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"KUBAN STATE MEDICAL UNIVERSITY" OF THE MINISTRY OF HEALTH
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**DEPARTMENT OF DISEASE PREVENTION,
HEALTHY LIFESTYLE AND EPIDEMIOLOGY**

"FUNDAMENTALS OF A HEALTHY LIFESTYLE"

Workshop for foreign citizens with elements of the English language

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The workshop corresponds to the work programs of the discipline "Fundamentals of a healthy lifestyle" in the specialties 31.05.01 General Medicine. The workshop is adapted to the previously released manual "Fundamentals of a healthy lifestyle". It includes questions of the practical part for students to complete in the classroom, which affect the individual and social aspects of health and motivate students to healthy behavior. The main attention is paid to the elements of a healthy lifestyle, its categories that make up the quality of life, which are of a public nature, risk factors for diseases and measures to prevent their negative impact on the human body. The chapters consist of blocks of control tests and tasks for practical work and self-control of students on the topics studied.

This workshop was compiled taking into account the requirements of work programs and is intended both to ensure the educational process during practical classes, and for self-preparation of students.

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FOREWORD

The proposed workshop contains tasks for the methodological manual of the same name, designed to convey to students a modern point of view on the elements of a healthy lifestyle, its categories that are of a public nature, such as quality of life and standard of living.

The purpose of the manual is to provide students with practical assistance in mastering the discipline, to form an integral system of views on the foundations of a healthy lifestyle. The workshop provides assistance in learning effective measures to reduce the impact of risk factors on a person, and, accordingly, the ability to talk with people who have bad habits, as well as identify and help individuals with addictive behavior.

Health workers have little or no ability to influence socio-economic factors or change the environment. However, by promoting and educating the population in healthy habits (health-saving technologies), one can try to correct the lifestyle and stereotypes of life of individuals or certain groups of the population. The main task at the same time is to inform and teach certain behavioral skills; the goal is to increase the responsibility of the individual for their own health and change the motivation of behavior.

Health promotion is impossible without a dialogue between a medical worker and an individual. This dialogue should be aimed at explaining the need for certain preventive measures. Without dialogue, the individual is not able to actively perceive and often ignores information about the factors that affect health, put it at risk.

To successfully conduct health promotion activities, a health professional must have a good knowledge of all branches of medicine. But, first of all, he must understand what health and illness are, what are the criteria for their detection, how they affect the quality of life of an individual. In addition, the health care worker should have information about the main factors affecting health.

The structure of the manual includes training questions on the topics of practical exercises that need to be outlined directly in the workshop, methodological material necessary for solving situational problems, test tasks, and recommended literature.

TABLE OF CONTENTS

Introduction		5
Chapter 1.	The history of the development of ideas about a healthy lifestyle. Main international organizations in the field of health protection	6
Chapter 2	Health. Healthy lifestyle. Healthy lifestyle and disease prevention.	7
Chapter 3	Elements of a healthy lifestyle. Hierarchy of elements of a healthy lifestyle. Motivations underlying the formation of a healthy lifestyle.	9
Chapter 4	The quality of life. Factors affecting health .	10
Chapter 5	Rational nutrition is the main element of a healthy lifestyle. Balance of energy and body weight, dietary requirements. Determination of body mass index	12
Chapter 6	Key Nutrients. Basic principles of the organization of rational nutrition . Food pyramid.	14
Chapter 7	Physical activity. Physical inactivity as a risk factor for the development of diseases	19
Chapter 8	Stress, its causes, effects on the body, ways to relieve stress.	22
Chapter 9	Addictive disorders. Non-chemical addictions: gambling, Internet addiction.	25
Chapter 10	Intermediate addictions: food addictions (bulimia nervosa, anorexia nervosa, orthorexia)	27
Chapter 11	Chemical addictions. Alcohol and related problems.	29
Chapter 12	Tobacco smoking (nicotine) and its harm to health .	33
Chapter 13	Drugs and their impact on health. Drug addiction and its types	35
Chapter 14	Toxic substances and their effect on the human body. Substance abuse and its types.	36
Chapter 15	Prevention of seasonal epidemics of influenza, COVID - 19. Increasing the body's defenses.	38
Chapter 16	Prevention of HIV/AIDS.	39
Application		45
Bibliography		

INTRODUCTION

The easiest way to define a *healthy lifestyle* is as follows: it is a way of life aimed at maintaining and improving people's health. A healthy lifestyle means a change in the attitude of the individual and society as a whole to the state of personal (and through it, public) health.

Indeed, if an individual does not drink, does not smoke, does not use drugs, is engaged in physical culture, then his chances of getting sick are reduced. If society prohibits advertising of alcohol, tobacco, then their consumption decreases. If the state is engaged in the construction of sports facilities, promotion of active sports, then the number of people involved in physical culture is growing. Thus, only a combination of individual and social activities is able to improve both personal and public health.

A complex of individual and social activities aimed at improving personal and public health can be seen as a guarantee of stable or successful development of the human community. The formation of a healthy lifestyle consists of two main areas : 1) the creation, strengthening, development, stimulation of factors positive for health, 2) overcoming, reducing the impact of risk factors.

Speaking about a healthy lifestyle, it should be borne in mind that the problems of social health in different countries are not the same, so different measures may be required to address them. Experts identify the following main elements of a healthy lifestyle that can be built into a rational diet hierarchy; optimal physical activity; hygiene measures; rejection of bad habits; prevention of infectious diseases; rehabilitation activities.

