Assessment tools for conducting attestation in discipline «Hygiene» for students of 2023 year of admission under the educational programme 31.05.01 General Medicine, specialisation (profile) 31.05.01 General Medicine (Specialist's), form of study full-time for the 2025-2026 academic year

1. Assessment tools for conducting current attestation in discipline/practice

1.1. Assessment Tools for Certification in Seminar-Type Classes

Certification in seminar-type classes includes the following types of tasks: solving situational problems, control tests, and oral examinations on control questions.

1.1.1. Examples of Situational Problems

Competency Achievement Indicators Being Assessed:
UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2

1. Workers at a livestock farm use water from a 10-meter-deep well located directly on the farm for drinking. The well has a cover and is equipped with a shared bucket. A livestock watering area is organized 20 meters from the well. Sanitary and hygienic analysis of the water sample showed: oxidizability 8.5 mg/dm³; odor, 4 points; taste, 3 points; total hardness, 7 mmol/dm³; color, 15°; dry residue, 700 mg/dm³; sulfates, 460 mg/dm³; chlorides, 430 mg/dm³; coliform index – 10 in 1 dm³; ammonia – 0.02 mg/dm³; nitrites – 0.007 mg/dm³; nitrates – 48 mg/dm³.
Task: Provide a hygienic conclusion on the suitability of the water for domestic and drinking purposes. Explain the possible reasons for the deterioration of water quality and specify methods for improving water quality. Name the norms for physiological and sanitary-hygienic water requirements for the population.

2. In an intensive care unit, the parameters of microclimate, ventilation, and lighting were determined. Air temperature is 22°C, relative humidity is 60%, air movement speed is 0.2 m/sec. The room uses an air conditioning system. The room faces southeast, the light coefficient is 1:5, the Daylight Factor (KÉO) is 1.5%. The level of artificial illumination is 50 lx (fluorescent lamps).
Task: Evaluate the parameters of the microclimate, ventilation, and lighting in the room. Provide necessary recommendations for correcting the internal environment. Answer the following questions: Which window orientation is most favorable for medical facility rooms and why? What indicators allow for the assessment of natural lighting conditions in the room?

1.1.2. Example of a Control Test Variant

Competency Achievement Indicators Being Assessed:
UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2

Variant 1.

Carbon dioxide content in atmospheric air, physiological significance.
Geometric indicators for assessing natural lighting in a room (list them).
Main pathways of heat loss from the human body.

1.1.3. Examples of Control Questions for Oral Examination

Competency Achievement Indicators Being Assessed:
UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2

Physiological, hygienic, and epidemiological significance of water.
Methods of water purification and disinfection.
Endemic diseases caused by water consumption – definition, examples, prevention methods.
Nutritional status: definition, classification.
Indicators used to assess nutritional status.

1.2. Assessment Tools for Independent Student Work

Assessment of independent work includes essay.

2. Assessment tools for conducting intermediate attestation in a discipline

Intermediate attestation is carried out in the form of an exam.

List of questions to prepare for the intermediate attestation:

№	**Questions intermediate attestation**	**Competency Achievement Indicators Being Assessed**
1.	Hygiene as a medical-prophylactic discipline; subject, objectives, and tasks of hygiene. The importance of hygienic measures in a physician's work.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
2.	Concept of natural, anthropogenic, and social factors of the environment. Positive and negative effects of environmental factors on public health.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
3.	Environment (natural, anthropogenic, social) and human health. Classification of ecological situations. Main directions for solving environmental problems.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
4.	Sources and causes of biosphere pollution. Mechanisms of action of ecotoxicants on the human body. Concept of low-intensity toxic factors.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
5.	Impact of biosphere pollution on human health (immediate and long-term adverse effects); prevention.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
6.	Main atmospheric air pollutants, mechanism of action on the human body. Directions for atmospheric air protection.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
7.	Sources of pollution and main atmospheric air pollutants in Volgograd; possible consequences of their impact on public health.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
8.	Physical properties of air, influence on heat exchange and human health.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1;

		PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
9.	Weather and climate, concepts. Classification of weather and climatic conditions. Influence on the human body. Hygienic aspects of acclimatization using the Volgograd region as a model.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
10.	Solar radiation, physiological and hygienic significance. Geographic and anthropogenic foci of rickets: concepts, prevention.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
11.	Urbanization, concept. Hygienic and medical aspects of the negative potential of urbanization, prevention.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
12.	Living conditions in modern cities, influence on public health using the example of Volgograd.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
13.	Quality of the air environment in residential and public buildings, impact on human health. Anthropotoxins, "sick building syndrome," concepts.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
14.	Sources of anthropogenic pollution of indoor air. Ventilation of premises: concept, classification of ventilation systems, purpose.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
15.	Microclimate of residential and public buildings: classification, impact on humans, standardization of microclimate parameters.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
16.	Mechanisms of chemical and physical thermoregulation, their significance and role in ensuring human body thermal homeostasis.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
17.	Main pathways of heat loss from the human body. Hygienic aspects of ensuring human body thermal homeostasis.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
18.	Natural lighting of residential and public buildings; significance for human health; standardization of parameters.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
19.	Artificial lighting of residential and public buildings; significance for human health; standardization of parameters.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
20.	Physiological, hygienic, and epidemiological significance of water. Methods of water purification and disinfection.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
21.	Diseases of the population associated with consumption of water of non-standard microbiological and parasitological quality. Prevention of waterborne epidemics.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
22.	Endemic diseases associated with non-standard salt and trace element composition of water; their prevalence in the territory of Volgograd and Volgograd Oblast,	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2

	prevention.	
23.	Hygienic requirements for drinking water; methods for improving its quality.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
24.	Comparative characteristics of water supply sources. Sanitary protection zones of water sources.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
25.	Nutrition as a socio-hygienic problem and a factor shaping human health. Types of nutrition.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
26.	Alimentary-dependent diseases: definition, classification, preventive measures.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
27.	Principles of healthy human nutrition. Balanced nutrition, concept.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
28.	Modern standardized nutrition for various population groups.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
29.	Human energy balance, types of energy expenditures. Standardization of nutrition for individuals of the 1st professional group.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
30.	Nutritional status: concept, main types, indicators for its assessment.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
31.	Physiological-hygienic standardization of healthy nutrition for individuals engaged in mental labor. Nutrition regimen.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
32.	Physiological-hygienic standardization of healthy nutrition for elderly and senile individuals.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
33.	Proteins in human nutrition: biological role, standardization, sources. Ways to increase the biological value of the protein part of diets.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
34.	Fats in human nutrition: biological role, standardization, sources.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
35.	Mono- and polyunsaturated fatty acids in human nutrition: biological role, importance for health, standardization, sources.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
36.	Carbohydrates in human nutrition: biological role, standardization, sources.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
37.	Dietary fiber in nutrition – the modern concept of its significance for human health.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
38.	Mineral substances and trace elements in nutrition: biological role, sources.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
39.	Critically significant food substances:	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1;

	definition, significance for public health, methods for correcting their content in the population's diet.	PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
40.	Vitamins: concept, classification, biological role. Types of vitamin deficiency, causes, prevention.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
41.	Hypovitaminoses: causes, examples, preventive methods. Most common hypovitaminoses in the Volgograd region.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
42.	Water-soluble vitamins: biological role, standardization, dietary sources. Methods for preserving the vitamin value of food products and ready-made dishes.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
43.	Fat-soluble vitamins: biological role, standardization, dietary sources. Hypervitaminoses, concept, causes.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
44.	Therapeutic and dietary nutrition: concepts, basic principles of diet construction. Use of therapeutic and dietary nutrition for preserving and maintaining public health. Principles of constructing therapeutic diets. Regimes of therapeutic nutrition.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
45.	Preventive and curative nutrition as a method of preventing occupational pathology. Types of preventive and curative nutrition for workers.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
46.	Quality and safety of food products. Xenobiotics in food products, sources of entry.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
47.	Significance of assessing food product quality. Requirements for the quality of milk, meat, bread. Diseases transmitted through milk and meat.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
48.	Food and biological value of animal-origin products.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
49.	Food and biological value of plant-origin products.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
50.	Food and biological value of milk. Diseases transmitted through milk. Requirements for milk quality.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
51.	Food and biological value of meat. Diseases transmitted through meat. Requirements for meat quality.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
52.	Food and biological value of bread. Requirements for bread quality.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
53.	Importance of vegetables and fruits in everyday and dietary nutrition.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1;

		PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
54.	Food poisoning: definition, classification of food poisonings, examples.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
55.	Foodborne toxic infections: definition, examples, pathogenesis, preventive measures.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
56.	Bacterial toxemias: definition, examples, pathogenesis. Most common bacterial toxemias in the territory of Volgograd Oblast. Preventive measures for bacterial toxemias.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
57.	Microbial food poisonings, classification, prevention. A physician's tactics in sporadic and mass food poisonings.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
58.	Non-microbial food poisonings, classification, prevention.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
59.	Requirements for the layout, equipment, and sanitary regime of hospital food blocks from the standpoint of preventing food poisonings and intestinal infections.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
60.	Sanitary-epidemiological risk factors for food poisonings in hospital food blocks. Functional duties of the attending physician in organizing therapeutic nutrition.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
61.	Hospital construction systems, hygienic assessment. Comparative characteristics.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
62.	Hygienic requirements for the site for hospital placement, territory zoning.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
63.	Hygienic requirements for hospital reception departments.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
64.	Hygienic requirements for ward sections and ward departments from the standpoint of creating optimal conditions for patients' stay in a medical facility.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
65.	Hygienic requirements for the hospital operating block.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
66.	Air exchange, microclimate, lighting of main hospital premises, significance, standardization.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
67.	The problem of healthcare-associated infections (HAI); non-specific preventive measures, goal and content.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
68.	Sources, causes of the prevalence of healthcare-associated infections (HAI); main directions of prevention.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2

69.	Structure of healthcare-associated infections (HAI); measures of specific and non-specific prevention.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
70.	Hygienic measures for organizing a radiation protection system in hospital radiological departments when working with sealed sources of ionizing radiation.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
71.	Hygienic measures for organizing a radiation protection system in radiological hospitals when working with open sources of ionizing radiation.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
72.	Hygienic requirements for organizing radiation protection in radiological and radiological departments of medical organizations.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
73.	Harmful and hazardous production factors; concept, classification.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
74.	Hygienic classification of working conditions by degree of harmfulness and danger. Hygienic standards for working conditions (MAC, MEL), concept.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
75.	Factors of the labor process characterizing the heaviness and intensity of labor. Prevention of overwork.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
76.	Main occupational diseases: definitions, examples, causes of occurrence, directions of prevention.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
77.	Harmful production factors in the labor of medical workers; prevention of occupational and work-related diseases.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
78.	Labor hygiene for medical workers.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
79.	Chemical harmful production factors, their impact on the health of workers, prevention of occupational diseases.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
80.	Pathways of entry of toxic substances into the body of workers, their biotransformation and excretion pathways. Systemic and local effects of toxic substances.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
81.	Dust as a production hazard, its impact on the health of workers; preventive measures for occupational diseases. Maximum permissible concentration, concept.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
82.	Physical harmful production factors (noise, vibration, heating and cooling microclimate), their impact on the health of workers; preventive measures for occupational	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2

