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**Federal State Autonomous Educational Institution of Higher Education  
PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA  
NAMED AFTER PATRICE LUMUMBA  
RUDN University**

**Institute of Medicine**

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educational division (faculty/institute/academy) as higher education programme developer

**COURSE SYLLABUS**

**Hygiene**

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course title

**Recommended by the Didactic Council for the Education Field of:**

**31.05.03 Dentistry**

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field of studies / speciality code and title

**The course instruction is implemented within the professional education programme of higher education:**

**Dentistry**

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higher education programme profile/specialisation title

## 1. COURSE GOAL(s)

The goal of the course "**Hygiene**" is to equip students with the knowledge of the basic concepts of the discipline to prepare a specialist with the knowledge and skills to assess the hygienic indicators of the environment and their impact on human health, to preserve and ensure the health of patients and medical personnel of medical organizations hygiene products, hygienic research and development and implementation of hygienic (preventive, anti-epidemic) measures aimed at preventing infectious and incontinent diseases.

## 2. REQUIREMENTS FOR LEARNING OUTCOMES

Mastering the course (module) Hygiene is aimed at the development of the following competences /competences in part: GC-7.1; GC-7.2; GC-7.3; GC-8.1; GC-8.2; GPC-4.1; GPC-4.2; GPC-5.1; GPC-5.2.

*Table 2.1. List of competences that students acquire through the course study*

<b>Competence code</b>	<b>Competence descriptor</b>	<b>Competence formation indicators (within this course)</b>
GC-7	Is able to maintain an appropriate level of physical preparedness to ensure full social and professional activity	GC-7.1. Chooses health-saving technologies to maintain a healthy lifestyle, taking into account the physiological characteristics of the body
		GC-7.2. Plans his or her work time for an optimal combination of physical and mental load and working capacity
		GC-7.3. Follows and promotes healthy lifestyle norms in various life situations and in professional activities
GC-8	Is able to create and maintain safe living conditions in everyday life and in professional activities to preserve the natural environment, ensure sustainable development of society, including the threat and emergence of emergencies and military conflicts	GC 8.1. Analyzes the harmful effects of environmental elements (technical equipment, technological processes, materials, buildings and structures, natural and social phenomena) on people's life activities
		GC 8.2. Identifies hazardous and harmful factors within the framework of the activity
GPC-4	Is able to carry out and monitor the effectiveness of prevention, forming of healthy lifestyle and hygiene education measures	GPC-4.1. Analyses public awareness of healthy lifestyles and health literacy GPC 4.2. Elaborates a plan for improving the sanitary culture and disease prevention of the population, organizational and methodological measures aimed at raising public awareness of healthy lifestyles and dental disease prevention literacy
GPC-5	Is able to provide health education to the public and health care workers in order to promote healthy lifestyles	GPC-5.1. Builds motivation among patients (their relatives/legal representatives) to lead a healthy lifestyle and to avoid unhealthy habits
		GPC-5.2. Shapes positive behavior in patients (their relatives/legal representatives) to maintain and improve their health

### 3. COURSE IN HIGHER EDUCATION PROGRAMME STRUCTURE

The course refers to the core/variable/elective\* component of (B1) block of the higher educational programme curriculum.

\* - Underline whatever applicable.

Within the higher education programme students also master other (modules) and / or internships that contribute to the achievement of the expected learning outcomes as results of the course study.

*Table 3.1. The list of the higher education programme components/disciplines that contribute to the achievement of the expected learning outcomes as the course study results*

<b>Competence code</b>	<b>Competence descriptor</b>	<b>Previous courses/modules*</b>	<b>Subsequent courses/modules*</b>
GC-7	Is able to maintain an adequate level of physical preparation to ensure full social and professional activity	-	Public health, health care Physical Education and Sport Elective courses in physical education and sport
GC-8	Is able to create and maintain safe living conditions in everyday life and in professional activities to preserve the natural environment, ensure the sustainable development of society, including in emergencies and military conflicts	-	Life Safety Medical rehabilitation
GPC-4	Is able to carry out and monitor the effectiveness of disease prevention, healthy lifestyle promotion and public health education	-	Preventive and community dentistry Pediatric dentistry Orthodontics and pediatric prosthetics Medical Rehabilitation Dental assistant (Dental Hygienist) Dental assistant (pediatric)
GPC-5	Is able to provide health education to the public and health care professionals to promote healthy lifestyles	-	Public Health and Health Care Local anesthesia and anesthesiology in dentistry Oral surgery Oral, maxillofacial and gnathic surgery Head and Neck Diseases

