


University of Niš Faculty of Medicine	Study program: INTEGRATED ACADEMIC STUDIES OF MEDICINE <i>ACCREDITATION 2018</i>	
Course: Hygiene with medical ecology		
Course head: prof. dr Dušica Stojanović		
Course status:	Required	
Semester: IX	Study year: V	
ECTS: 3	Course code: M-V-37	
Cilj predmeta:		
Students should acquire fundamental knowledge about environmental factors and their protective and deleterious effects on human health.		
Course head: (knowledge, skills, attitude)		
Upon completion of the course, students should be able to: <ul style="list-style-type: none"> ▪ Interpret the protective and adverse effects of environmental factors on human health; ▪ Give advice as to healthy life styles and proper nutrition of different population groups; ▪ Give advice in the area of environmental protection. 		
No. of classes of active teaching: 60		
Lectures: 30	Practice: 30	
Course contents		
<p><u>Theory</u></p> <p>Hygiene with medical ecology – definition and significance. Nutrition and health. Energy needs and consumption. Proteins, carbohydrates, and lipids. Hydrosoluble vitamins. Liposoluble vitamins. Minerals in nutrition (macro- and microelements). Nutrition of different population groups. Obesity, malnutrition. Nutrition and cardiovascular diseases. Nutrition and diabetes mellitus. Nutrition and malignant diseases. Food safety and safety of objects for general use. Alimentary risk factors and their control. HACCP system in food production. Alimentary diseases. Physiological significance and role of water. Safety of drinking water. School environment and health of children and youth. Good hygienic practice in health care institutions and risk management. Mental hygiene. Physical activity, sport, and health. Climate, microclimatic factors and their impact on health. Air pollution and its impact on health. Non-ionizing and ionizing radiation and its impact on health. Hygienic aspects of soil. Hygienic disposition of waste, medical waste, and its impact on health. Hygiene of human settlements and assessment of their impact on health. Hygiene in emergency situations.</p> <p><u>Practice</u></p> <p>Foods. Food contaminants. Good hygienic practice in food industry and food market. Planning of proper nutrition. Evaluation of food. Evaluation of nutrition status. Control of drinking water safety. Chemical safety of drinking water. Objects providing drinking water. Purification and disinfection of drinking water. Personal hygiene. Air pollution assessment. Measurement of noise in an environment. Evaluation of non-ionizing and ionizing radiation and assessment of its impact on health.</p>		
Recommended literature:		
<ol style="list-style-type: none"> 1. Dušica Stojanović, urednik. Higijena sa medicinskom ekologijom, Udžbenik za studente Integrisanih akademskih studija medicine. Autori: Stojanović D, Stanković A, Nikolić M, Rađen S, Radaković S, Milošević Z, Jovanović J. Izdavač: Medicinski fakultet Univerziteta u Nišu, Galaksija, 2012. 2. Dušica Stojanović, urednik. Higijena sa medicinskom ekologijom, Praktikum za studente Integrisanih akademskih studija medicine. Autori: Stojanović D, Stanković A, Nikolić M, Rađen S, Radaković S, Jovanović J, Mitrović V, Miladinović B. Izdavač: Medicinski fakultet Univerziteta u Nišu, Galaksija, Niš, 2012. 		
Teaching methods:		
<ul style="list-style-type: none"> ▪ Interactive theoretical and practical teaching ▪ Consultations ▪ Seminar papers ▪ Field work 		
Required previously passed exams:		

Epidemiology
Grade (max. 100 points)
Pre-exam obligations
<ul style="list-style-type: none">▪ Attendance and activity at lectures: 0 – 10 points▪ Activity at practice classes: 0 – 10 points▪ Seminar papers: 0 – 10 points
Final exam
<ul style="list-style-type: none">▪ Oral exam: 0 – 70 points