



DISCIPLINE SHEET

1.-Info about the program

FOUNDATION FOR DEVELOPMENT AND MANAGEMENT		
1.2-Faculty	FACULTY OF MEDICINE	
1.3-Departament	Clinical/ Specialization Discipline	
1.4-Study domain	Health	
1.5-Study cycle	Bachelor	
1.6-Study program/ Calification	Medicine-English	

2.-Discipline data

2.1.-Name of the discipline		HYGIENE						
2.2.-Course Activity Holder		Lect.Dr. SAVA Dan-Iulian , MD, PhD						
2.3 -Owner of seminar activities		Lect.Dr. SAVA Dan-Iulian , MD, PhD						
2.4.-Year of study	II	2.5 Semester	I	2.6-Type of assessment	Exam	2.7. Discipline regime	Content	DS
							Obligatory	DOB

3. -Total estimated time (hours per semester) of teaching activities

3.1-Number of hours per week	6	3.2- Course	2	3.3 Seminar/laboratory	4
3.4-Total hours in the curriculum	84	3.5-Course	28	3.6 Seminar/Laboratory	56
Distribution of the time fund					Hours
Study by textbook, course material, bibliography and notes					25
Additional documentation in the library, on specialized electronic platforms and in the field					10
Preparation of seminars/laboratories, assignments, papers, portfolios and essays					2
Tutoring					2
Examination					2
Other activities					-
3.7 Total individual study hours	41				
3.8 Total hours per semester	125				
3.9-Number of credits	5				

4. Preconditions (if applicable)

4.1-Curriculum	Not the case
4.2-Competences	Not the case



5.-Conditions (where applicable)

5.1 -Course Conduct	The room equipped with video projector and laptop
5.2-Conduct of the seminar/laboratory	-

6. Learning outcomes

Knowledge	Describes, explains, and analyzes fundamental concepts and principles of public health, management, epidemiology, and hygiene, as well as their relationship to disease prevention and health promotio
Skills	Correctly apply methods for characterizing the health status of the population and the environment and for intervening to maintain it.
Responsibilities and autonomy	Plans, integrates and organizes interventions to improve public health; manages prevention programs and assumes responsibility for implementing ethical measures in the health field.

7. -Objectives of the discipline (resulting from the grid of specific skills accumulated)

7.1 -General objectives of the discipline	Acquiring the notions of hygiene necessary in the practical activity of the nurse.
7.2 -Specific objectives	The student's knowledge of: <ul style="list-style-type: none"> - the principles of balanced nutrition and the implementation of nutritional counseling; - conducting the food survey and calculating the food ration; - the methods of evaluating the hygienic-sanitary conditions in public food establishments; - hygiene rules in a space with a sanitary profile; - the influence of environmental factors (air, water) on the body; of the effects of pollution; development of preventive measures.

8.-Content



8.1 -Course	Teaching methods	Hours /week	Comments
1.-The thermal environment - effects on body thermoregulation. -Biological air pollution (air pollution) in relation to health status.	Interactive lecture	2	
2. -Sources of air pollution -Acute and chronic, direct/indirect effects of air pollution on health		2	
3.- Airborne diseases - Prevention and control		2	
4-Radiation hygiene -Ionizing radiation - natural and artificial sources		2	
5.-Ionizing radiation - acute and chronic pathogenic effects, prophylaxis of exposure to ionizing radiation; - Non-ionizing radiation (ultraviolet, light, infrared) - natural and artificial sources		2	
6.-Non-ionizing radiation (ultraviolet, light, infrared) - sanogenic and pathogenic effects, preventive and combating measures - Water hygiene. Drinking water sources		2	
7.-Water pollution and self-purification - The impact of water pollution on health: the effect of pollution with nitrates, detergents, pesticides, carcinogens, heavy metals		2	
8.-Some trace elements in water and their impact on health: iodine, fluorine -Hygiene of the hospital environment		2	
9.-Factors of the hospital environment with a role in the occurrence of healthcare-associated infections -Nonpharmacological measures that address environmental factors for the prevention of healthcare-associated infections		2	
10.-Food safety -Chemical and microbiological contamination		2	
11.-Main contamination methods and contamination prevention measures - Energy intake and macronutrients		2	
12.-Role in health, daily consumption recommendations, food sources - Intake of micronutrients		2	
13.-Role in health, daily consumption recommendations, food sources - Nutritional imbalances		2	