Competence code	Competence descriptor	Previous courses/modules*	Subsequent courses/modules*
			Pediatric dentistry Orthodontics and pediatric dentistry Dental assistants (dental hygienist) Dental assistant (surgeries) Dental Assistant (pediatric) Dental Assistant (general practice), including scientific research

\* To be filled in according to the competence matrix of the higher education programme.

#### 4. COURSE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the course Hygiene is 3 credits (108 academic hours).

Table 4.1. Types of academic activities during the periods of higher education programme mastering (**full-time training**)\*

Type of academic activities	Total academic hours	Semesters/training modules			
		6			
<i>Contact academic hours</i>	72	72			
including:					
Lectures (LC)					
Lab work (LW)	72	72			
Seminars (workshops/tutorials) (S)					
<i>Self-studies</i>	33	33			
<i>Evaluation and assessment (exam/passing/failing grade)</i>	3	3			
<b>Course workload</b>	academic hours	<b>108</b>	<b>108</b>		
	credits	<b>3</b>	<b>3</b>		

\* To be filled in regarding the higher education programme correspondence training mode.

#### 5. COURSE CONTENTS

Table 5.1. Course contents and academic activities types

Course module title	Course module contents (topics)	Academic activities types
<b>Module 1. Nutrition hygiene</b>	<b>Topic 1.1.</b> Hygienic principles of rational nutrition. Calculation of fluoride content in the daily diet.	<b>LW</b>
	<b>Topic 1.2.</b> Dietary, therapeutic-preventive, and preventive nutrition.	<b>LW</b>
	<b>Topic 1.3.</b> Sanitary and hygienic expertise of foodstuffs (principles, conclusions).	<b>LW</b>

	Nutritional and biological value, safety of products of animal origin (meat, fish, milk)	
	<b>Topic 1.4.</b> Nutritional and biological value, safety of products of plant origin. Food preservation methods and sanitary and hygienic expertise of canned food and concentrates.	<b>LW</b>
	<b>Topic 1.5.</b> Food poisoning and its prevention.	<b>LW</b>
<b>Module 2. Communal hygiene</b>	<b>Topic 2.1.</b> Hygiene assessment of the air environment - physical indicators (microclimate)	<b>LW</b>
	<b>Topic 2.2.</b> Hygiene assessment of the air environment - chemical pollution.	<b>LW</b>
	<b>Topic 2.3.</b> Hygiene assessment of natural lighting.	<b>LW</b>
	<b>Topic 2.4.</b> Hygiene assessment of drinking water. Water fluoridation and defluoridation methods.	<b>LW</b>
	<b>Topic 2.5.</b> Hygienic assessment of soil quality in populated areas.	<b>LW</b>
	<b>Topic 2.6.</b> Hygiene assessment of ionizing radiation. Dosimetry and radiation protection.	<b>LW</b>
<b>Module 3. Hygiene of healthcare organizations</b>	<b>Topic 3.1.</b> Prevention of health care-associated infections	<b>LW</b>
<b>Module 4. Occupational hygiene</b>	<b>Topic 4.1.</b> Fundamentals of occupational health and safety for workers. The physiological basis of the work process	<b>LW</b>
	<b>Topic 4.2.</b> Occupational health and hygiene assessment of working conditions of dentists.	<b>LW</b>
	<b>Topic 4.3.</b> Occupational dental and oral diseases in patients. Occupational risk factors for dental and oral diseases.	<b>LW</b> <b>LW</b>
<b>Module 5. Hygiene in children and adolescents. Hygienic basics for a healthy lifestyle</b>	<b>Topic 5.1.</b> Hygienic assessment of the physical development of children and adolescents (complex method) at preventive health examinations. Participation of a dentist in the assessment of oral health (DMF index, hygiene indexes).	<b>LW</b>
	<b>Topic 5.2.</b> Healthy image of life (level, pattern, style, quality), and personal hygiene issues. Dental and oral care as an element of a healthy lifestyle.	<b>LW</b>

\* - to be filled in only for **full** -time training: *LC* - lectures; *LW* - lab work; *S* - seminars.

