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\_\_\_\_\_ 2020p.

**EXAMINATION TASK**

State certification at the education qualification level «specialist»  
in the specialty 7.12010001 «General medicine»

Discipline «Hygiene, Social Medicine, Organization and Economics of Health Protection»

**Variant № 1**

**Station «2»**

Determine the effectiveness of ultraviolet radiation (UVR) by biological method (determination of erythema (biological) dose)

**Questions**

1. Explain the algorithm for determining the erythema dose using biodosimeter of M.F. Gorbachev
2. How to determine the physiological dose of UVR?
3. How to determine the preventive UVR?
4. How to calculate the prophylactic dose according to the formula?
5. Types of biological effects of UVR on human body.

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**Variant № 2**

**Station «2»**

Labor. Dangerous and harmful factors of the production environment. MPC.

**Questions**

1. Work and labor. Definition. Dangerous and harmful factors of production environment.
2. The difficulty and intensity of work.
3. Criteria for hygienic assessment of the severity and intensity of work.
4. Fatigue and overworking. Prevention of fatigue.
5. Occupational diseases and their prevention.

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**Variant № 3**

**Station «2»**

Labor. Working conditions.

**Questions**

1. What are working conditions?
2. List the dangerous working conditions.
3. List the harmful factors of the production process.
4. List the physical occupational factors that may affect health of workers.
5. List the biological occupational risk factors.

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**Variant № 4**

**Station «2»**

Hygienic assessment of industrial noise and vibration. Effect on the body of workers.

**Questions**

1. Physical characteristics of noise and vibration. Hygienic rationing.
2. In one of the sections of the machine-building plant shop the sound pressure level was 85 dB. Workers are in the noise zone all shift (8 hours). What should be done to prevent noise sickness?
3. Why are powerful infrasonic waves dangerous to humans?
4. Name the areas of use of ultrasound in medicine.
5. What does "dead finger" syndrome mean?

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**Variant № 5**

**Station «2»**

Energy homeostat and its regulation.

**Questions**

1. The main substrates and ways of obtaining energy by man.
2. The main ways of energy loss by the human body.
3. Features of thermal homeostat in temperate climates.
4. Features of the thermal homeostat in hot climates.
5. Name the reason for the development of thermal seizures.

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**Variant № 6**

**Station «2»**

Dust as a harmful factor in the air of the work area.

**Questions**

1. Through what mechanisms is dust formed?
2. Classification of dust particles by size.
3. Which size of dust has the highest fibrogenic activity?
4. Name non-specific and specific (occupational) diseases induced by dust.
5. Explain the effect of "lying dust".

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**Variant № 7**

**Station «2»**

Industrial poisons and poisonings.

**Questions**

1. Are the terms toxicity and hazard/danger synonymous?
2. What does the combined action of substances mean?
3. What does the complex action of substances mean?
4. What does the combined action of substances mean? Synergism and antagonism of poisons.
5. The accumulation of industrial poisons is material and functional, its importance in the development of occupational poisoning, the tropism of poisons.

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**Variant № 8**

**Station «2»**

Ionizing radiation (IR) / radiation (R).

**Questions**

1. Definition of IR, types. Does UVR belong to ionizing, why?
2. Weak and dense IR. The ratio of the degree of ionization and penetration.
3. Measure of IR energy. Which ones exist? Units of measurement.
4. Biological effects of IR.
5. Radiosensitivity of various organs and tissues. Bergogne-Tribondo rule.
6. Classification of organs and tissues according to the degree of radiosensitivity.

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**Variant № 9**

**Station «2»**

Describe the listed types of ionizing radiation (IR).

**Questions**

1. Alpha radiation.
2. Beta radiation.
3. Gamma radiation.
4. X-rays.
5. External irradiation.

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**Variant № 10**

**Station «2»**

Radioactivity.

**Questions**

1. Definition.
2. Unit of measurement.
3. The law of radioactive decay.
4. Half-life.
5. Which radionuclides were dose-forming in the first weeks after the Chernobyl accident, and which are now.

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**Variant № 11**

**Station «2»**

Radioactivity and population groups.