<p>14.-Micronutrient deficiency, protein-caloric malnutrition -Diseases caused by excess energy and macronutrients</p>		2	
<p>Mandatory bibliography: 1.-Dana Sîrbu, Daniela Curse, Monica Popa- Hygiene. Course support for the students of the Faculty of Dental Medicine. "Iuliu Hatieganu" University Medical Publishing House-2014 2.-Ileana Serban, Adrian Calugaru-Elementary notions of hygiene. Guide for Workers in the Service Provision Sector, Semne Publishing House, 2017 3.-Duceac, Letitia – Hospital Epidemiological Guide , Ed. Studii, 2015 4.-Popa, Monica - ENVIRONMENTAL HYGIENE. Practical guide for medical students. – EdituraMedicala "Iuliu Hatieganu" University of Cluj-Napoca, 2018 Optional bibliography 1.-Rodica Cuciureanu. Environmental hygiene elements. Performantica Publishing House, 2010. 2.-Luc Cynober, Jacques Fricker.All about dietary supplements. Humanitas Publishing House, 2020. 3.-Ion Maftai. Asepsis, antisepsis, sterilization. 2nd edition, Cermaprint Publishing House, 2018. 4.-Mastering hygiene and the environment for a health professional-Our Knowledge Publishing, 2022 5.-A Handbook of Hygiene-Outlook Verlag Publishing House, 2023 https://worldscholarshub.com/ro/free-medical-books-pdf/</p>			
8.2 -Seminar/laboratory	Teaching methods	Hours /week	Obs
1.-Techniques for assessing air pollution in a populated centre and assessing its effects on the health of the population	pre-reading+ references+ presentation of cases films Simulation Case Study	4	
2.-Methods for determining the contamination of air, instruments, surfaces, hands for the purpose of preventing and combating nosocomial infections.		4	
3.-Methods for assessing the potability of water (potability from a physico-chemical point of view: chemical indicators for assessing microbial contamination of water:		4	
4.-Monitoring the concentration of nitrates in drinking water in preventing the occurrence of methemoglobinemia (methemoglobinemias)		4	
5.-Methods for assessing the potability of water (potability from a microbiological point of view,		4	



methodology for monitoring water quality and legislation in the field).			
6.-Methods for assessing the potability of water (disinfection of limited amounts of water and methods for determining the efficiency of disinfection)		4	
7.-Techniques for determining the physical factors of the microclimate in rooms (temperature, humidity, air currents, radiant temperature). Subjective and objective physiological indicators for evaluating the effect of the microclimate on the human body.		4	
8.-Determination of bacteriological contamination of air and surfaces. Methods for evaluating the efficiency of cleaning and disinfection. Hand hygiene.		4	
9.-The technique of carrying out food surveys (food surveys by food groups).		4	
10.-The technique of carrying out food surveys (food surveys based on nutritional principles using the statistical method).		4	
11.-Methods of determining the nutritional value and the hygienic-sanitary quality of food products.		4	
12.-Food poisoning (measures to trigger food poisoning, legislation in the field).		4	
13.-Diagnosis of the physical development of children and adolescents - assessment of development by placing it in the sigmatic classes of development.		4	
14.-Methods of monitoring the health status of children and adolescents in the communities - the technique of carrying out the balance examination and the legislation in force. Techniques for assessing air pollution in a populated center and assessing its effects on the health of the population:		4	
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1.-Dana Sirbu, Daniela Curse, Monica Popa- Hygiene. Course support for the students of the Faculty of Dental Medicine. "Iuliu Hatieganu" University Medical Publishing House-2014			
2.-Ileana Serban, Adrian Calugaru-Elementary notions of hygiene. Guide for Workers in the Service Provision Sector, Semne Publishing House, 2017			
3.-Duceac, Letitia – Hospital Epidemiological Guide , Ed. Studii, 2015			



4.-Popa, Monica - ENVIRONMENTAL HYGIENE. Practical guide for medical students. – Editura Medicala "Iuliu Hatieganu" University of Cluj-Napoca, 2018

Optional bibliography

1.-Rodica Cuciureanu. Environmental hygiene elements. Performantica Publishing House, 2010.

2.-Luc Cynober, Jacques Fricker. All about dietary supplements. Humanitas Publishing House, 2020.

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5.-A Handbook of Hygiene-Outlook Verlag Publishing House, 2023
<https://worldscholarshub.com/ro/free-medical-books-pdf/>

9.-Collaboration/validation of the contents of the discipline with the expectations of the representatives of the epistemic community, professional associations and employers representative of the field related to the program

The contents of the discipline are in accordance with the RNCIS standards.

10.-Evaluation

Activity Type	10.1-Evaluation criteria	10.2 -Evaluation methods	10.3 -Weight of the final grade
10.4-Course	–	Final assessment: 50-question grid test	50%
10.5-Laboratory	–	Continuous assessment - tests/questions during internships	25% - continuous evaluation
		Presentation of the project	15%
		Online test	10%
10.6 -Minimum Performance Standard:			
Obtaining a grade of 5 in the practical test and in the written test.			

Date: 15.05.2025	Signature of the discipline coordinator:	Holder of the seminar activities:
	Lect.Dr. SAVA Dan-Iulian , MD, PhD	Lect.Dr. SAVA Dan-Iulian , MD, PhD



Department Approval Date	
Semnătura Directorului de Departament	

Reprezentant legal F.D.M.

Presedinte

Prof. Univ. Dr. POSTĂVARU Nicolae