## 6. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

*Table 6.1. Classroom equipment and technology support requirements*

<b>Type of academic activities</b>	<b>Classroom equipment</b>	<b>Specialised educational / laboratory equipment, software, and materials for course study (if necessary)</b>
Lab-work	<p>Auditorium for laboratory type classes, group and individual classes and consultations, equipped with a set of laboratory and classroom furniture and technical means of multimedia presentations, Wi-Fi, Internet access</p> <p>Moscow, 10 Miklukho-Maklaya St., Block 2, aud. 362</p>	<p>ASUS F9E Core 2 DUO T5750 laptop, multimedia unit, interactive whiteboard, fume cupboard, bacteriological air analysis unit, air sampling aspirator.</p> <p>Information and demonstration boards: Industrial ventilation, Ambient air emission treatment facilities, Natural lighting indices, Hygiene requirements for microclimate, Classification of pneumoconiosis, Ward areas in different hospital wards.</p>
Lab-work	<p>Auditorium for laboratory type classes, group and individual classes and consultations, equipped with a set of laboratory and classroom furniture and technical means of multimedia presentations, Wi-Fi, Internet access</p> <p>Moscow, 10 Miklukho-Maklaya St., Block 2, aud. 439</p>	<p>ASUS F9E Core 2 DUO T5750 laptop, multimedia unit, interactive whiteboard, electric circular drying cabinet, laboratory water bath, electric drying cupboard, titration unit.</p> <p>Information and demonstration stands: Sources of local water supply, Contact clarifier. Indicators of fresh whole milk, Chemical composition and caloric content of legume foods, Methods of food preservation, Classification of food poisoning, Sanitary examination of meat based on physical and chemical examinations, Sanitary examination of meat and fish based on organoleptic properties.</p>
Lab- work	<p>Auditorium for laboratory type classes, group and individual classes and consultations, equipped with a set of laboratory and classroom furniture and technical means of multimedia presentations, Wi-Fi, Internet access</p> <p>Moscow, 10 Miklukho-Maklaya St., Block 2, aud. 533</p>	<p>ASUS F9E Core 2 DUO T5750 laptop, multimedia unit, interactive whiteboard, universal beta-gamma ratemeter Luch - A, set of individual dosimeters type KID - 2.</p> <p>Information and demonstration stands: Periodic table of chemical elements, demonstration sample bag for collection of class "A" household waste and demonstration sample bag for collection of class "B" hazardous waste in medical and preventive institutions.</p>

Type of academic activities	Classroom equipment	Specialised educational / laboratory equipment, software, and materials for course study (if necessary)
Self-studies	Auditorium for students' independent work (can be used for seminars and consultations), equipped with a set of specialized furniture and computers with Internet access. 10 Miklukho-Maklaya St., Moscow, Bld. 2, aud. 372 (afternoon)	Set of specialised furniture; technical means: EPSONE B-965 multimedia projector, ASUSF9ECore 2 DUOT5750 laptop, 9 sets of computer + system unit, internet access available. Software: Microsoft products (OS, office suite, including MS Office/ Office 365, Teams)

\* The premises for students' self-studies are subject to **MANDATORY** mention

## 7. RESOURCES RECOMMENDED FOR COURSE STUDY

### *Main readings:*

1. General hygiene with the basics of human ecology: textbook for students of dental institutes and dental faculties of higher medical schools, second edition, revised and enlarged. Lakshin A.M., Kataeva V.A. Publishing house: Binom Russia, 2016, 576 p.
2. Hygiene for dentists [Text/electronic resource]: Laboratory practice: Textbook for students studying in the specialty "Dentistry" / L. V. Maksimenko, A. V. Tadzhieva. - Electronic text data. - Moscow: RUDN Publishing House, 2015. - 292 c. : ill. - ISBN 978-5-209-06136-6 : 185.95.
3. Biological and hygienic value of fluorides. Monograph / Maksimenko L.V., Kiryushin V.A., Tadzhieva A.V. Eko-Vector. 2021. ISBN: 978-5-907201-42-2. 255 c. (Offset).