**Questions**

1. Category A.
2. Category B.
3. Category B.
4. Closed source.
5. Open source.

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**Variant № 12**

**Station «2»**

Noise classification.

**Questions**

1. Classification by time.
2. Classification by spectrum width.
3. Classification by frequency composition.
4. What is the geometric mean frequency of an octave.
5. Name the geometric mean octave frequencies.

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**Variant № 13**

**Station «2»**

Name the cause of acute or chronic poisoning.

**Questions**

1. The electric welder was admitted to the emergency department with complaints of sore throat, headache and myalgia. He feels tightness in his chest and shortness of breath. Chest x-ray is normal. It works with quarrying and cutting lead, mercury, chromium, copper and cadmium. Which of the following caused this symptom complex?
2. How did the poison get into the body?
3. Name the drug for emergency care.
4. The method of drug administration.
5. The principle of action of the drug.

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**Variant № 14**

**Station «2»**

The couple applied to the family planning center due to inability to get pregnant for two years. Analysis of the man's semen revealed oligospermia. He works in a battery factory. Name the cause of infertility.

**Questions**

1. The search for which metal in the blood is crucial for diagnosis?
2. What unique amino acid appears in the blood during chronic metal poisoning?
3. Which protein is also found in blood and urine?
4. What blood abnormality is also observed very often?
5. What is the cause of these anomalies?

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**Variant № 15**

**Station «2»**

Employees of one of the companies have contact with various metals (arsenic, beryllium, cadmium, chromium, lead, manganese, mercury, nickel, zinc). Determine which metal caused these symptoms.

**Questions**

1. The worker has hyperkeratosis, hyperpigmentation and anemia.
2. The worker has Fanconi syndrome.
3. The worker has fever, chills, profuse sweating, cough and chest pain, which disappear after 48 hours.
4. The worker has ataxia, impaired vision and hearing.
5. The worker has respiratory symptoms, chest pain. The R-gram reveals small, rounded, electron-dense formations.

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**Variant № 16**

**Station «2»**

Name the most probable occupational diseases in people of certain professions.

**Questions**

1. Butcher.
2. Air conditioner repair technician.
3. Dentist.
4. Radiologist.
5. Fabric dyer.

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**Variant № 17**

**Station «2»**

Employees of one of the enterprises during work have contact with various solvents (benzene, petroleum ether, alcohols, glycols, ethers, phenols, carbon tetrachloride) and other chemicals (DDT, cotton wool, acrylic, quartz). Name the reason for the clinical picture of:

**Questions**

1. Optical neuropathy, blurred vision, blindness.
2. Necrosis of the liver and kidneys.
3. Inhibition of hematopoiesis.
4. Chloracne.
5. Acute hepatic intoxication with necrosis.

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**Variant № 18**

**Station «2»**

The young woman was delivered to the emergency department with complaints of headache, nausea and weakness. She jogged in sunny weather at a temperature of 32°C and a relative humidity of 70%. She has been training for 2 weeks. There is hyperventilation, skin moisture, body temperature 38.8°. Name the cause of the accident, as well as means of assistance and rest time.

**Questions**

1. Sunstroke.
2. Heat cramps.
3. Thermal depletion.
4. Heat stroke.
5. Thermal syncopy.

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**Variant № 19**

**Station «2»**

Radiation protection.

**Questions**

1. Define the term
2. Give example of distance protection.
3. Time protection.
4. Protection of quantity.
5. Screen protection.

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**Variant № 20**

**Station «2»**

Define the physical characteristics of artificial lighting and solve the problem of lighting the classroom.

**Questions**

1. What is the power of light and in what units is it determined?
2. What is luminous flux and units of definition?
3. What is the brightness of the lighting?
4. What is the reflection coefficient?
5. Calculate the coefficient of natural light (CNL) of the training room, if the illumination in the workplace is 200 lux, and outside - 20,000 lux. Indicate whether this result meets the hygienic requirements.

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**Variant № 21**

**Station «2»**

Give a hygienic assessment of artificial lighting using descriptive, calculation and light-technical methods.

**Questions**

1. What is a descriptive method of hygienic assessment of artificial lighting?
2. What is the calculation method of hygienic assessment of artificial lighting?
3. What is a light-technical method?
4. What is uniformity and sufficiency of lighting? In which cases is the lighting considered uniform?
5. What is the intensity of artificial lighting?

