**Questions for the exam for subject „Public Health Medicine“**

**5th year Dentistry**

**Hygiene** **and Preventive Medicine:**

1. Growth and development of children – basic body and development characteristics, risks of inadequate load.
2. Preventing Violence Against Children: Child abuse and neglect.
3. Three levels of dietary recommendations, their definition and application.
4. Differentiation of energy needs. Resting energy expenditure. Thermic effect of food. Thermic effect of exercise, general signs of marasmus.
5. Significance of lactation for child and mothers. International programs for supporting breastfeeding. Mother`s nutrition during period of pregnancy and lactation.
6. Primary prevention of cardiovascular diseases from population point of view.
7. Obesity, trends of its prevalence around the word, determinants and methods of treatment.
8. Health promotion. Health and its dimension. Planning of intervention, health promotion programs.
9. Primary prevention of tooth decay. Nutritional strategy and dental hygiene.
10. Primary prevention of cancer. Dietary recommendations.
11. Classification of waters by origin and modes of the use in human praxis, chemical demands on the health safe drink water.
12. Drinking water – toxicological and epidemic health risks, praxis for the prevention it.
13. Lighting – demands on day/time and artificial lighting, assessment of illumination intensity and physiological adequacy. Sound / measure and assessment of sound level in different ambient.
14. Food safety. Contaminants and additives.
15. Sound / measure and assessment of sound level in different ambient.
16. Physical parameters of the indoor air, hygrothermic complex, significance for thermal comfort and human well-being.
17. Chemical pollution of the free atmosphere, smog, measurement and monitoring of the main pollutants, biomonitoring.
18. Microbiological and biological indicators of the drinking waters` health safety.
19. Mineral and bottled drinking water – the origin, treatments, hygienic limits and their chemical composition.
20. Phytochemical, natural substances in dietary plants, their occurrence and mechanisms of their biological effects.
21. Health problems of tobacco using, options for treatment of nikotinism, WHO preventing activities of tobacco using and its influence for national preventing activities.

**Social medicine dentistS**

1. Social Medicine and Public Health, definition Historical backgrounds. Meaning for medical practice.
2. History of Medicine from ancient times to the 18th century. Important personalities and medical discoveries.
3. History of Medicine from the 19thcentury to the present. Important personalities and medical discoveries.
4. Health and disease as a biopsychosocial category. Health as a value. Well-being. Natural history of disease. Influencing pathological process.
5. Health literacy, definition, levels.
6. Health education: principles, methods and techniques. Healthy lifestyle in old age.
7. Determinants of health. Social determinants, meaning and influencing. Inequalities in health.
8. WHO, role, goals and organs.
9. International Classification of Diseases. Coding scheme, meaning and practical use. International Classification of Functioning, Disability and Health (ICF)
10. European Health Policy. The concept of Health for All, Health 21, Health 2020.
11. Methods of medical care (prevention, therapy, rehabilitative care). Primary care, HomeCare.
12. Disease prevention. Dispensarization. Primary, secondary and tertiary care, meaning. Preventive control, regular check-ups.
13. Role of Family Doctor, General Practitioner and specialists. Compare the situation in the Czech Republic and in your country.
14. Health care systems: main types in the world. Examples.
15. Describe the health care system in your country. Compare with the Czech Republic.
16. Ageing and old age: demographic aspects. Health, social and ethical problems of the elderly.
17. Heterogenity of the elderly (according to functional state). Frail seniors. Definition. Prevention of injuries in old age. Ethics approach and communication with elderly patients.
18. Methods of measuring population health status. Main causes of morbidity in old age.
19. Health status of Czech population. Compare the situation in the Czech Republic and in your country.
20. Indicators of health status (mortality, morbidity and life expectancy).
21. Demography, indicators (natality, mortality, fertility). Population problems world-wide, comparison (history, world).
22. Demography. Population, gender and age distribution, age pyramides. Population mobility and its indicators.
23. Gerontology (definition, types). Social gerontology. Meaning.
24. Long term care (LTC). Assistance services for seniors. Compare the situation in the Czech Republic and in your country.
25. Ageing. Types of ageing. Theory of ageing. Elder abuse and neglect. Ageism. Examples.