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Hygiene

(HISTORY, THEORY, SCIENCE, PRACTICE)

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MEDICAL ACT



- Prophylaxis;
- Diagnostic;
- Treatment;
- Recovery
- All elements of care are extremely important, but maximum efficiency is obtained-only in complex.
- The most cost-effective are preventive measures. A Gram of prophylactic treatment can replace a Kilogram of treatment.

PREVENTION



Primary (in phase of prevention)

Secondary (in phase of treatment)

Tertiary (in phase of recovery)

HISTORY



- ASCLEPIOS
- **GHIGHIEEA**
- **PANACEEA**

SCIENCE



- **DIFFERENT FORMULA OF HYGIENE:**
- The oldest medical science
- Health science
- Science of healthy human
- Scientific basis of disease prevention, prevention, health protection and health promotion

PRACTICE



- **Hygiene** is a base of public health systems, which consist of four main lines (throughout the modern world):
 - **Prevention** of Communicable and non-communicable diseases;
 - **Health protection** at the individual, family, community, society, the EU and globally levels;
 - **Health promotion** for different target groups;
 - **Public health emergencies, IHR.**

CONTEMPORARY HYGIENE

- Explore influence of environmental factors on human health and develop sanitation measures, sanitary regulations and sanitary laws designed to underpin a optimally hygienic surrounding for living and working.
- Is the object of study in educational institutions of higher and specialized level like: medicine, pedagogy, biology, in the fields of environmental health, plant health, animal health (Living matter).
- Every country have research institutions, training institutions and practical application institutions of science - Hygiene. In medicine Hygiene is taught in universities, faculties, schools of public health, hygiene schools (examples).
- **Hygiene** is the object of postgraduate training through Master's, residency and doctoral studies (ex. EU).

One of the most important components of life quality is:

HEALTH.



„Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” (WHO definition, but there are other definitions examples ...).

***Health, Yang, Love** - cherished when we lose them ...*

HEALTH POSTULATES:



Hippocrates - **Health** is a treasure that few know how to value it, although almost all are born with it.

Victor Martin - **Health** is necessary, because mind comes along the way.

Theodore Dume - **Health** is the best ally for a happy old age.


Michael Cucereavii - Healthy man wants all, but when he gets sick – wants only to be **Healthy**!

George Enescu - Have a healthy conscience and you will be physically **Healthy**.

George Bernard Shaw - Give to a man **Health** and a purpose to follow and he will not stop for a moment to wonder if it is happy or not.

Michael Mataranga- People want primarily **Health**, but they acts as they wants to get rid of it as soon as possible...

IN REPUBLIC of MOLDOVA:



Overall mortality has increased in last years
11.0 to 12.0 ‰.

Most deaths are caused by preventable
morbid states.

For our country is specific:



- significantly increased of mortality (at all ages) in rural areas compared to urban areas;
- Territorial differentiation of mortality indices;
- very enhanced mortality of working age (40-42% of total deaths);

- prevailing at working age, of men mortality (by 2.7-2.8 times more frequently than women)
- large share of tumors (second place after cardiovascular diseases), digestive diseases (third place), traumas and poisoning (fourth place) in general mortality structure etc.

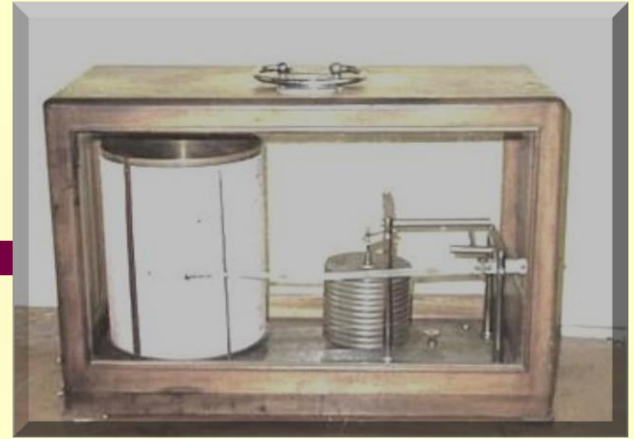
Factors acting on the body can be external and internal.