A healthy lifestyle means maintaining health. The goals of preventive medicine and a healthy lifestyle overlap in many ways.

In order for all the elements of a healthy lifestyle to form into a single part of the preventive direction, knowledge and skills are needed not only of specialists dealing with these issues on a professional basis, but also of literally every doctor, as well as a wide range of non-medical specialties of people involved in the formation of healthy lifestyle in the population.

TOPIC 1.
HISTORY OF THE DEVELOPMENT OF IDEAS OF A HEALTHY LIFESTYLE. MAIN INTERNATIONAL HEALTH ORGANIZATIONS

1. The main stages in the history of the emergence and development of the preventive trend in medicine?

a) Ancient Egypt, China, Greece

b) Ancient Rome

c) YI - XIY centuries.

d) XI

e) XVIII - XIX

f) XIX : M. Petternkofer and A. Dobroslavin-

F. Erisman-

G. Khlopin-

F. Krotkov -

g) who introduced the following terms: "sanology"

"valeology"

"healthy lifestyle"

h) at the end of the 20th - beginning of the 21st century

2. Fill in the table. What international organizations work in the field of health care?

Name of the organization in full (not)	The main goals and objectives of the organization related to health protection
WHO -	
UNESCO -	
UNICEF -	
ILO -	
Red Cross	
World Medical Association	
The World Bank	
Population Fund UN	
UNAIDS	

3. What are the functions of the World Health Organization at present?

TOPIC 2. HEALTH. HEALTHY LIFESTYLE AND DISEASE PREVENTION.

1. Define the basic concepts:

Health— _____

According to the WHO definition, ***disease prevention*** is activities aimed at preventing diseases: the fight against risk factors, immunization, slowing down the development of diseases and reducing their consequences.

1) individual - preventive measures are carried out with individual individuals,

3) **population (mass)** - preventive measures covering large groups of the population (population) or the entire population as a whole.

1. Primary prevention - aimed at preventing the development of diseases in healthy individuals.

3. Tertiary prevention - intended for patients with chronic diseases. In the stage of remission, it is carried out in order to reduce the number of relapses, their duration, severity, slow down the progression of the disease, and in the stage of exacerbation (manifestation). The main task of tertiary prevention is the speedy recovery of patients and social adaptation.

Prevention of diseases

Forms of prevention _____

Types of prevention _____

Fill in the table (shade as appropriate):

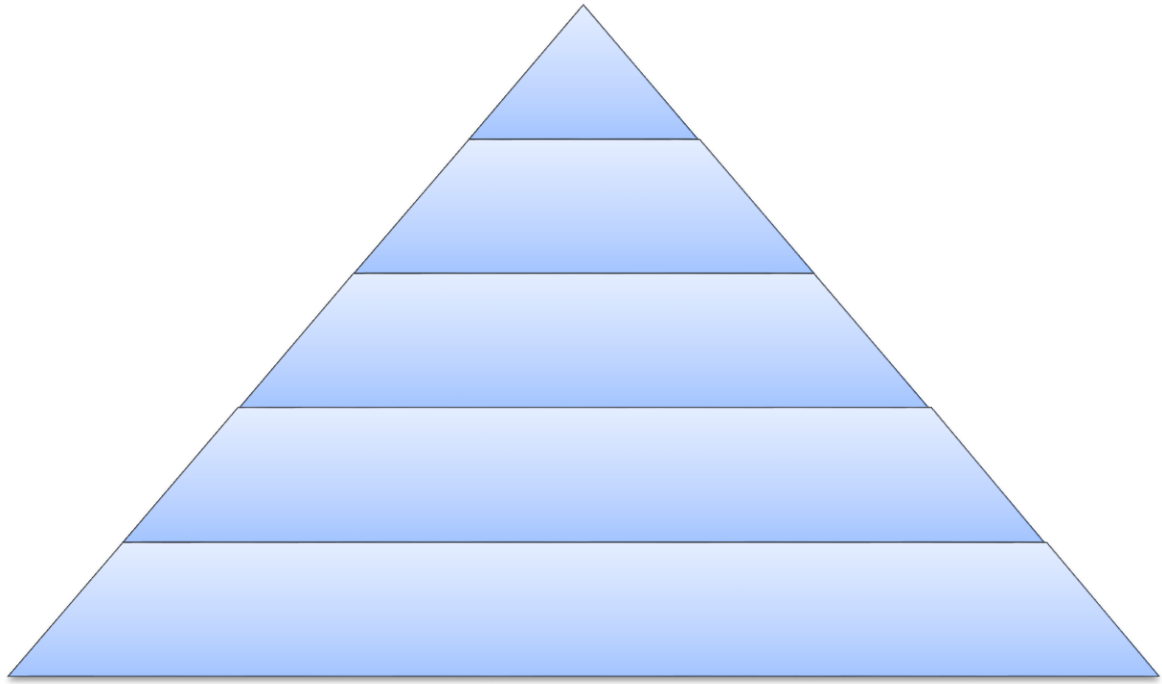
"The ratio of different types of prevention"

	Individual	group	population
Primary			
Secondary			
Tertiary			

TOPIC 3.

ELEMENTS OF A HEALTHY LIFESTYLE. HIERARCHY OF HEALTHY LIFESTYLE ELEMENTS. MOTIVATIONS UNDERLYING THE FORMATION OF A HEALTHY LIFESTYLE.

