

Course Title	Hygiene and Emergency Therapeutics				
Course Code	PHA 305				
Course Type	Compulsory				
Level	BSc (Level 1)/ MPharm (Level 2)				
Year / Semester	2 <sup>nd</sup> / 4 <sup>th</sup> Semester				
Teacher's Name	Dr Sofia Kyratzi, Dr Phivos Symeonides				
ECTS	6	Lectures / week	2+1*	Laboratories/week	2
Course Purpose	<p>Aims of this course are the study of: The evolution of hygiene, effect of food and diet on human health. Health problems caused by insufficient hygiene, e.g. cardiovascular diseases, cancer, neurodegeneration. Effect on health of improper water, clothing, houses and cities. Effect of climate (temperature, humidity, sun) on health and diseases. Furthermore, the study of the effect of professional environment, pollution; of sterilisation, disinfection and antiseptics; the comprehension of the basics of demography, e.g. births and birth control, abortions, immigration and deaths. Contribution of hygiene to life. Health systems in advanced countries. Obligations of the state and of citizens. The second part of this course concerns with the emergency cases, the first aids that a pharmacist can face during his/her work in a pharmacy or must know as a health scientist.</p> <p>*tutorial</p>				
Learning Outcomes	<p>By the end of this course, the students should be able to:</p> <ul style="list-style-type: none"><li>• Explain the effect of food, diet and nutritional habits on health;</li><li>• Recognise the effect of the drinking (city) water on human health; the characteristics required for the city water, how it can be controlled and the means of water processing;</li><li>• Describe the requirements for city air and the effects of climate, sun, humidity on health;</li><li>• Explain the ways to prevent pollution (air, water, soil) and the consequences of pollution</li><li>• Explain the provisions of hygiene legislation and codes of conduct</li><li>• State the basics about health organisations in relation to education and wealth;</li><li>• Compare the various health systems in advanced countries;</li><li>• Analyze health indicators as they emerge from primary sources</li><li>• Apply professionally first aids in cases brought to their prospective pharmacy, or at any place at the absence of a medical doctor</li><li>• Provide basic cardiopulmonary resuscitation</li></ul>				
Prerequisites	None		Corequisites	None	
Course Content	<p>Theory</p> <p>Evolution of Hygiene up to the present time. Effect of food and nutrition (constituents, caloric supply, dietary habits) on human health and health</p>				

	<p>problems like cardiovascular, cancer, neurodegeneration. Effect of drinking water, water resources, reservoirs and supply. Water processing. Clothing and health. Houses and city roads. Climate, temperature, humidity, winds, sunlight and health. Health problems in professional environments. Environmental pollutants and health problems. Contagious diseases, epidemics and illegal emigration, sterilization, disinfection, antiseptics. Introduction to demography, changes of population, birth control, abortions and immigration. Contribution of hygiene to human development and prosperity. Health systems in advanced countries. Obligations of states and of citizens.</p> <p>Emergency treatment of sudden loss of consciousness, heart failure, stroke, colici of urinary, gastrointestinal system and other acute pain syndromes. First aids in convulsive situations, apnoea, hyperpyrexia and bone fractures, as well as other common cases of emergency, up to the moment the medical assistance is present, or the arrival of the ambulance. Teaching simple and fairly safe operations, like intramuscular or subcutaneous injections or various types of resuscitation.</p> <p><b>Laboratory experiments/exercises:</b> As part of the course, laboratory exercises are carried out on the course material for a better deepening and consolidation of the theoretical part. Indicative exercises are: quality Control for food and water testing; and emergency cases: first aid.</p>
Teaching Methodology	<p>The teaching of the course includes lectures to help students understand the theoretical background, and laboratory exercises in order to get a better comprehension of the main concepts of hygiene and the concept of emergency care. The teaching methodology includes lectures offering the theoretical background for a better perception. Methods such as discussion, questions/answers and case presentation, are used to enhance student's participation. Detailed notes with PowerPoint are used in the lesson. The laboratory is performed</p> <p>The laboratory exercises are conducted in the Biology and Biochemistry Laboratory and the Nursing Department (for first aid) using the appropriate laboratory equipment, under the instructor's supervision. Appropriate preparation and demonstration by the laboratory supervisor precedes each laboratory exercise. Assessment of laboratory exercises includes laboratory reports submitted by each student at the end of each lab exercise.</p>
Bibliography	<p>(a) Textbooks:</p> <ul style="list-style-type: none"> <li>Hygiene for Students. E.F. Willoughby, General Books LLC, 2015.</li> <li>Foundations for Health Promotion, 5th Edition Author: Jane Wills, Date of Publication: 05/2022</li> <li>Επείγουσα Νοσηλευτική. Χ.Μαρβάκη, Α.Κοτανίδου, Δ.Παπαγεωργίου, Α.Καλογιάννη. Εκδόσεις: Κωνσταντάρας, 2015</li> <li>Αρβανιτίδου-Βαγιωνά Μ. Υγιεινή, 2η έκδοση. University Studio Press, Θεσσαλονίκη, 2009 (ΥΓΙΕΙΝΗ)</li> </ul> <p>(b) References:</p> <ul style="list-style-type: none"> <li>"Critical Care Challenges Disorders, Treatments, and Procedures", Lippincott Williams &amp; Wilkins, 2003.</li> </ul>

Assessment – Criteria	<p>Course work 50%. (Midterm written exam 30%, Lab 20%)</p> <p>Final written exam 50%</p> <p>The evaluation of the course is performed by (a) a written mid-term exam during the semester, which examines specific modules of the course and it accounts for 30% of the overall grade, (b) the laboratory reports submitted by students for each laboratory exercise completed during the semester (it accounts for 20% of the overall grade), and (c) a written final exam, which examines all modules of the course, and it accounts for 50% of the overall grade.</p> <p>The final exam of the course is carried out during the 14<sup>th</sup>-16<sup>th</sup> week of each semester and includes short answer questions, decision questions, and problem-solving questions regarding all course modules.</p> <p>The final assessment of the students is formative and summative and is assured to comply with the subject's expected learning outcomes and the quality of the course.</p>
Language	Greek, English