Environmental factors acting on the body are called *external factors (exogenous)* or ecological factors and can be grouped as follows:

Physical factors,

- Temperature,
- humidity,
- speed air movement,
- noise,
- vibration etc.



Chemical factors

which are presented by different elements or chemicals occurring naturally or synthesized by human;



Biological factors

- bacteria,
- viruses, prions
- helminths
- parasites, etc.



Social factors

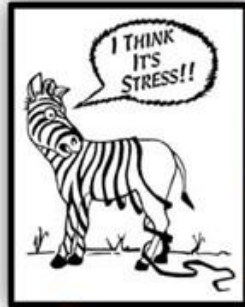


- They are the result of human action on the environment or the inter-relationships between people.

ASPECTS OF FAMILY - SOCIAL STRESS

Stres

O definiție generală pentru conceptul de STRES a fost dată de Hans Selye, unde Stresul este definit ca „o reacție generală nespecifică a organismului la acțiunea externă a unor factori. Agenții stresori pot fi de natură variată (fizică, chimică, biologică și psihică)”.



Sursele de stres în familie:

- conflictele maritale,
- divorțul,
- lipsa de afecțiune și respect,
- incompatibilitate în idei, preocupări, atitudini,
- lupta pentru dominare,
- alcoolism,
- probleme financiare, sexuale,
- inegalitatea atitudinilor față de copii, etc.



Stresul social

este stresul care provine din relațiile cuiva cu ceilalți și din mediul social, în general. Nu trebuie neapărat să aibă loc un eveniment care depășește capacitatea de a face față lucrurilor pentru a experimenta stresul, doar amenințarea că un astfel de eveniment va avea loc - poate fi suficientă.



Contrar faptului că se vorbește mult despre stres, majoritatea oamenilor nu realizează multiplele **consecințe** ale stresului necontrolat. Stresul cotidian, coroborat cu un ritm de viață alert, îi face pe membrii societății de azi mai agresivi, în comparație cu cei de acum 40-50 de ani.

Stresul familial

poate fi definit ca un dezechilibru real sau imaginar între cerințele privind familia și capacitatea familiei de a satisface aceste cerințe. În definiția stresului familial = cererile din familie sunt denumite în mod obișnuit - **stresori**.

Familia

este celula de bază a unei societăți. Integrarea individului în societate are loc în special prin domeniul familial, profesional și microgrupului său social. Aceste trei domenii constituie universul individului și reprezintă surse majore de

Caracteristicile familiei care se poate conforma corect la stările de stres:

- ✳ comunicare efektivă, deschisă și constantă;
- ✳ flexibilitate în roluri;
- ✳ toleranță față de individualitatea fiecărui membru și de diferite generații;
- ✳ relații democratice cu dreptul de decizie;
- ✳ dispunere de a începe lucruri noi.

