures of mass and individual, general and local prevention of infectious diseases

PLO 21. To search for the necessary information in professional literature and databases of other sources, to analyze, evaluate and apply this information.

PLO 23. Assess the impact of the environment on human health to assess the state of morbidity of the population

PLO 24. Organize the necessary level of individual security (own and those of the person he cares for) in case of typical dangerous situations in the individual field of activity

14 Learning outcomes

Upon completion of the course, applicants should know:

- the influence of environmental factors on the health of different groups of the population;
- methods of hygienic assessment of the impact of environmental factors on public health;
- the laws of hygienic science and general patterns of the connection of health with the factors and conditions of the human environment;
- basics of prevention of diseases of infectious and non-infectious origin;
- the principles of a healthy lifestyle and the basics of personal hygiene;
- methods of preventive and current sanitary supervision;
- principles of organization and implementation of preventive measures in connection with the development of territorial, administrative and production units;
- principles of organization and implementation of preventive measures in accordance with the basics of the current legislation of Ukraine



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Course Content

Topic 1. Hygiene and ecology as a science. History of occurrence, its purpose, tasks, content, methods of hygienic research

Topic 2. Solar radiation. The use of sunlight to prevent diseases, sanitize air, water and objects

Topic 3. Hygienic significance of the components of the biosphere (atmosphere, hydrosphere, lithosphere)

Topic 4. Hygiene of settlements. Hygiene of housing. Microclimate, heating, ventilation, natural and artificial lighting, methods of their measurement and hygienic assessment.

Topic 5. Water hygiene and water supply

Topic 6. Soil hygiene and cleaning of settlements. Purification systems and sanitary cleaning of settlements.

Topic 7. Scientific foundations of rational, preventive, therapeutic, dietary and therapeutic and preventive nutrition.

Topic 8. Physiological and hygienic value of nutrients and hygienic characteristics of food products.

Topic 9. Diseases associated with a violation of the basics of rational nutrition. Prevention of alimentary and alimentary-related diseases.

Topic 10. Topical issues of occupational health.

Topic 11. Hygiene of children and adolescents.

Topic 12. Hygiene of medical and preventive institutions.

Topic 13. Basics of radiation safety when working with ionizing radiation sources.

Topic 14. Hygienic provision of emergency states

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Books and materials

1. Hygiene and ecology: textbook / [V. G. Bardov, S. T. Omelchuk, N. V. Merezhkina et al.]; for general. edited by V. G. Bardov. – Vinnytsia: New Book, 2020. – 572 p.

2. Hygiene and epidemiology in the system of military medical training and emergency medicine / S. Bondar, T. Gut, R. Gut. – Kyiv: "Medicine", 2018. – 344 p.

3. Fundamentals of ecology and preventive medicine: textbook / D. O. Lastkov, I. V. Sergeta, O. V. Shvydkyi et al. – K: VSV "Medicine", 2017. – 472 p. .

4. General hygiene. Socio-hygienic monitoring: textbook. dlya vuzov /P.I.Melnichenko [and others]; ed. - Moscow: Prakticheskaya meditsiniya Publ., 2015. – 512 p. .

5. Fundamentals of Ecology: A Textbook for Students . of higher education. institutions / [V. G. Bardov, V. I. Fedorenko, E. M. Biletska et al.]; per row. V. G. Bardova, V. I. Fedorenko. – Vinnytsia: New Book, 2013. – 424 p.

6. Hygiene with the Basics of Ecology: Educational and Methodological Manual (Higher Educational Institutions I—III Years of Education)/ L. V. Dovzhenko, I. K. Linkova. - Kyiv: "Medicine", 2017. – 49 p.

Radiation hygiene / V.O. Murashko, D.S. Mechev, V.G. Bardov and others. – Vinnytsia: New Book, 2013. – 376 p.

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Technical requirements for working on the course

To work during the study of the discipline "Hygiene and Ecology", you need regular access to a computer (or phone) and the Internet.

To successfully study and pass the exam for the training course, you must first familiarize yourself with the distance platforms (Classroom or Moodle) and Labster, study all the folders on which there is already or step-by-step information or materials for studying the course. You will also need to upload and create documents, upload a completed task, watch a video or create one.