	diseases.	
83.	Types of medical examinations for workers, purpose of conducting; regulatory documents.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
84.	Hygiene of mental labor. Main directions and measures for preventing fatigue and overwork.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
85.	Labor hygiene when working on personal computers, main directions and measures for preventing adverse health effects.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
86.	Factors shaping and deforming the health of children and adolescents. Groups of children by health status.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
86.	Comprehensive assessment of children's health status, significance. Criteria for health.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
87.	Groups of children by health status, assessment criteria.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
88.	Physical development of children and adolescents; concept, methods of research and assessment. Prognostic and diagnostic value of information on a child's physical development.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
89.	Child's biological age; concept, indicators, and evaluation methods.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
90.	Child's physical development; concept, indicators, and evaluation methods according to regional standards. Features of physical development of children and adolescents in Volgograd.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
91.	School readiness; concept, medical and psychophysiological assessment criteria, assessment results and their significance for children's health.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
92.	Hygienic requirements for school learning conditions and regimes. The problem of school readiness – significance for successful adaptation to early-age learning.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
93.	Factors determining human health. Significance of a healthy lifestyle.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
94.	Main elements of a healthy human lifestyle; the role of a physician in its formation. Methods of preventive work – comparative characteristics.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2
95.	Hardening: concept, hardening factors, principles and methods of hardening.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2

96.	Sanitary-hygienic problems arising as a result of disasters and extreme situations; duties of medical workers.	UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2

Intermediate certification includes the following types of tasks: oral examination on questions for preparation for intermediate certification, solving a situational problem.

2.2. Example(s) of Situational Problem(s)

Competency Achievement Indicators Being Assessed: UK-8.1.1; UK-8.2.1; UK-8.3.1; OPK-2.1.1; OPK-2.2.1; OPK-2.3.1; PK-5.1.1; PK-5.1.2; PK-5.2.1; PK-5.2.2; PK-5.3.2

1. A 56-year-old woman, height 167 cm, weight 97 kg, consulted her family doctor with complaints of rapid fatigue, forgetfulness, weight gain, and frequent constipation. The doctor knows that his patient has worked as an accountant for over thirty years, leads a sedentary lifestyle: enjoys reading, and watches television for 4-6 hours a day. Her diet is three meals a day – breakfast at 8 am, lunch at 1 pm, dinner at 9 pm. The diet is monotonous, mainly consisting of flour-based dishes (pies, pancakes, etc.) and cereals. Examination revealed: skinfold thickness (SFT) 33 mm, complete blood count and urine tests – vitamin levels within normal range, cholesterol level slightly above the norm. 1) Assess the woman's nutritional status. 2) Provide recommendations for correcting her actual diet.

2. A girl, 13 years and 2 months old, body weight 50 kg, height 152 cm, annual height gain 4 cm, number of permanent teeth 26, degree of secondary sexual characteristics development Ma2P2Ax2Me1. 1) Determine the chronological age. 2) Determine the biological age. 3) Provide a comprehensive assessment of the adolescent's physical development. 4) Define the term "retardation of physical development."

2.3. Example of an Examination Ticket

Federal State Budgetary Educational Institution of higher education «Volgograd State Medical University» of the Ministry of Health of Russia

Department: General Hygiene and Ecology, N.P. Grigorenko Institute of Public Health
Discipline: Hygiene
Specialist Program in 31.05.01 General Medicine, specialisation (profile): General Medicine
Academic Year: 2025-2026_

Examination Ticket No. 6

Examination Questions:

1. Sources of atmospheric air pollution; impact on public health.
2. Vitamins: concept, classification, biological role. Types of vitamin deficiency, causes, prevention.
3. Labor hygiene for medical workers.
4. Situational problem. A girl, 13 years and 2 months old, body weight 50 kg, height 152 cm, annual height gain 4 cm, number of permanent teeth 26, degree of secondary sexual characteristics development Ma2P2Ax2Me1.

Task:

Determine the chronological age.
Determine the biological age.
Provide a comprehensive assessment of the adolescent's physical development.
Define the term "retardation of physical development."

Head of the Department _____ N.I. Latyshevskaya

The full fund of assessment tools for the discipline/practice is available in the VolgSMU Electronic Information and Educational System at the link(s): .
https://elearning.volgmed.ru/course/view.php?id=10198..

Considered at the department meeting of the Department of General Hygiene and Ecology of the N.P. Grigorenko Institute of Public Health, protocol of «23» May 2025. № 10.

Head of the Department N.I. Latyshevskaya