1. Fill in the picture "Hierarchy of elements of a healthy lifestyle"



2. Define the concept of "health motivation" _____

3. Describe the types of motivation for the formation of a healthy lifestyle

1) _____

Example:

2) _____

Example: _____

3) _____

Example:

4)

Example:

5)

Example:

6)

Example:

TOPIC 4 . THE QUALITY OF LIFE. FACTORS AND CONDITIONS DETERMINING THE HEALTH OF THE POPULATION.

1. Define the term

The quality of life -

List the main criteria for assessing the quality of life, according to WHO:

1)

Example:

2)

Example:

3)

Example:

TOPIC 5. RATIONAL NUTRITION IS THE BASIC ELEMENT OF A HEALTHY LIFESTYLE. BODY MASS INDEX

Rational nutrition is nutrition that provides the energy needs of the human body and a balanced intake of nutrients, taking into account gender, age and the nature of labor activity.

BMI (body mass index) - characterizes the body weight per unit of its surface. BMI is calculated as the ratio of weight in kilograms to height in meters squared.

BMI (kg / m^2) weight of a person in kg / his height in m^2 . Too little or too much BMI can lead to the development of diseases.

Table 1 Classification of body weight in adults and incidence of chronic noncommunicable diseases in adults

Classification	BMI, kg / m^2	The likelihood of developing diseases		
		Cardiovascular	bronchopulmonary	endocrine
Insufficient body mass	<18.5	Low	increased	Low
Norm	18.5 - 24.9	Low	low	Low
Overweight	>25.0			
Pre-obesity	25.0 - 29.9	Medium	low	Low
Obesity I degree	30.0 - 34.9	Increased	low	Medium
Obesity II degree	35.0 - 39.9	Significantly increased	possibly increased	Increased
Obesity III degree	>40.0	Significantly increased	increased	significantly or significantly increased

Using the information in table 1, determine the body mass index, interpret its value.

Option 1.

growth	growth ²	the weight	BMI	Interpretation
184		84		
172		94		
182		79		
168		77		
162		47		
164		59		

169		50		
160		51		
182		81		
176		73		
178		89		
184		74		
175		90		
184		96		
168		76		
158		42		
172		67		
180		97		
158		42		
182		79		

Option 2

growth	growth ²	the weight	BMI	Interpretation
184		62		
176		49		
165		63		
173		67		
161		62		
172		53		
170		61		
162		89		
169		59		
158		82		
178		85		
167		53		
154		51		
178		80		
186		63		
173		70		
166		90		
164		59		
173		68		
186		63		

**TOPIC 6. MAIN NUTRIENTS. BASIC PRINCIPLES OF ORGANIZATION
OF RATIONAL NUTRITION. PYRAMID OF NUTRITION**

1. Define healthy eating?

2. What are the basic requirements for rational nutrition?

3. How is energy balance related to body weight?

4. List the main functions of fats?

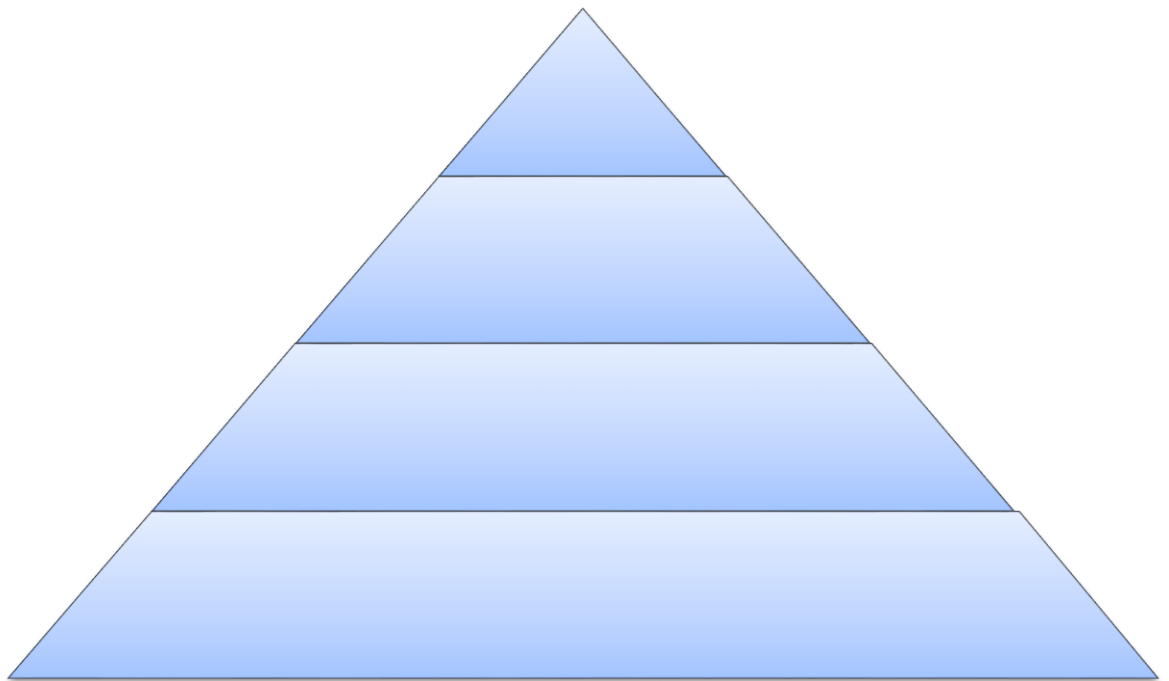
5. List the main functions of proteins?

6. List the main functions of carbohydrates?

7. List the main functions of dietary fiber?

8. Calculate how much water you need to consume per day for you personally?

9. Fill in the picture "Food Pyramid"



Picture. food pyramid

12 steps to a healthy diet" (WHO)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

Test tasks.