The ability to use remote platforms is possible only with the use of corporate mail.

If it is impossible to enter the course, you need to inform the management of the ESI EMS, or the headman, or directly the course teacher..

18 Learning process

The process of studying the course "Bioethics and Medical Communications" includes lectures and practical classes.

During the lectures, such teaching methods as *lecture; problem-oriented lecture, lecture-conversation, lecture-discussion, demonstration, case analysis in accordance with the topic of lectures* will be used.

During practical classes, such teaching methods as *surveys, testing, individual and team tasks, cases, exchange of ideas (think-pair-share), preparation of reports and presentations, work in small groups, solved specific tasks and situations, brainstorming (brainstorming, brainstorming)* will be used



19 Signs of discipline

Term of teaching	Semester	International Disciplinary Integration	Course year (training)	Cycles: General Training/ Professional Training/ Free Choice
1st semester	Semester 4	yes	2nd year	Professional training cycle

20 Grading Policy

Assessment of knowledge and skills during the semester is possible in various ways. The teacher assesses class attendance, activity during the practical lesson, discussion of control questions, quality and timely completion of tasks and tests, ability to present their report, performance

Activities during the semester	Maximum number of points during the semester
Current work (attendance, oral survey, participation in the discussion) (10 during the semester)	20 (2x10)
Solving situational problems (12 during the semester)	60 (5x12)
Presentations (4 during the semester)	20 (5x4)
Tests (12 during the semester)	60 (5x12)
Modular test work (1 semester)	10
Labster Interactive Platform (3 works)	30 (3x10)
Together	200

21 Grading scale

The maximum number of points that a student can score for current educational activities when studying the discipline is 200 points, the minimum number of points is 120 points.

The calculation of the number of points is carried out on the basis of the grades received by the student on a 4-point (national) scale during the study of the discipline, by calculating the arithmetic mean, rounded to two decimal places.

The student receives credit at the last lesson in the discipline based on the results of modular control work and current assessment. Only those students who do not have academic debt and their average score for



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current academic activities in the academic discipline is at least 3.00 (120 points) are allowed to take credit. The average score for current activities is converted into points on a 200-point scale, according to the conversion table (Table 1). 1. Regulations on the organization of educational activities).

The learning outcome is also evaluated on a two-point scale (enrolled/not enrolled).

According to the national system	On a 200-point scale
Credited	from 120 to 200 points
not credited	less than 119 points



22 How to find out your score

To check your grades for assignments and read the teacher's comments, you should check the relevant tabs of the Classroom or Moodle distance learning platforms.

You can also get information about the grades received directly from the course teacher through corporate mail or by appointment on the days of consultations (room 423).

23 Course Policy

For productive educational and cognitive activities of students when studying the discipline, topical lectures are carried out in the form of presentations, group work, seminars-discussions.

During his stay on the territory of the IEU and in classes, the student must respect teachers, staff and other students, attend classes according to the schedule, come on time and not leave the classroom without the permission of the teacher. It is necessary to complete all academic tasks and work within the specified deadlines.

The teacher, in turn, must constantly improve his professional level, pedagogical skills, general culture, provide conditions for students to assimilate curricula at the level of mandatory requirements for the content, level and scope of education, promote the comprehensive professional development of students. It is imperative to adhere to the curriculum, not to be late for classes, to prevent any manifestations of corruption, discrimination, bullying, harassment and infringement of the rights of students.

A student who, for valid reasons, confirmed by documents, was not subject to current control, has the right to undergo current control within two weeks after returning to study.

A student who was absent from classes without a valid reason, did not participate in current control measures, did not liquidate academic debt, is not allowed to the final semester control of knowledge in this discipline, and on the day of passing the exam in the exam sheet, the scientific and pedagogical worker gives a grade of "not admitted". Re-passing the exam in the discipline is assigned under the condition of performing all types of educational, independent (individual) work provided for by the working curriculum of the discipline, and is carried out in accordance with the liquidation schedule approved by the directorate.

