

# **HYGIENE**

Branch: Physiotherapy  
PZTV112C

Courses obligatory

S 1/0 C, Ex

Teacher: MUDr. Michaela Malá

## **Characteristics:**

The obligatory Hygiene course gives the students the basic information in hygiene and epidemiology. The lectures are devoted to the problems of environmental health, the outdoor and indoor air pollution, the physical factors of the environment and their influence on the health of the population. The risk factors of lifestyle like tobacco dependence, alcohol and drug abuse are discussed. The second part of the course concentrates on the principles of epidemiology, immunology, vaccination and the prevention of the common infectious diseases.

## **Lectures:**

1. History of hygiene.  
Hygiene, a preventive medicine subject with the goal of improving the quality of human life.
2. Environment and human health.  
Outdoor air pollution – the main pollutants, their sources and adverse health effects.  
Types of smog.
3. Indoor air pollution – the main pollutants, their sources and adverse health effects.  
Sick Building Syndrome.
4. Physical factors of the environment.  
Solar radiation. Ionizing radiation. Lightning. Noise.
5. General epidemiology.  
Communicable diseases –types of infection, process of spread of infection, transmission.
6. Principles of prevention. Vaccination.  
Active and passive immunization.

## **Credit and exam requirements:**

- minimum 80% presence, term paper.

## **Literature:**

BENCKO, V. et al., *Hygiene and Epidemiology, Selected Chapters*. Prague: The Karolinum Press, 2004. ISBN 80-246-0793-X.

FARMER, R., LAWRENSON, R., *Epidemiology and Public Health Medicine, Lecture Notes*. Oxford: Blackwell Publishing, 2004. ISBN 1-4051-0674-3.

LENER, J. et al., *Medical Hygiene*. Prague: The Karolinum Press, 1997.