

COURSE: **HYGIENE**

ACADEMIC YEAR: 2019/2020

TYPE OF EDUCATIONAL ACTIVITY: Characterizing

TEACHER: Giuseppe Sansone

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mobile (optional):

Language: **ITALIAN**

ECTS: (5 lessons and 1 tutorials/practice)	n. of hours: 56 (40 h lessons and 16 h tutorials/practice)	Campus: Potenza Dept./School: School of Agriculture, Forest, Food and Environmental Sciences Program: First Cycle in Food Technology	Semester : 1°
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EDUCATIONAL GOALS AND EXPECTED LEARNING OUTCOMES:

knowledge and understanding: The course's objective consists to give to the student the base knowledge of generally and environmental hygiene, generally Epidemiology of infective and not infective diseases.

knowledge and understanding: The course is going to give knowledge about the prevention of main chronic and degenerative disease and about the prophylaxis of infective diseases.

making judgements: The main abilities that the course will give are about the acquisition of the ability of analysis and prevention strategy of the main infective diseases with particular attention to the immunitary prophylaxis by the vaccines.

communication skills: Course's object is to give base knowledge about epidemiology of infective and not infective disease, primary, secondary and tertiary prevention of chronic-degenerative diseases and about the way to apply such practices.

learning skill: Lessons will give base knowledge about environmental hygiene and health legislation and the necessary skills to the application of the knowledge acquired.

PRE-REQUIREMENTS: it's necessary that the student has acquired and assimilated the knowledge given from general biology, chemistry and microbiology's course's.

SYLLABUS: Block 1 Hygiene as a Health Science: definitions, foundations, hygienic aims with a specific reference to health promotion and prevention. Evolution of the concept of health. From a healthy state to disease: risk factors and protection factors. Classification and goals of prevention: primary, secondary and tertiary prevention. General epidemiology, epidemiology of infective diseases: exposure or notification, diagnostic assessment, isolation. sterilization, disinfection, asepsis, antisepsis and hands hygiene. Active immunoprophylaxis: vaccines and immunizations. Vaccination schedule. The VNPP 2017-2019: new vaccinal proposals for childhood-adolescence and for adulthood. Surveillance system for infectious diseases. Structure and functions of influenza epidemiological surveillance (Influnet). General prophylaxis of infective diseases. General epidemiology and prevention of not infective diseases. Prevention of human health departments in healthcare companies: structure and functions.

Block 2 Hygiene of physical environment: atmospheric air, atmospheric pollution and the effects of atmospheric pollutants on health ; water for human consumption, drinkableness requirements, water purification systems, effects of water pollution on health; waste waters and health risks coming from their irrational draining; the soil as a risk factor for human health, solid wastes and their disposal ,main environmental set of rules.

Block 3 Food hygiene: mycotoxins and mycotoxicoses. Chemical food contamination. Foodborne diseases. food-borne: epidemiology ,pathogenetic and clinical aspects, prevention. Safety food: good manufacturing practices and good hygiene practices manuals. Main food preservation techniques for infectious diseases prophylaxis. Main set of rules about food hygiene.

Main techniques of food conservation. Main provisions about food's hygiene.

Block 4 Hygiene of nutrition: food and nutrition. The nutrients, the LARN and the balanced diet. The Mediterranean diet: history, fundamentals and preventive aspects. The Mediterranean food pyramid. malnutrition conditions. Valuation of nutritional status, a correct nourishment in the various states of life. Obesity: a chronic disease, aetiopathogenesis, genetic and environmental factors. Adipose organ and endocrine activity. Main diseases linked to obesity (metabolic diseases, neoplasms, cardiovascular diseases, breathing diseases, musculoskeletal diseases, psychopathology.) Allergies and food intolerances. Celiac disease: epidemiology, pathogenetic and clinic aspects, gluten free diet.

Block 5 Epidemiology and prophylaxis of the main infections transmitted by air, spread focal-oral route transmitted by vectors and by serum bloodborne. Preventions of chronic-degenerative diseases: prevention of cardiovascular diseases, prevention of diabetes, prevention of malignant tumour, of breathing-chronic diseases prevention of obesity.

TEACHING METHODS : the course provides 56 hours of didactics , organised with lessons in the classroom about all the programme and exercises with reading and discussion about guidelines, scientific articles, examination of models and materials about specific topics (ex. patterns of infectious diseases notification, ISTAT patterns, death causes exposure, good hygiene practices manuals' examination in catering field, haccp guidelines), illustration of operating modes referred to the execution of epidemiological investigation in case of food-borne, checks in food activities.

EVALUATION METHODS the exam's object is to test the achievement of course's objectives. It is an oral examination where it is valued the knowledge about the course's topics, in particular the student will expose a topic of environmental hygiene, one of epidemiology and prophylaxis of infective diseases and one about the prevention of chronic-degenerative diseases.

The student will pass the exam if he adequately explains two of three arguments. It is also important for the final valuation that the student can apply the concepts to real professional that he will face in his future professional engagement.

TEXTBOOKS AND ON-LINE EDUCATIONAL MATERIAL-

_ S. Barbuti, G. M. Fara, G. Giammanco , A. Carducci, M.A. Coniglio, D. D'Alessandro,

M.T. Montagna, M.L. Tanzi, C.M. Zotti :Igiene. Monduzzi Editore. Bologna.

-C Meloni- G. Pelissero: Igiene . Casa Editrice Ambrosiana Milano.

INTERACTION WITH STUDENTS at the beginning of the course, after the description of the characteristics of the discipline and of the course's objectives, the teaching materials will be available to students. The office hours are after the end of lessons, after those hours the teacher will be available by his e-mail.

EXAMINATION SESSIONS (FORECAST)¹

19.02.2020- 18.03.2020 -22.04.2020 -20.05.2020- 24.06.2020 -15.07.2020 -23.09.2019

SEMINARS BY EXTERNAL EXPERTS YES NOX

FURTHER INFORMATION: None

¹ Subject to possible changes: check the web site of the Teacher or the Department/School for updates.