All participants in the educational process are guided by the principles of academic integrity.



24 Completing the task late, correcting grades, working out

Assignments must be submitted via Classroom or Moodle before the completion deadlines specified in the



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course schedule on our website. Most of the tasks must be completed by 09:00 on the day of the next lesson in order to align them with the content of the course and activities in the group. It is best practice to complete the assignment as soon as possible after receiving it so that you have enough time to actively participate in the class.

If you need more time to complete a task, flexible deadlines are available. Completed assignments are accepted for full credit until the last lesson in the discipline according to the schedule, after which a 40% partial credit based on the grade received will be awarded within a week after the last day of classes. Tasks that did not pass at all will receive 0.

If you plan to miss classes for more than one week due to illness or other reasons, please contact your instructor to arrange alternative assignment options.

Remember that deadlines work both ways, and meeting them will ensure that the instructor provides timely feedback on your assignments to ensure that you keep up with the course.



25 Teacher's response time

Through corporate mail, within a week.

26 Effective communication

Effective communication is not only about being able to speak, but also about being able to hear!!

Therefore, the main recommendations for effective communication are corporate e-mail directly with the course teacher; this is personal communication with classmates through social networks/corporate mails/mobile phones; this is communication directly on the course of distance platforms Classroom or Moodle; This is a face-to-face meeting with the teacher on the days of consultations.

27 Course Materials Publication and Distribution Policy

Students may not post, publish, sell, or otherwise publicly distribute course materials without the written permission of the instructor!

Such materials include, but are not limited to: lecture notes, lecture slides, video or audio recordings, assignments, problem sets, exams, other students' papers, and answer keys.

Students who sell, post, publish, or distribute course materials without written permission for the purpose of obtaining answers or otherwise may be subject to disciplinary action, up to and including the requirement to refuse to study. In addition, students may not make video or audio recordings of classes for their own use without written permission from the instructor.

28 Expected workload and student engagement

For work in this course, hours are necessarily provided for independent study of materials and preparation for practical classes (approximately 5-6 hours per week).

If circumstances arise that force you to spend more time on any of the tasks, inform the teacher by e-mail.

An extension of the deadline is possible only if the teacher is informed in advance that you will not be able to submit the assignment on time. Students are expected to have a backup plan in case of computer failure or internet outages.



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Support

Electronic schedule
Library
Repository
Directorate of the School Medicine

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Course Schedule

Title of the lecture topic	Practical classes
Hygiene and ecology as a science. History of occurrence, its purpose, tasks, content, methods of hygienic research	1. Oral Survey 2. Practical tasks 3. Tests
Hygienic value of solar radiation. Hygienic significance of the components of the biosphere (atmosphere, hydrosphere, lithosphere)	1. Oral Survey 2. Practical tasks 3. Tests 4. Situational tasks
Hygiene of settlements	1. Oral Survey 2. Practical tasks 3. Tests
Water hygiene and water supply. Soil hygiene and cleaning of populated areas.	1. Oral Survey 2. Practical tasks 3. Tests 4. Labster.
Food hygiene, its environmental and social problems. Theoretical Aspects of Prevention of Alimentary and Alimentary-Related Diseases	1. Oral Survey 2. Practical tasks 3. Tests 4. Labster.
Hygiene of children and adolescents. Patterns of growth and development of the child's body.	1. Oral Survey 2. Solving practical problems 3. Tests 4. Work in small groups
Hygiene of medical and preventive institutions	1. Oral Survey 2. Presentation of presentations 3. Tests 4. Situational tasks
Ionizing radiation as an environmental factor and industrial hazard	1. Oral Survey 2. Practical tasks 3. Tests 4. Labster.
Emergency hygiene	1. Oral Survey 2. Tests 3. Think-pair-share



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Tips for successful study in the course

A modern person must master the art of healthy living, learn to preserve and strengthen his health and the health of the environment!

If you want to successfully master this subject, you must be:

- persistent, attentive and inquisitive;
- creative and cheerful, open for communication and discussion;
- ready to receive and share information on the subject not only at lectures, but also in extracurricular time.

See you!