

### Topics for final exam test

#### HYGIENE

1. Differences between public health and medical treatment. Hygiene – definition, function, basic division.
2. Hygiene of children and adolescents – definition, aims, tasks, goals and programs
3. Children as a vulnerable group. Prevention of risks and hazards to children's health during growth and development.
4. Young people / adolescents as a vulnerable group. Prevention of substance use and risk behavior.
5. Child's collective facilities – hygiene and safety standards, nutrition and food hygiene in daycare for children.
6. Environmental health, environmental medicine – definitions, concerns, basic disciplines.
7. Environmental risks and hazards
8. Health impacts of climate change. Environmental climate change and vector-borne diseases.
9. Air pollution – sources and health effects. Communicable diseases associated with water.
10. Water and soil pollution – sources and health effects.
11. Nutritional hygiene – definitions, concerns, basic areas. Public health nutrition and therapeutic nutrition.
12. Nutrition intervention to prevent chronic diseases.
13. Diet in special conditions of human organism - pregnancy.
14. Diet in special conditions of human organism - childhood, older age.
15. HACCP and Codex Alimentarius - definition, purpose, Codex legal tools.
16. Contamination of food. Food safety.
17. Five keys to safer food. Rules for safe food preparation - explanation. Common errors during food preparation.
18. Obesity and metabolic links to other diseases. Insulin and leptin resistance.
19. Nutrition in prevention of diabetes.
20. Hospital hygiene – basic areas.
21. Prevention of hospital (nosocomial) infections. Hand washing.
22. Hospital (nosocomial) infections – classifications, sources of infection, routes of transmission.
23. Biologic effects of non-ionizing radiation in workplace and environment.
24. Preventive occupational medicine – definition, tasks, basic areas.
25. Dust and fumes in workplace (health effects).
26. Biological effects of ionizing radiation in workplace and prevention of their health impact.
27. Abnormal temperature in workplace (health effects) and prevention of its health impact.
28. Noise and vibration (basic aspects, influence on human organism) and prevention of its health impact.
29. Chemical hazard in workplaces
30. Occupational diseases transmissible from animals to humans.

#### SOCIAL MEDICINE

1. Social medicine – definition and scope.
2. Role of social, cultural and economic factors in population health
3. Demography in social medicine. Basic demographic indicators. Indicators of population health.
4. Globalization and urbanization – implications to public health.
5. Science and medicine. Evidence-based practice
6. Ethics in public health. Declaration of Helsinki.
7. Equity in health and health care. Health inequalities.
8. Social determinants of health.
9. Public health situation in developing versus developed countries.
10. Core Public health functions. Health promotion.
11. Primordial, primary, secondary and tertiary prevention. Public health toolkit.
12. Public health and ageing. Prevention in geriatrics.
13. Health care systems in the World - definitions, models. Health insurance.
14. Economic issues in public health
15. Role of government in public health
16. European Centre for Disease Prevention and Control (ECDC).
17. International Red Cross Movement.
18. Health 21 – principles, spheres of interest, strategies.

19. World Health Organization (WHO) - definition, health concept.
20. WHO - Tobacco Free Initiative.
21. European Charter of Patients' rights.
22. Evaluation of cardiovascular risk
23. Education and counselling in a prevention of cardiovascular diseases
24. Primary and secondary prevention of oncologic diseases
25. Basic anthropometric indicators and their interpretation.
26. Role of life-style in population health. Ways to achieve life-style modifications
27. Role of legislation in public health
28. Natural history of disease. Disease process.
29. International classification of diseases.
30. Using of information technologies in public health and healthcare

Martin, 7.9.2022

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