

Univerzita Pavla Jozefa Šafárika v Košiciach, Lekárska fakulta
Department of Public Health and Hygiene

Course: Hygiene and Epidemiology

Study program: Dental Medicine

Form of study: daily

Category of object: compulsory subject

Period: 4th year summer term - part Hygiene

Form of teaching: lecture / seminars and practical exercise hours: 1 lecture hrs. / 2 practical hrs. per week

Form completion: written exam computerized

Credits: 2

Teachers: Prof. MUDr. Kvetoslava Rimárová, CSc.

Prof. MVDr. Tatiana Kimáková, PhD.

MVDr. Zlatana Sulínová, PhD.

Location: Lectures - Tr. SNP 1, Room PE 11.30 – 13.00 ECW 7th floor

Practical - Tr. SNP 1, Room PF 13.15 – 14.45 for group 1abc OCW 8th floor

Tr. SNP 1, Room PE 13.15 – 14.45 for group 3abc OCW 7th floor

Tr. SNP 1, Room PE 13.15 – 14.45 for group 2abc ECW 7th floor

Week	Lecture Tr. SNP 1, Room PE 11.30 – 13.00 ECW
2. 19.2.2026	Importance of hygiene as the medical discipline. Hygiene and environment. Basic elements of the environment: water, air, soil, food chain, working environment. Influence of environmental factors on health in the contents of public health. Intervention and preventive measures - all diseases and problems (Old and New diseases categorisation, malaria, Ebola. HIV). <i>prof. MVDr. T. Kimáková, PhD.</i>
4. 5.3.2026	Introduction to Hygiene of Food. Signs of nutritional deficiencies in the oral cavity. The importance of nutrition in dental practice. Food hygiene. Proteins, fats, carbohydrates, vitamins, minerals, trace elements. Recommended daily allowances. A healthy diet, alternative ways diet. <i>prof. MUDr. K. Rimárová, CSc.</i>
6. 19.3.2026	Occupational health. Biomonitoring and health assessments. Occupational disease risks for healthcare workers, occupational history. Occupational risk in dental medicine. Oral health risk factors resulting from environmental and occupational settings. Chemical risk, heavy metal and oral cavity, biological factors and oral cavity, physical factors, mechanical, ergonomic factors. <i>prof. MUDr. K. Rimárová, CSc.</i>

Week	Practical Tr. SNP 1, Room PF 13.15 – 14.45 for group 1abc OCW Tr. SNP 1, Room PE 13.15 – 14.45 for group 3abc OCW Tr. SNP 1, Room PE 13.15 – 14.45 for group 2abc, ECW
1. 12.2. 2026	Group 1abc <i>prof. MVDr. T. Kimáková, PhD.</i> Group 3abc <i>prof. MUDr. K. Rimárová, CSc.</i> Nutrition – globally, energy and calories especially the reference numbers. Proteins. Lipids, Saccharides. Cholesterol. Minerals and vitamins. Nutritional deficits and oral cavity. Protection nutritional factor for dentin and jaws.
2. 19.2. 2026	Group 2abc <i>prof. MVDr. T. Kimáková, PhD.</i> Nutrition – globally, energy and calories especially the reference numbers. Proteins. Lipids, Saccharides. Cholesterol. Minerals and vitamins. Nutritional deficits and oral cavity. Protection nutritional factor for dentin and jaws.
3. 26.2. 2026	Group 1abc <i>MVDr. Z. Sulínová, PhD.</i> Group 3abc <i>prof. MUDr. K. Rimárová, CSc.</i> Impact of environmental and occupational exposure on dental health. Physical factors, mechanical factors, chemical factors, poisoning, infection and biological factors.
4. 5.3. 2026	Group 2abc <i>prof. MUDr. K. Rimárová, CSc.</i> Human health and environment. Emissions and imissions. Smog and categories. SO2. N02, ozone and volatile compounds. Polycyclic aromatic hydrocarbons, PAH, CO, CO2, lead, PM 10 particles. Freon's.
5. 12.3 2026	Group 1abc <i>prof. MVDr. T. Kimáková, PhD.</i> Group 3abc <i>MVDr. Z. Sulínová, PhD.</i> Human health and environment. Emissions and imissions. Smog and categories. SO2. N02, ozone and volatile compounds. Polycyclic aromatic hydrocarbons, PAH, CO, CO2, lead, PM 10 particles. Freon's.
6. 19.3. 2026	Group 2abc <i>prof. MUDr. K. Rimárová, CSc.</i> Impact of environmental and occupational exposure on dental health. Physical factors, mechanical factors, chemical factors, poisoning, infection and biological factors.
7. 26.3. 2026	Group 1abc <i>prof. MVDr. T. Kimáková, PhD.</i> Group 3abc <i>prof. MUDr. K. Rimárová, CSc.</i> Occupational health. Risk factor in working conditions of dental medicine workers and physicians. Specific problems in Hygiene: Minamata disease. Iodine deficiency. Smoking. Asbestos. Hypertension.

Conditions for exam:

Participation on practical, active discussion, maximum 2 absences during semester.

Form of exam: Written, combined test from Hygiene and Epidemiology.

Literature from the part of Hygiene:

1. RIMÁROVÁ, K.: Environmental medicine – hygiene. Košice : Univerzita Pavla Jozefa Šafárika v Košiciach, 2006. - 148 s. ISBN 80-7097-646-2.
2. RIMÁROVÁ, K.: Compendium of Hygiene. Košice : 2014.

prof. MUDr. Kvetoslava Rimárová, CSc.

guarantee of the subject, chair of the Institute of Public Health and Hygiene