

Hygiene

Educational subject description sheet

Basic information

Department Faculty of Medicine Field of study Medical Program Study level long-cycle master's degree program Study form full-time Education profile general academic Disciplines Medical science Subject related to scientific research Yes		Didactic cycle 2016/17 Realization year 2017/18 Lecture languages English Block obligatory for passing in the course of studies Mandatory obligatory Examination graded credit Standard group G. Law and organizational aspects of medicine
Subject coordinator	Wojciech Szot, Joanna Zając	
Lecturer	Wojciech Szot, Agata Skop-Lewandowska, Joanna Zając, Dawid Storman, Magdalena Koperny	
Period Semester 4	Examination graded credit Activities and hours seminar: 25	Number of ECTS points 2.0

Goals

C1	Acquisition of practical skills in health care and health promotion by students.
C2	Acquiring knowledge on estimating and minimizing environmental risks.
C3	Student introduction to selected environmental factors in the place of residence and work that affect human health and methods of monitoring the home and working environment.
C4	Civilizational diseases. To acquaint students with the issues of environmental conditions of carcinogenesis.
C5	To provide the student with the basics of knowledge on the evaluation of the state of nutrition and the manner of human nutrition, including nutrients in food, as well as vitamins and minerals and energy requirements.
C6	Development of awareness of the impact of lifestyle and diet on human health

Subject's learning outcomes

Code	Outcomes in terms of	Effects	Examination methods
Knowledge - Student knows and understands:			
W1	symptoms and course of diseases	O.W2	written credit
W2	methods of diagnostic and therapeutic procedures appropriate for specific disease states	O.W3	written credit
W3	methods of individual and population health assessment, different systems of disease classification and medical procedures	G.W1	written credit
W4	ethical, social and legal conditions for practicing the medical profession and the principles of health promotion, based on scientific evidence and accepted standards	O.W4	written credit
W5	the importance of environmental xenobiotics, including their exogenous transformation and the role of biomarkers (exposure, effects, vulnerability) in the diagnosis of environmental and occupational diseases	G.W23	assignment report, written credit
Skills - Student can:			
U1	plan the diagnostic procedure and interpret its results	O.U3	assignment report, written credit
U2	identify medical problems and prioritize medical management	O.U1	written credit
U3	plan own learning activities and constantly learn in order to update own knowledge	O.U5	written credit
U4	communicate and share knowledge with colleagues in a team	O.U8	written credit
U5	collect information on the presence of risk factors for communicable and chronic diseases and plan prevention activities at different levels of prevention	G.U2	written credit
U6	cooperate with other professions in the field of health protection	G.U10	assignment report, written credit

U7	conducts community interview, is able to interpret levels of pollution in the aspect of effective standards, and is able to identify organs and systems susceptible to harmful substances, the performance of individual xenobiotics present in the environment and the working environment	G.U13	assignment report, written credit
Social competences - Student is ready to:			
K1	to be guided by the well-being of a patient	O.K2	written credit
K2	promote health-promoting behaviors	O.K6	written credit

Calculation of ECTS points

Activity form	Activity hours*
seminar	20
preparation for classes	5
preparation for examination	5
Student workload	Hours 30
Workload involving teacher	Hours 25

* hour means 45 minutes

Study content

No.	Course content	Subject's learning outcomes	Activities
1.	Environment and human health	W1, W2, W3, U1, K1, K2	seminar
2.	Environmental biomonitoring: environmental monitoring and biological monitoring	W1, W2, W3, W4, W5, U1, U7, K1, K2	seminar
3.	Occupational diseases and environmental diseases.	W1, W2, W3, W4, W5, U1, U7, K2	seminar
4.	The basics of environmental determinants of civilizational diseases, with special interest on neoplastic diseases. .	W1, W2, W3, U1, K2	seminar
5.	Diet related diseases, hospital malnutrition, medical diets. Parenteral nutrition.	W1, W2, W3, W4, U1, U2, U3, U4, U5, U6, K1, K2	seminar
6.	Tools used for assessment of nutritional status and nutrition. Energy in food: the body's energy needs, fatty acids and their influence on health, practical guidelines fo body mass control. Vitamins and minerals, interactions.	W1, W2, W3, U1, U3, U4, U5, K2	seminar

Course advanced

Teaching methods:

classes / practicals, computer classes, group work, seminar, simulated patient, lecture with multimedia presentation

Activities	Examination methods	Credit conditions
seminar	assignment report, written credit	Presence during all classes. Assignments need to be done correctly. Written examination - if the sufficient number of points after all classes not reached.

Additional info

During each meeting, students get a short test/assignment/quiz and can gain a maximum of 6 points. To credit the course student have to score 65%, or more, of all points (60 points - maximum). In case of a score lower than 65% - one must take the test, consisting of 60 questions and obtain again 65% of correct answers. Criteria for assigned marks: 95% - 100% (5.0); 90%-95% (4.5); 80%-90% (4.0); 75%-80% (3.5); 65% - 75% (3.0); <65% (2.0).

For a very good mark, a student needs to fulfill 100% of the criteria announced during the first meeting. To pass the course each student needs to fulfill 65% of the criteria announced during the first meeting.

In cases of absence (due to health issues or Dean's absent note) student needs to redo the absence in a form of a written assignment directly connected to the missed class. There is no option of an unexcused absence.

Entry requirements

None

Literature

Obligatory

1. Koren, H., & Bisesi, M. S. (2002). Handbook of environmental health, volume I: Biological, chemical, and physical agents of environmentally related disease (Vol. 1). CRC press.
2. Webster-Gandy, J., Madden, A., & Holdsworth, M. (Eds.). (2011). Oxford handbook of nutrition and dietetics. OUP Oxford.

Optional

1. E. Kolarzyk. Selected topics on hygiene and human ecology. <http://www.wuj.pl>

Standard effects

Code	Content
G.U2	collect information on the presence of risk factors for communicable and chronic diseases and plan prevention activities at different levels of prevention
G.U10	cooperate with other professions in the field of health protection
G.U13	conducts community interview, is able to interpret levels of pollution in the aspect of effective standards, and is able to identify organs and systems susceptible to harmful substances, the performance of individual xenobiotics present in the environment and the working environment
G.W1	methods of individual and population health assessment, different systems of disease classification and medical procedures
G.W23	the importance of environmental xenobiotics, including their exogenous transformation and the role of biomarkers (exposure, effects, vulnerability) in the diagnosis of environmental and occupational diseases
O.K2	to be guided by the well-being of a patient
O.K6	promote health-promoting behaviors
O.U1	identify medical problems and prioritize medical management
O.U3	plan the diagnostic procedure and interpret its results
O.U5	plan own learning activities and constantly learn in order to update own knowledge
O.U8	communicate and share knowledge with colleagues in a team
O.W2	symptoms and course of diseases
O.W3	methods of diagnostic and therapeutic procedures appropriate for specific disease states
O.W4	ethical, social and legal conditions for practicing the medical profession and the principles of health promotion, based on scientific evidence and accepted standards