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**Variant № 22**

**Station «2»**

Give a hygienic assessment of the factors that characterize natural light:

**Questions**

1. What is the light factor (LF) and what are its norms in residential, hospital premises?
2. What is the coefficient of natural light (CNL) and what are its norms in residential, hospital premises?
3. What is the angle of incidence; what are hygienic standards for this indicator?
4. What is the angle of the hole and what are the hygienic standards for this indicator?
5. What is the coefficient of deepening to which hygienic standards for this indicator?

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**Variant № 23**

**Station «2»**

Hygienic basics of acclimatization

**Questions**

1. What is acclimatization?
2. Due to what reactions is adaptation to climate happens?
3. Describe the periods (phases) of acclimatization.
4. What is the active form of acclimatization?
5. What is passive adaptation

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**Variant № 24**

**Station «2»**

The main types of ionizing radiation and their radiation and hygienic characteristics.

**Questions**

1. What is ionizing radiation
2. Describe what is an alpha particle (consists of 2 protons and two neutrons)
3. Describe what is a beta particle (electron)
4. Describe the gamma radiation
5. Describe the X-ray radiation

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**Variant № 25**

**Station «2»**

Describe what pneumoconiosis is and give their classification.

**Questions**

1. Define pneumoconiosis.
2. What pneumoconioses are caused by mineral and metal dust
3. What pneumoconioses are caused by carbonaceous dust carbocaniosis - anthracnose, graphite.
4. What pneumoconioses are caused by organic dust
5. What pneumoconioses are caused by dust of mixed composition

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**Variant № 26**

**Station «2»**

Describe the main hygienic measures taken for the prevention of occupational diseases

**Questions**

1. Describe the main organizational activities
2. Describe the main technological measures
3. Describe the main sanitary measures
4. Describe the main treatment and prevention measures
5. Describe the main personal protective equipment

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**Variant № 27**

**Station «2»**

Describe the impact on children's health by inconsistency of school furniture and prevention of diseases caused by school furniture

**Questions**

1. What kind of posture disorder causes the mismatch of children's height furniture?
2. What kind of posture disorder in pupils occurs at a low table and high chair?
3. What kind of posture disorder in pupils occurs at a high table and low chair?
4. What is the correct setdown of pupil?
5. What are hygienic requirements for the school desk?

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**Variante № 28**

**Station «2»**

Describe the organization of sanitary and hygienic measures in the troops during wartime.

**Questions**

1. For the conditions of military labor.
2. For the location of the military troops.
3. For nutrition.
4. For type of water supply.
5. For the movement of troops.

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**Variant № 29**

**Station «2»**

Methods of hygienic characteristic of temperature regime as one of the important  
microclimatic factors

**Questions**

1. Temperature indicators
2. Methods for determining the average room temperature
3. Hygienic standards of temperature regimes in hospitals and living quarters
4. Hygienic standards of temperature differences
5. Methods for determining the radiation temperature

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**Variant № 30**

**Station «2»**

Describe the tasks of hygiene in the field deployment of troops.

**Questions**

1. Tasks of the medical service to comply with hygienic conditions in the field deployment of troops
2. Tasks of the medical service on observance of hygienic conditions at apartment placement of troops
3. Tasks of the medical service on observance of hygienic conditions to the site at the camp of troops
4. Hygienic characteristics of field dwellings
5. Tasks of the medical service on observance of hygienic conditions at mixed, or apartment-bivouac placement of troops

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**Variant № 31**

**Station «2»**

Hygienic control of defense (fortification) structures of troops

**Questions**

1. Medical classification of fortifications
2. Hygienic requirements for open defense (fortification) structures
3. Hygienic requirements for closed defense (fortification) structures
4. Adverse factors of open defense structures effecting the body of servicemen.
5. Adverse factors of closed defense structures effecting the body of servicemen

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**Variant № 32**

**Station «2»**

Occupational hygiene of radiologists and radiographers

**Questions**

1. Types of influence of sources of ionizing radiation on radiologists and radiographers
2. Categories of persons irradiated when working with ionizing radiation, for which different maximum permissible radiation doses are set
3. Contraindications to work with ionizing radiation
4. Methods of protection of radiologists and radiologists from ionizing radiation
5. Protection of personnel working with open radioactive sources