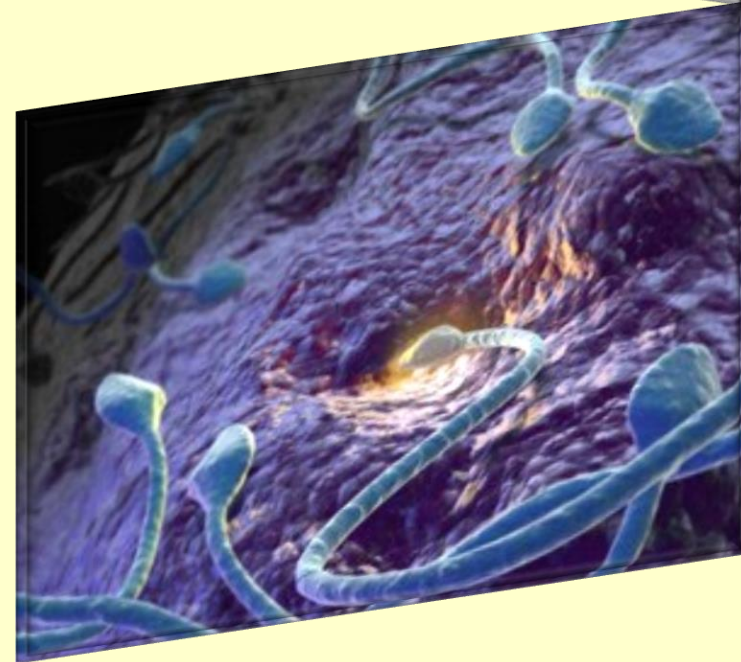
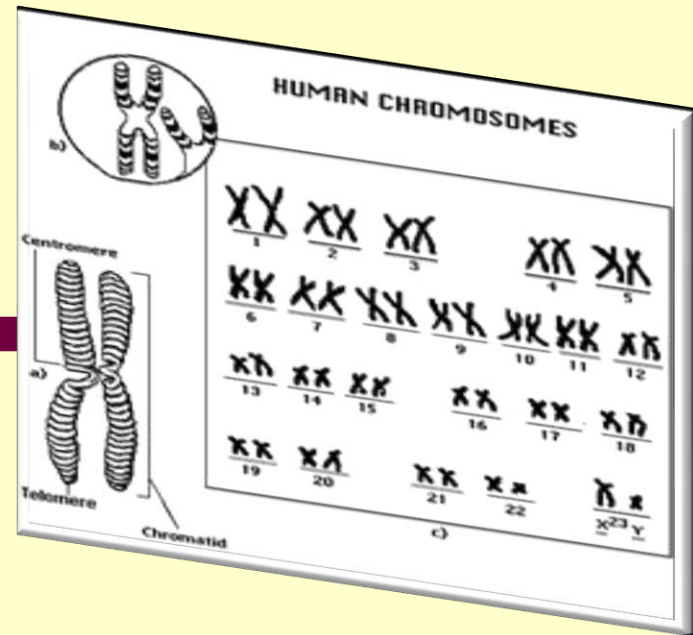


Membrii familiei, care nu pot înfrunța stresul sunt rezervați, tăcuți, anxioși, neinteresați de nimic sau din contra agitați, enervați.

Pregătit: Cătălina Croitoru
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The internal factors

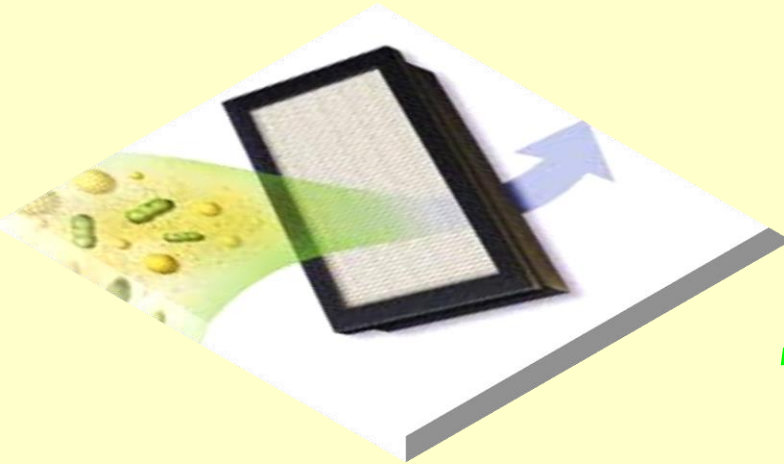
They include genetic, constitutional, which causes genetic diseases.





Regardless of their
origin and type,
environmental factors
can be divided into two
classes:

sanogenic factors
and pathogens.



Sanogenic factors

are those that have a beneficial effect on the body, contributing to health care and health strengthening.



Pathogen factors

are those environmental factors that have an unfavorable action on the body, leading to health altering.