Choose one correct answer from the given options

- ◆ Excess consumption of what nutrients primarily contribute to obesity?
 - a) proteins
 - b) carbohydrates
 - c) dietary fiber
 - d) fat
 - e) micronutrients

- ◆ According to the principles of rational nutrition, it is necessary to receive energy?
 - a) with breakfast 45%, with lunch - 30%, dinner - 25%
 - b) as the desire arises
 - c) with breakfast 25%, with lunch - 35%, dinner - 15% and 25% - with other meals
 - d) with breakfast 35%, with lunch - 2-5%, dinner - 15% and 25% - with other meals
 - e) most of the food for breakfast, snacks are not allowed

- ◆ The ratio of proteins, fats and carbohydrates should be?
 - a) 1:1:5
 - b) 1:1:3
 - c) 1:1:4
 - d) 50:50:70
 - e) 11:11:14

- ◆ What are fats?
 - a) essential and non-essential acids
 - b) cholesterol
 - c) a mixture of triglycerides
 - d) a mixture of trans fats
 - e) set of micronutrients

- ◆ According to WHO, should the daily menu include?
 - a) at least 30 product names
 - b) 20 g salt
 - c) at least 15-17 product items
 - d) 50 g of vegetables and 50 g of fruit
 - e) should not contain carbohydrates if they are replaced by fats or proteins

- ◆ How are animal and plant proteins absorbed by the body?
 - a) same
 - b) depending on the type of activity
 - c) not the same
 - d) the higher the heat treatment, the better the assimilation

e) are not absorbed at all in old age

♦ The proportion of water in the human body is?

- a) 80-95%
- b) depending on the type of occupation
- c) 75% of body weight for a newborn and 55% for an elderly
- d) 55% of the mass of an adult and 95% of a newborn
- e) depending on the comfort of living

♦ Iodine deficiency in the body?

- a) increased activity
- b) release of prostate hormones
- c) inhibits pancreatic enzymes
- d) prevents the synthesis of thyroid hormones
- e) makes impossible the synthesis of thymus hormones

♦ Why can't diabetic fructose be unlimited?

- a) is a disaccharide
- b) refers to monosaccharides
- c) cannot be absorbed without ascorbic acid
- d) does not interact with insulin
- e) Fructose is converted to glucose in the liver.

♦ What proteins are called *complete* ?

- a) vegetable
- b) animals
- c) both plant and animal origin
- d) proteins that contain all the essential amino acids
- e) proteins containing all the essential amino acids

TOPIC 7 . PHYSICAL ACTIVITY AND HEALTHY LIFESTYLES

Write answers to the following questions:

1. What is called hypodynamia?

2. List the main positive aspects of the influence of physical culture on health:

2. What is the importance of water procedures after physical culture and sports

3. How does physical education affect body weight _____

4. List the main provisions. WHO global concept in the field of physical culture

5. How do professional sports affect health? _____

6. What is called doping

7. Relationship of exercise with nutrition ? _____

8. What types of physical therapy exercises do you know?

Independent work

1. Make an individual plan of physical exercises that are performed without getting up from the workplace (total duration is not more than 7 minutes).

Write down groups of basic exercises:

1) head _____

2) neck _____

3) shoulders _____

4) breast _____

5) torso _____

6) pelvis _____

7) legs _____

8) Feet _____

2. Perform this gymnastics at the workplace under the supervision of a teacher.

TOPIC 8. MENTAL HEALTH AND ITS ASSESSMENT. REGULATION OF THE PSYCHOLOGICAL STATE. PRINCIPLES AND METHODS OF PSYCHO TRAINING. STRESS, ITS CAUSES, IMPACT ON THE ORGANISM. WAYS TO RELEASE STRESS.

1. Estimate the values of the level of experienced stress (SIS) according to the formula and test questions. Make a conclusion.

**DETERMINATION OF THE LEVEL OF EXPERIENCED STRESS
(Yu.R. Sheikh-Zade)**

The level of stress experienced (SIS) can be determined using calculation methods .

$UIS = 0.000126 \cdot HR \cdot PAD \cdot M^{1/3}$ arb. units, where HR is the current heart rate (min⁻¹); PAP is pulse arterial pressure equal to the difference between the maximum and minimum pressure (mm Hg); M is body weight.

Stress level assessment: 1.0–1.50 - normal; 1.51–2.00 – medium stress; more than 2.00 - pronounced stress.

The results of functional examinations, according to the authors, are reliable when the AIS is less than 1.60 arb. units for women and less than 2.00 arb. units for men.

Test control

TEST FOR SELF-ASSESSMENT OF STRESS RESISTANCE OF A PERSON)

Choose one of the appropriate answer options for each statement.