### *Additional readings:*

1. General hygiene with the basics of human ecology [Text]: Textbook for students of dental faculties of universities / A. M. Lakshin, Kataeva Valentina Andreevna. - Moscow: Medicine, 2004. - 464 c. syl. - (Educational literature for the dental faculties of medical universities). - ISBN 5-225-04807-2 : 692.12.
2. Hygiene and Human Ecology: Textbook for Higher Education Institutions / Victor Mikhailovich Glinenko; V.I. Glinenko et al. - Moscow : Medical Information Agency, 2010. - 552 c. : ill. -ISBN 978-5-9986-0005-0 : 784.00.
3. Hygienic Bases of Healthy Lifestyle [Text]: Manual / D. I. Kicha, L. V. Maksimenko, A. V. Fomina; - M. : Publishing house of PFUR, 2003. - 93 c. xl. - ISBN 5-209-01575-0 : 40.00.
4. Hygienic value of drinking regime. Role of drinking water in the prevention of noninfectious diseases [Text/electronic resource]: educational-methodical manual for doctors and nurses, students of specialties "Medical Business", "Nursing", "Dentistry" / L. V. Maksimenko. - Electronic text data. - M. : Publishing house of the PFUR, 2013. - 59 c. - ISBN 978-5-209-05488-7 : 44.32.
5. Soil and its hygienic value [Text/electronic resource]: Training manual / L.V. Maksimenko. - Moscow: PFUR Publishing House, 2008. - 49 c. : ill. - 50.00
6. Maksimenko L.V. Waste management medical and preventive institutions. Textbook for students of specialties Medical, Dentistry, Nursing. - Moscow: PFUR, 2011, 116 p.
7. Piven E.A., Maksimenko L.V. Hygiene and ecology of water: a monograph. / Review. Prof. E.A. Kiryushin. Kiryushin V.A., Doctor of Biology Larina G.E. - M.: UMI, 2016. 253 c.

*Internet-based sources:*

1. Electronic libraries with access for RUDN students:
  - RUDN Digital Library System - RUDN Libraries <http://lib.rudn.ru/MegaPro/Web>
  - University Library Online electronic library system <http://www.biblioclub.ru>
  - Yurite electronic library system <http://www.biblio-online.ru>
  - Student Consultant electronic library system [www.studentlibrary.ru](http://www.studentlibrary.ru)
  - Lan LGS <http://e.lanbook.com/>
  - Trinity Bridge" EBS
2. Databases and search engines:
  - electronic collection of legal and normative-technical documentation <http://docs.cntd.ru/>
  - Yandex search engine <https://www.yandex.ru/>
  - Google search engine <https://www.google.ru/>
  - SCOPUS abstract database <http://www.elsevierscience.ru/products/scopus/>
  - PubMed Online library: <https://pubmed.ncbi.nlm.nih.gov/>
  - Wiley Online Library: <https://onlinelibrary.wiley.com/>

*Training toolkit for self- studies to master the course \*:*

1. The set of lectures on the course “Hygiene”.
2. The laboratory workshop (if any) on the course “Hygiene”.
3. The guidelines for writing a course paper / project (if any) on the course “Hygiene”.

\* The training toolkit for self- studies to master the course is placed on the course page in the university telecommunication training and information system under the set procedure.

**8. ASSESSMENT TOOLKIT AND GRADING SYSTEM\* FOR EVALUATION OF STUDENTS’ COMPETENCES LEVEL UPON COURSE COMPLETION**

The assessment toolkit and the grading system\* to evaluate the competences formation level (GC-7; GC-8; GPC-4; GPC-5) upon the course study completion are specified in the Appendix to the course syllabus.

**DEVELOPERS:**

Associate Professor in the  
Department of Public Health,  
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\_\_\_\_\_  
position, department

L.V. Maksimenko

\_\_\_\_\_  
name and surname

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**HEAD OF THE HIGHER EDUCATION PROGRAMME:**



Deputy Director of MI in the  
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signature

S.N. Razumova

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name and surname