Smoking

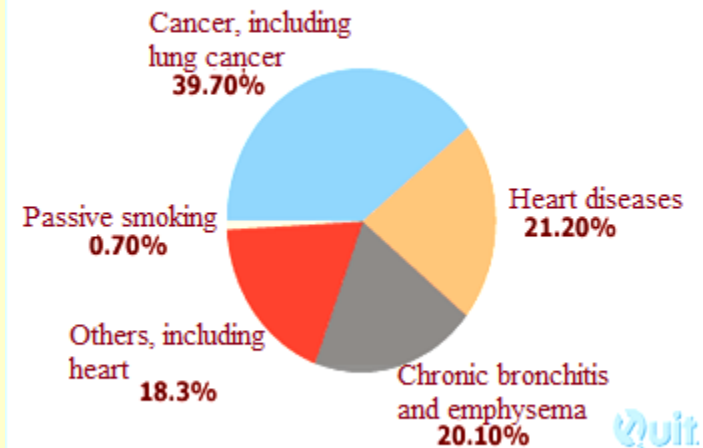


Smoking is responsible for over 4 million deaths in every year, 11,000 every day.

Smoking of a single cigarette shortens life by 7 minutes.

The mortality rate among smokers is 2-3 times higher than in non-smokers at all age groups.

Deadly diseases caused by smoking



Drug use



- Drug - is the substance either legally or illegally whose consumption (due to sickness or other reasons) causes phenomena of dependence and tolerance.