Statements	Answer option, score		
	Rarely	Sometimes	Often
<i>one</i>	<i>2</i>	<i>3</i>	<i>four</i>
1. I think that I am underestimated in the team.	one	2	3
2. I try to work even if I am not very healthy.	one	2	3
3. I constantly worry about the quality of my work.	one	2	3
4. I get aggressive	one	2	3
5. I can't stand criticism.	one	2	3

6. I get irritable	one	2	3
7. I try to be a leader where possible.	one	2	3
8. I am considered a persistent and assertive person.	one	2	3
9. I suffer from insomnia	one	2	3
10. I can fight back my enemies	one	2	3
11. I emotionally and painfully experience adversity.	one	2	3
<i>one</i>	2	3	<i>four</i>
12. I don't have enough time to rest.	one	2	3
13. I have conflict situations	one	2	3
14. I lack the power to fulfill myself.	one	2	3
15. I don't have enough time to do what I love.	one	2	3
16. I do everything quickly.	one	2	3
17. I am afraid that I will not go to college (or lose my job)	one	2	3
18. I act in the heat of the moment, and then I worry about my deeds and actions.	one	2	3

Calculate the total number of points that you have scored and determine what level of your stress tolerance is according to the table:

Total points	Your level of stress resistance
51–54	1 - very low
53–50	2 - low
49–46	3 - below average
45–42	4 - slightly below average
41–38	5 - medium
37–34	6 - slightly above average
33–30	7 - above average
29–26	8 - high
18–22	9 - very high

The lower the total number of points you scored, the higher your resistance to stress, and vice versa.

Tasks for self-control

Test questions for self-study

1. Define the term mental health.

2. *What is called stress?*

3. *What types of stress do you know?*

4. *What is the impact of exam stress on the body of an individual? (Write groups of symptoms)*

5. *List the stages of stress?*

6. *How do you personally try to avoid stressful situations on your own?*

7. *Entered by the concept of "stress"* _____

8. *Can stress lead to death?* _____

6. *Diagnostic Criteria for Internet Addiction*_____

7. *Psychological symptoms of Internet addiction:*

8. *Physical symptoms of Internet addiction:*

9. *What is carpal tunnel syndrome?*

10. *What forms of communication are distinguished on the Internet?*_____

11. *What serious dangers can children and teenagers face on the Internet?*

**TOPIC 10. INTERMEDIATE ADDICTIONS: FOOD ADDICTIONS
(BULIMIA NERVOSA, ANOREXIA NERVOSA, ORTHOREXIA)**

1. Diagnostic criteria for anorexia

1) _____

2) _____

3) _____

2. Types of anorexia:

1) _____

2) _____

3. Mechanism "triggering" fasting _____

4. Mental personality changes in anorexia. _____

5. List the main physical changes in late anorexia:

6. People of what social strata suffer from anorexia nervosa in most cases

7. Mostly what gender? _____

8. What is orthorexia _____

9. Who first used the term "orthorexia"? _____

10. Types of orthorexia _____

11. Describe the concept of bulimia nervosa _____

TOPIC 11. CHEMICAL ADDITIONS. ALCOHOL AND RELATED PROBLEMS .

Write answers to *questions about the topic studied*:

1. How alcohol affects health:

a) disorders of the central nervous system _____

b) disorders of the digestive system

b) disorders of the cardiovascular and respiratory systems:

c) disorders of the endocrine and reproductive systems:

d) disorders of the urinary system:

2. How alcohol affects the fetus (consequences of exposure):

a) what is PAS _____

b) write the PAS triad _____

c) what are the differences between PAE and PAS _____

3. Metabolism involving *alcohol dehydrogenase* - normally this is the main metabolic pathway for alcohol, it includes two stages:

1) *oxidation to acetaldehyde*.

By slowing down the rate of oxidation of ethyl alcohol, resistance to alcohol decreases.

Individuals with genetic low enzyme activity quickly become intoxicated. On the contrary, with increased activity of the enzyme, a person cannot get drunk even with a significant amount of alcohol drunk.

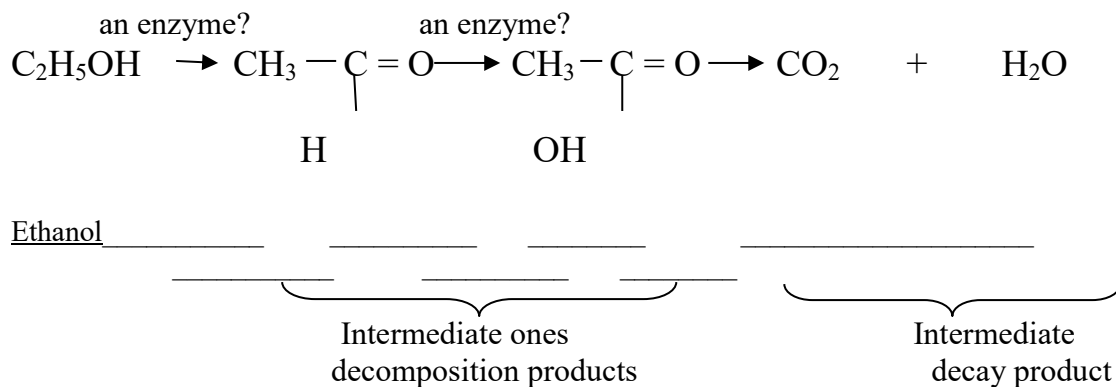
The resulting acetaldehyde is largely toxic, therefore, the faster the second stage of ethanol metabolism proceeds, the less pronounced its toxic effect.

With the accumulation of acetaldehyde during its slow oxidation, the development of intoxication in hangover syndrome is associated. In adolescents, enzymatic oxidation of acetaldehyde is practically absent, so even small amounts of alcohol can cause poisoning.

2) *conversion to acetic acid under the influence of acetaldehyde dehydrogenase*.

When the process slows down, intoxication is observed, which is all the more pronounced, the more the process is slowed down.

Sign the names of the oxidation products during the transformation (metabolism) of ethyl alcohol in the body:



4. Would you recommend alcohol to your patients and why?

5. What are the basic principles of alcoholism treatment:

1) medicines (common name) _____

2) psychotherapeutic techniques _____

3) other _____

6. What is your personal relationship with alcohol?

7. Can drinking alcohol cause death? _____

8. What are the features of the action of the enzyme *alcohol dehydrogenase* on people of different nationalities:

a) Russians _____

b) Mongoloids _____

c) Europeans _____

Test tasks.