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**Variant № 33**

**Station «2»**

Healthy nutrition and sanitary and toxicological safety of food

**Questions**

1. Describe the first principle of nutrition "Correspondence of the caloric content of the daily diet to human energy consumption"
2. Describe the second principle of nutrition "Adequacy of the chemical composition of the diet to the physiological needs of the body in nutrients and their balance among themselves"
3. Describe the third principle of nutrition "Regulated diet".
4. Food safety in epidemiological and toxicological terms
5. The main tasks of sanitary and toxicological examination

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**Variant № 34**

**Station «2»**

Water.

**Questions**

1. Sources of pathogenic microorganisms in drinking water
2. Intestinal infections of bacterial nature transmitted with water.
3. Features of epidemics of intestinal diseases of aquatic origin
4. Viral diseases transmitted with water.
5. Protozoan and worm infestations transmitted with water.

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**Variant № 35**

**Station «2»**

Dust.

**Questions**

1. Classification of dust by particle size:
2. Diseases associated with the effects of dust on the body.
3. Pneumoconoses, their types.
4. Methods for determining air dust.
5. Individual means of protection against dust, their characteristics.

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**Variant № 36**

**Station «2»**

**Questions**

1. Definition and types of nutritional status of organism.
2. Vitamins as a necessary part of human diet, their classification, physiological role in the body.
3. Symptomatic signs of hypovitaminosis of vitamin C.
4. Hypovitaminosis of vit. A.
5. Hypovitaminosis of vit. D.

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**Variant № 37**

**Station «2»**

Which minerals or nutrients contain the following groups of food products.

**Questions**

1. Melon crops.
2. Vegetables and fruits.
3. Meat products
4. White chicken meat
5. Cereals, vegetables, fruits

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**Variant № 38**

**Station «2»**

Which vitamin deficiency is the cause of the following health disorders

**Questions**

1. Xerosis of the cornea
2. Ecchymosis of the skin.
3. Dermatitis, diarrhea, dementia.
4. Paresthesias and rapid fatigue while walking
5. Geographical tongue

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**Variant № 39**

**Station «2»**

What are the diseases from these groups, in which transmission/contamination factor is water?

**Questions**

1. Bacterial diseases of the intestinal group
2. Viral diseases of the intestinal group
3. Chronic intoxication
4. Parasites
5. Anthroozoonoses

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**Variant № 40**

**Station «2»**

The occurrence of which pathological changes in the body are caused by abnormal content of the following minerals in drinking water?

**Questions**

1. Chlorides
2. Sulfates
3. Fluoride
4. Strontium
5. Zinc

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**Variante № 41**

**Station «2»**

Name the main toxic substances contained in the following wild and cultivated plants

**Questions**

1. Amanita
2. Field birch
3. Pale toadstool
4. Aconite
5. Water hemlock

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**Variant № 42**

**Station «2»**

**Questions**

1. Environmental factors and social living conditions that affect the formation of the health in children and adolescents.
2. On the basis of which indicators the physical development in children and adolescents are assessed.
3. Methods of assessing the physical development of children and adolescents
4. Methods of research of age psychophysiological features of organism in children and teenagers.
5. The main dimensions of school furniture that are used in the course
6. conducting a hygienic assessment.

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**Variant № 43**

**Station «2»**

The thermal sensation of a person depends on the complex action of several physical factors. Indicate which factors form the following scales:

**Questions**

1. Effective temperatures
2. Equivalent-effective temperatures
3. The resulting temperature
4. What is a comfort zone?
5. What is a comfort line?

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**Variant № 44**

**Station «2»**

Name the categories of food quality and explain them:

**Questions**

1. Good quality product
2. Product with reduced nutritional value
3. Conditionally suitable product
4. Counterfeit product/ adulterated food
5. Surrogate

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**Variant № 45**

**Station «2»**

**Questions**

1. Name the main modern hospital building systems
2. List the benefits of each system
3. Name the shortcomings of each building system
4. List the zones in of planning a land plot
5. What should be the distance between hospital buildings and residential buildings according to hygienic requirements?