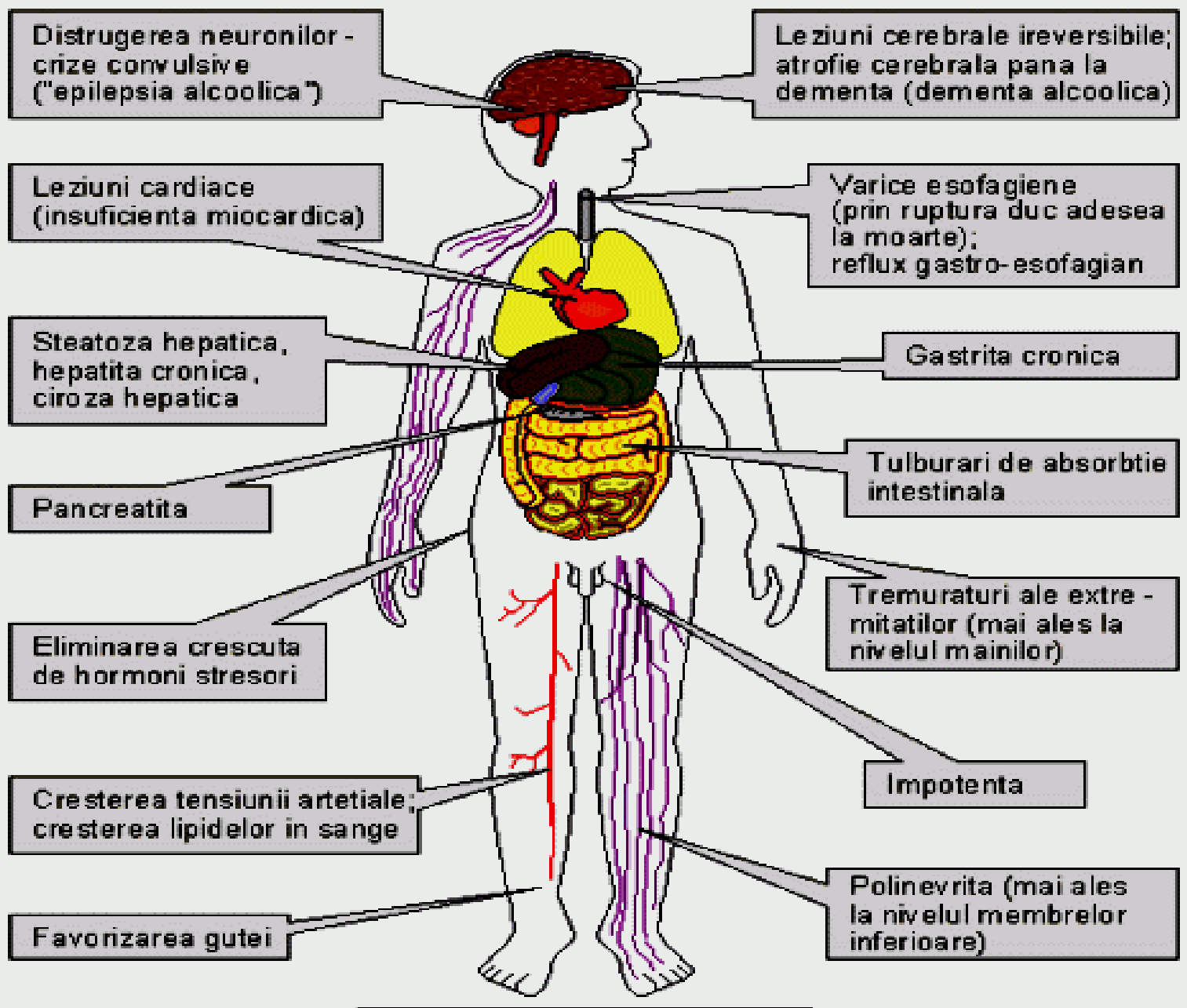
Alcoholization



Alcohol dependence includes four symptoms:

- Uncontrollable **need** to consume alcohol
- **Loss of control** - unable to control a single glass of drink on a special occasion
- **Psychological dependence** - symptoms caused by abstaining from alcohol, such as dizziness, nausea, anxiety, tremors and sweating
- **Tolerance** - the need to increase the amount of alcohol you drink to feel its effects





Drug abuse

Drug abuse leads to dependence on certain substances that are part of them, or at serious metabolic imbalances, so doctors warn that self-medication represents a real danger for anyone who wants treatment.



Sedentary lifestyle




Sedentary lifestyle is a way of life in which a person does not engage in sufficient physical activity which would be a part of a healthy lifestyle. It is characterized by prolonged periods of rest, whether it's watching certain shows, TV, computer or whatever. People who have a sedentary lifestyle, do not pay attention to physical activity, given them very little importance. According to a recent study, a sedentary lifestyle, is sometimes even more dangerous for health than smoking.



2. Biological Factors:

- Hereditary factors;
- Personal predisposition.

3. Unfavorable environmental factors :




- **unfavorable weather conditions;**
- **intense air pollution;**
- **excessive exposure to sunlight.**

ВРЕДНЫЕ ФАКТОРЫ В ЛПУ



- Для персонала (физические, химические, биологические, социальные, стрес, специфические – в зависимости от типа ЛПУ).
- Для пациентов (физические, химические, биологические, социальные, стрес, специфические – в зависимости от типа ЛПУ + внутрибольничные инфекции, осложнения после операций и процедур, аллергии).

HYGIENE STANDARDIZATION:



In the twentieth century was developed towards the sanitary norming of environment nuisances (ambient, occupational, habitual, training, amusement / recreation):


- Physical (& 100);
 - Chemical (there are 300,000 chemicals, in use 30,000 and 3,000 have hygienic standards);
- Biological (& 100);
- Social (?).

NEW PUBLIC HEALTH



- **DECISION OF MANKIND TO SURVIVE** (Global problems- **wars, earthquakes, epidemics, tsunamis, major accidents, energy, water, food, air**)
- **COMMON APPROACH** (information, training, control of communicable and non communicable diseases)
MUTUAL SUPPORT (Transborder and cosmic problems)
- **GLOBAL CHALLENGES - GLOBAL RESPONSE, IHR**

RECOMMENDATIONS FOR INDIVIDUALS:

- 
- **measure ANTI- stress**
 - **movement**
 - **Guaranteed drinking water quality**
 - **Healthy food**
 - **Work and Rest (alternate), mental and physical work**
 - **Say no to: smoke, drugs and excessive alcohol consumption !**

Choose HEALTH - is fashionable !!!



- **Stay:**
- **Healthy**
- **Young people**
- **Bold, wise and faithful to entail**
- **Love your neighbors**
- **Drink guaranteed water and healthy food**
- **Respect work / rest, movement and ... you will live 100 years!**
- **God help us!**