Choose one correct answer from the given options

♦ What addiction can alcohol use cause?

a) physical

b) mental

c) none, if used for preventive purposes and little by little

d) both mental and physical

e) none if there is no genetic predisposition

♦ Where is the effect of alcohol primarily directed?

- a) on the cardiovascular system
- b) on germ cells
- c) dividing cells
- d) the central nervous system
- e) on the hepatobiliary system

◆ The action (over time) of ethyl alcohol on the body eventually results in

- a) a constant desire to sleep
- b) to a decrease in working capacity, rapid fatigue
- c) to the mental destruction of the personality
- d) thirsty
- d) aversion to smoking

◆ Is it more common in chronic alcoholics?

- a) being overweight
- b) underweight
- c) limb hypertrophy
- d) swelling of the lower half of the body at the end of the day
- e) pink cheeks

◆ How does alcohol affect the central nervous system?

- a) depressing
- b) exciting
- c) in three stages
- d) in two stages: 1st stage of excitation, 2nd stage - inhibition
- e) in two stages: 1st stage of inhibition, 2nd - excitation

◆ Is it permissible for a pregnant woman to drink alcohol for "prophylactic" purposes?

- a) yes, with initial manifestations of ARI
- b) only in medicines
- c) yes, if there is a strong desire
- d) no way
- e) yes, only in the first trimester of pregnancy

◆ What is the effect of ethyl alcohol on the fetus?

- a) in the prophylactic antibacterial action
- b) ethanol does not affect the fetus in the last trimester of pregnancy
- c) ethanol accumulates in the amniotic fluid and is present there even when it is no longer present in the mother's blood
- d) the content of ethanol in the amniotic fluid is directly proportional to its content in the mother's blood
- e) weak alcoholic drinks have a positive effect, as they cause positive emotions in the mother

◆ What is the toxicity of ethanol?

- a) in the initial action on the central nervous system by a whole molecule
- b) in the production of the liver enzyme primary alcohol dehydrogenase
- c) in the action on the body of metabolites: acetaldehyde and acetic acid
- d) in the action on the body of metabolites: formaldehyde and formic acid
- e) in the cumulative (accumulation effect) in hepatocytes (liver cells)

◆ Why can even small amounts of alcohol cause poisoning in teenagers?

- a) they do not know how to control the dosage
- b) lack of "training"
- c) there is practically no enzymatic oxidation of acetaldehyde
- d) labile (unstable) central nervous system
- e) lack of funds for high-quality alcoholic beverages

◆ What is the reason for the presence of hangover intoxication in the morning after drinking alcohol?

- a) with joint smoking while drinking alcohol
- b) the absence of fatty, oily foods in snacks
- c) if you do not drink plenty of liquid
- d) with the accumulation of acetaldehyde during its slow oxidation
- e) genetics

TOPIC 12. SMOKING TOBACCO (NICOTINE) AND ITS HARM TO HEALTH.

Test questions for self-study

1. *List the substances found in cigarette smoke?*

2. *What diseases from various organs and systems can occur in smokers?*

3. *Can pregnant women smoke and why?*

4. *What is the physicochemical mechanism of smoking?*

5. *What drugs are used to relieve withdrawal symptoms when quitting tobacco?*

6. *Does the WHO recommend e-cigarettes as an alternative to smoking cessation?*

7. *What substances are present in hookah smoke?*

8. *List the toxic and carcinogenic substances contained in electronic cigarettes?*

9. What are the two main directions of the WHO policy on smoking control?

10. Write recommendations to avoid weight gain
With withdrawal syndrome in tobacco dependence:

TOPIC 13. NARCOTIC SUBSTANCES AND THEIR IMPACT ON HEALTH. DRUG ADDICTION AND ITS TYPES

On the spread of a double sheet of notebook, fill in the table.

Characteristics of the main drugs.

Substance name	Application in medicine	Features of the action of a substance on the body	First aid, antidotes.
1. Opiates (opioids) 1) morphine; 2) codeine; 3) fentanyl; 4) methadone; 5) tramadol			
2. Cannabinoids			
3. Cocaine.			
4. Stimulants: 1) amphetamine; 2) methamphetamine; 3) ecstasy			

(MDMA)			
5. Hallucinogens: 1) psilocin and psilocybin; 2) phencyclidine; 3) DLC.			
6. Entheogens			

TOPIC 14. TOXIC SUBSTANCES AND THEIR EFFECT ON THE HUMAN BODY. TOXICOMANIA AND ITS TYPES.

Test tasks .

Choose one correct answer from the given options

♦ Toxic substances are:

- a) substances that cause toxicosis of pregnant women
- b) substances that cause aversion to food
- c) substances that disturb the normal chemical balance or interfere with the chemical processes occurring in the body
- d) substances that promote detoxification
- e) all drugs in high doses

♦ Who needs a detox program?

- a) all children
- b) astronauts
- c) older people
- d) mentally ill
- e) for those who were associated with "harmful" production, for residents of large cities and environmentally unfavorable zones

♦ What is the difference between substance abuse and drug addiction?

- a) they are the same
- b) addiction to alcohol is classified as drug addiction, but not to substance abuse
- c) pathological addiction to substances that are not considered as drugs.
- d) routes of administration of substances
- e) complications

♦ What are the most common substances used by drug addicts?