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**Variant № 46**

**Station «2»**

What are hygienic requirements when planning the ward section of the somatic department?

**Questions**

1. The number of chambers in the section
2. The number of beds in the ward
3. Area for one bed
4. Treatment room area
5. The area of the bathroom

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**Variant № 47**

**Station «2»**

What are hygienic requirements for the microclimate in hospital wards?

**Questions**

1. The temperature in the ward with therapeutic specialty
2. Temperature in the neonatal, postoperative, burn units
3. The air temperature in the ward for patients with thyrotoxicosis
4. Humidity in hospital wards
5. Air velocity in the therapeutic unit room

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**Variant № 48**

**Station «2»**

What occupational diseases can develop in doctors of the following specialties?

**Questions**

1. Therapists
2. Radiologists
3. Surgeons
4. Psychiatrists
5. Infectious disease specialists

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**Variant № 49**

**Station «2»**

**Questions**

1. List the main types of microclimate
2. Name the parameters of microclimate
3. What device is used to measure humidity
4. What device measures the air velocity in the room.
5. Name the microclimatic conditions of production facilities in accordance to the sanitary norms.

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**Variant № 50**

**Station «2»**

Acute radiation sickness.

**Questions**

1. Definition and etiology
2. What forms of acute radiation sickness are distinguished according to the classification by pathogenetic mechanism?
3. What phases are distinguished in the uncomplicated typical form?
4. What are the main clinical symptoms?
5. List the possible consequences of acute radiation sickness.

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**Variant № 51**

**Station «2»**

Methods for determining the functional readiness of 6-year-old children to matriculate school.

**Questions**

1. What test is used to assess the functional readiness of 6-year-old children to enter school?
2. How many tasks does this test include?
3. List the tasks of the test used to assess the functional readiness of 6-year-old children to enter school
4. Describe the test evaluation algorithm.
5. What are the indicators for delaying the entry of six-year-old children into school?

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**Variant № 52**

**Station «2»**

Nosocomial infections (NCI)

**Questions**

1. Define nosocomial infection.
2. Classification of sources of NCI?
3. Name the most common bacterial NCIs.
4. Name the most common viral NCIs.
5. List the causes of nosocomial infections in treatment and prevention facilities.

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**Variant № 53**

**Station «2»**

Give examples of diseases related to nutrition, that belong to the following groups

**Questions**

1. Primary diseases of malnutrition and overeating (primary alimentary diseases)
2. Secondary diseases of malnutrition and overeating due to energy causes.
3. Food intolerance.
4. Alimentary diseases that have a multifactorial etiology on the background of genetic predisposition.
5. Alimentary infections and parasitic diseases.

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**Variant № 54**

**Station «2»**

**Questions**

1. Name the basic principles of medical and dietary nutrition:
2. List how do diets of medical-dietary food and ordinary food differ:
3. Name the main types of sparing in the organization of medical and dietary nutrition:
4. List the basic principles of mechanical sparing during the organization of medical and dietary nutrition of patients:
5. List the basic principles of chemical sparing in the organization of medical and dietary nutrition:

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**Variant № 55**

**Station «2»**

Specify the hygienic standards of the following indicators for drinking water quality.

**Questions**

1. Smell
2. Taste
3. Transparency
4. Coli-titer
5. Fluoride

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**Variant № 56**

**Station «2»**

Name the hygienic standards and units of measurement of following microbiological indicators of drinking water safety

**Questions**

1. Total microbial number
2. Index of Escherichia coli bacteria
3. Index of fecal coliforms
4. The number of pathogenic microorganisms
5. The number of coliphages

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**Variant № 57**

**Station «2»**

Therapeutic and preventive nutrition

**Questions**

1. Definition of the concept
2. The purpose of therapeutic and preventive nutrition
3. Types of therapeutic and preventive nutrition
4. Principles of therapeutic and preventive nutrition
5. Rations and their purpose

Head of Department  
of Public Health

\_\_\_\_\_  
(signature)

Vladyslav SMIIANOV

AGREED with:  
Director of  
Medical Institute

\_\_\_\_\_  
(signature)

Andrii LOBODA