- a) smoking mixtures like "Spice"
- b) opioids
- c) alcohol
- d) sedatives or hypnotics
- e) cocaine

◆ What are the "volatiles" used by drug addicts?

- a) Phosphacol, atropine, galantamine
- b) ficillin
- c) acyzol, amyl nitrite
- d) gasoline, acetone, toluene, perchlorethylene, stain removers
- e) amphetamine, methamphetamine

◆ Which of the following substances is not classified as a drug?

- a) psilocin and psilocybin
- b) spice
- c) LSD
- d) cyclodol
- e) cannabinoids

◆ Where are substance abusers treated?

- a) outpatient at the place of residence
- b) in hospitals at the place of residence
- c) in neurological sanatoriums
- d) in drug or mental dispensaries
- e) in isolation wards of a special strict regime

◆ What are the main principles of the treatment of substance abuse with seduxen and other tranquilizers?

- a) abrupt and unconditional withdrawal of drugs
- b) begin with a gradual decrease in daily doses of tranquilizers; sleep and mood disorders are eliminated with the help of antipsychotics
- c) the use of blood substitutes
- d) the use of a pressure chamber and physiotherapy
- e) lobotomy

◆ What do drug addicts who use gasoline and other "volatile" substances seek to achieve?

- a) restful sleep
- b) problem solving
- c) euphoria and hallucinations
- d) suicide
- e) improving performance and quality of life

◆ What is the development of addiction and substance abuse related to?

- a) unhappy life
- b) mental trauma
- c) individual features of the functioning of neurotransmitter systems and their compensatory capabilities during prolonged exposure to substances

- d) from the initial dosage and route of administration
d) none of the above

**TOPIC 15. PREVENTION OF SEASONAL EPIDEMICS OF INFLUENZA,
COVID-19. INCREASING THE PROTECTIVE FORCES OF THE
ORGANISM.**

1. Name the most vulnerable contingents for ARVI diseases.

2. What types of prevention are carried out with ARVI?

3. What measures does the specific prevention of ARVI include?

4. What activities include non-specific prevention of SARS?

5. What measures does emergency prevention of ARVI include?

6. What measures does individual prevention of ARVI include?

7. List the main methods of individual prevention of SARS.

**TOPIC 16. SEXUALLY TRANSMITTED INFECTIONS, THEIR
EFFECT ON THE HUMAN BODY. PREVENTIVE MEASURES FOR
HIV/AIDS IN MEDICAL WORKERS.**

Classification of sexually transmitted infections:

- I. ***Classic "venereal" diseases:***
 - ▶ *Syphilis (Treponema pallidum)*
 - ▶ *Gonorrhea (Neisseria gonorrhoeae)*
 - ▶ *Chancroid (Haemophilus ducreyi)*
 - ▶ *Lymphogranulomatosis venereal (Chlamydia trachomatis)*
 - ▶ *Venereal granuloma (inguinal) (Calymmatobacterium granulomatis)*
- II. ***Diseases that are mainly transmitted sexually with a predominant lesion of the genital organs (or "small venereal" diseases):***
 - ▶ *Urogenital chlamydia (Chlamydia trachomatis)*
 - ▶ *Genitourinary trichomoniasis (Trichomonas vaginalis)*
 - ▶ *Urogenital candidiasis (Candida albicans)*
 - ▶ *Genitourinary mycoplasmosis (Mycoplasma hominis)*
 - ▶ *Genital herpes (Herpes simplex virus)*
 - ▶ *Papillomavirus infections (Papillomavirus hominis)*
 - ▶ *Molluscum contagiosum of the genitals (Molluscovirus hominis)*
 - ▶ *Bacterial vaginosis (Gardnerella vaginalis)*

- ▶ *Urogenital shigellosis (Shigella species)*
- ▶ *) (Pthirus pubis)*
- ▶ *Scabies (Sarcoptes scabiei)*

III. ***Sexually transmitted diseases, with a primary lesion of other organs:***

- ▶ ***HIV infection (Human immunodeficiency virus)***
- ▶ *Hepatitis B, C (Hepatitis B virus)*
- ▶ *Cytomegalovirus (Cytomegalovirus hominis)*
- ▶ *Amoebiasis (Entamoeba histolytica)*
- ▶ *Giardiasis (Lamblia (syn . Giardia) intestinalis)*

Preventive measures for HIV infection among healthcare workers *Models of emergency situations and measures for their elimination*

Emergency or contact situation - percutaneous injury (needle stick or cut) as well as contact of the mucous membrane or damaged skin with blood

Emergency model No. 1 : damage to the skin (cut, injection) .

The probability of contracting HIV when puncturing or cutting the skin with instruments contaminated with HIV-infected blood is 0.3-0.6%.

If a cut or injection occurs, you must:

1. Immediately remove gloves or expose the wound area.
2. Squeeze out the blood from the wound with one or two pinching movements.
3. Wipe the blood with a swab dipped in 70% ethanol solution.
4. Wash hands thoroughly under running water with double soaping.
5. Lubricate the wound with 5% iodine solution.
6. Seal with bactericidal plaster.
7. Start taking antiretroviral drugs as soon as possible for post-exposure prophylaxis of HIV infection.

Emergency Model #2 : Blood spilled on exposed parts of the body. *The probability of contracting HIV when infected blood comes into contact with intact skin is estimated at 0.05%*

Blood (or other body fluid) has come into contact with intact skin:

1. Immediately treat it with a swab moistened with a disinfectant solution or 70% ethyl alcohol solution for 0.5-1 minute. Do not rub!
2. Wash twice with warm soapy water.
3. Wipe dry with a disposable cloth or individual towel.

Emergency Model No. 3: blood got into the eyes, on the nasal mucosa or oral cavity.

The probability of contracting HIV when infected blood enters the mucous membranes is estimated at 0.1%

If blood gets into the eyes:

1. Wash them immediately with distilled water from the first aid kit to prevent HIV infection, but do not rub!

If blood gets on the nasal mucosa:

1. Rinse nose immediately for 2 minutes with distilled water.

If blood has entered the oral mucosa:

1. Rinse mouth immediately with 70% ethyl alcohol for 2 minutes

Emergency Model 4: Blood spilled on gown or other protective clothing.

If blood gets on the gown:

1. Overalls are carefully removed (folded with the contaminated side inward) and immersed in a disinfectant solution for the required time;
2. Then it is rinsed in water and washed in the usual way;

Shoes are wiped twice with a disinfectant solution (at the same time, hands are protected with gloves, wiping rags are disposed of after disinfection).

Test control

Task number 1 . The system for the prevention of sexually transmitted infections includes:

1. Active detection of PPI patients
2. Observance of the vow of celibacy
3. Reducing the number of sexual partners
4. Wearing a "chastity belt"
5. More frequent use of condoms
6. That's right
7. True 1, 3, 5

Task number 2 . Features of STIs at the present stage

1. Lengthening the incubation period
2. The predominance of asymptomatic course
3. Atypical flow options
4. Increase in cases of multifocal lesions
5. That's right

Task number 3. All of the following are sexually transmitted infections except:

1. Gonorrhea, trichomoniasis
2. Genital herpes, chlamydia
3. Mycosis, wuhereriosis
4. Syphilis, HIV
5. Papillomavirus infection

Task number 4. Ways of infection with trichomoniasis in adults

1. Sexual
2. Alimentary

3. With blood transfusions
4. Airborne

Task number 5. The screening method for laboratory diagnosis of HIV-infected people is:

1. IFA
2. Immune blot
3. PCR
4. Linear blot

Task number 6. The most characteristic symptom of STIs is

1. Discharge from the urethra
2. Headache
3. Myalgia, arthralgia
4. General weakness

Task number 7. The maximum concentration of the HIV pathogen in

1. Cum
2. Saliva
3. Sweat
4. Tears
5. Urine
6. Breast milk

Task number 8. Risk groups for HIV infection do not include

1. Drug addicts
2. Patients with dysbacteriosis
3. Surgeons
4. Homosexuals

Task number 9. Ways of infection of the fetus with HIV infection

1. Transplacental
2. Oral
3. Transmissive
4. Airborne

Task number 10 . Measures taken in emergency contact situations with the patient's biomaterial (with deep cuts)?

1. Treat the cut site with 70% ethyl alcohol
2. Treat the cut site with 5% iodine solution
3. Wash your hands with soap and running water
4. Do nothing
5. Pinch the blood out of the wound with a single movement
6. Correct 5-3-1-2

7. Correct 1-2-3-5

Task number 11. How are the concepts of HIV and AIDS related?

1. AIDS is a complication of HIV
2. AIDS is the final stage of HIV
3. AIDS - develops against the background of HIV
4. AIDS is an independent disease

Task number 12. The most effective method of protection against STIs is

1. Barrier contraception (male, female condoms)
2. Before sexual intercourse, ask a casual partner: "Are you sick with an STI?"
Just be honest"
3. Monogamy
4. conspiracy to cause
place made up
experienced witch
5. True 1, 3
6. True 2, 4

Task number 13. List the measures taken in emergency situations when biological fluids get on the oral mucosa?

1. Rinse your mouth with 70% ethyl alcohol
2. Rinse your mouth with soap and water
3. Rinse your mouth with 1% boric acid solution
4. Rinse your mouth with 3% hydrogen peroxide solution

Task number 14. HIV is transmitted by:

1. Opening doors
2. Using a shower
3. Being with an HIV-infected person in the same room
4. Using a public phone
5. Unprotected sexual contact with an HIV-infected person

Task number 15. Factors contributing to the widespread spread of STIs include

1. Permanent sexual partner
2. Liberalization of sexual relations
3. Effective system of sex education
4. Use of barrier methods of contraception

Task number 16. Measures to be taken in case of an emergency when blood gets on the mucous membrane of the eye or nose?

1. Rinse with 1% boric acid solution
2. Rinse abundantly with water
3. Wash with soapy water

4. Treat with a solution of chlorhexidine bigluconate
5. Treat with 70% ethyl alcohol

Task number 17. The impact of STIs on pregnancy

1. Infectious complications in the mother
2. Premature birth
3. Infections in a child immediately after birth
4. That's right

Task number 18. The impact of maternal syphilis on the child

1. Congenital syphilis
2. Intrauterine death
3. Anomaly of development
4. That's right

Task number 19. What is the time frame for prescribing drugs for post-exposure prophylaxis in medical accidents with biomaterial from a patient with HIV infection?

- 1) 2 hours;
- 2) 72 hours;
- 3) 7 days;
- 4) 1 month;
- 5) 5) doesn't matter.

Task number 20. What documents need to be issued at the health facility in case of an emergency (contact situation)?

1. Draw up an accident report at work
2. Make an entry in the emergency log
3. Write a memo about the emergency
4. Write an explanatory note addressed to the head of the LP
5. That's right
6. You don't have to write anything, because there is no need for this

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