

**Assesment tools for the intermediate attestation (credit) in the discipline
"Hygiene" for students enrolled in the educational program of the
specialty 33.05.01 "Pharmacy" for the 2026-2027 academic year**

2. Air hygiene. The main air pollutants and their impact on sanitary living conditions and public health (using the Volgograd region as an example). Directions for air protection.
3. Физические свойства воздуха и их значение для организма. Виды микроклимата (классификация), их влияние на теплообмен и здоровье человека.
4. Weather and climate concepts. Classification of weather and climate conditions. Effects on the human body. Hygienic aspects of acclimatization, including the specifics of acclimatization to the climatic conditions of the Volgograd region. Микроклимат жилых и общественных зданий: классификация, влияние на человека, нормирование параметров микроклимата.
5. Solar radiation, physiological and hygienic significance. Geographic and anthropogenic foci of rickets: concepts and prevention.
6. Urbanization, concept. Hygienic and medical aspects of the negative potential of urbanization, prevention. Living conditions in modern cities, impact on population health.
7. Air quality in residential and public buildings and its impact on human health. Anthropotoxic substances, "sick building syndrome," and concepts. Источники антропогенного загрязнения воздуха закрытых помещений. Вентиляция помещений.
8. Natural and artificial lighting of residential and public buildings; importance for human health; standardization of parameters.
9. physiological, hygienic, and epidemiological significance of water. Methods of water purification and disinfection. Заболевания населения, связанные с употреблением нестандартной воды, риски для населения Волгоградской области. Профилактика водных эпидемий.
10. Endemic diseases associated with abnormal salt and microelement composition of water; prevention. Гигиенические требования к питьевой воде; методы улучшения её качества. Гигиеническое законодательство в сфере водоснабжения.
11. Comparative characteristics of water supply sources. Sanitary protection zones of water sources.
12. Hygienic assessment of purified (distilled) water: methods for determining and assessing the quality of distilled water for the production of sterile dosage forms. Питание как социально-гигиеническая проблема и фактор, формирующий здоровье человека. Виды питания.

13. Nutrition-related diseases (ARDs) - definition and classification. The most common ARDs among the population of the Volgograd region, preventive measures.
14. Principles of healthy human nutrition. Balanced nutrition, concept.
15. Human energy balance, types of energy expenditure. Nutrition standards for individuals in the first professional group. Современное нормированное питание различных групп населения.
16. Nutritional status: concept, main types, and indicators for its assessment.
17. Healthy nutrition for people engaged in mental work: standardization and recommended diets.
18. Healthy nutrition for the elderly: standardization and basic principles.
19. Proteins in human nutrition: biological role, standardization, and sources. Ways to increase the biological value of protein in diets.
20. Fats in human nutrition: biological role, standardization, and sources. Углеводы в питании человека: биологическая роль, нормирование, источники.
21. Minerals and microelements in nutrition: biological role, sources.
22. Vitamins: concept, classification, biological role. Types of vitamin deficiency, causes, and prevention.
23. Hypovitaminosis: causes, prevention. The most common hypovitaminosis conditions among the population of the Volgograd region.
24. Water-soluble vitamins: biological role, regulation, and dietary sources. Methods for preserving the vitamin value of food products and prepared meals.
25. Fat-soluble vitamins: biological role, regulation, and dietary sources. Hypervitaminosis: concept, causes.
26. Food quality and safety. Xenobiotics in food and sources of intake.
27. The importance of assessing the quality of food products. Quality requirements for milk, meat, and bread. Diseases transmitted through milk and meat (using the Volgograd region as an example).
28. Nutritional and biological value of animal products.
29. Nutritional and biological value of plant products.
30. Nutritional and biological value of milk. Milk-borne diseases. Milk quality requirements.
31. Nutritional and biological value of meat. Meat-borne diseases. Meat quality requirements.
32. Nutritional and biological value of bread. Bread quality requirements.

33. The importance of fruits and vegetables in everyday and dietary nutrition.
34. Classification of food poisoning. Food poisoning most common in the Volgograd region.
35. Microbial food poisoning, classification, and prevention. Physician's approach to sporadic and mass food poisoning.
36. Nonmicrobial food poisoning, classification, and prevention.
37. Foodborne toxic infections, pathogenesis, and prevention.
38. Bacterial toxicoses, pathogenesis, and prevention.
39. Occupational hygiene and physiology: definitions, objectives, tasks, subject of study; role and place in the worker health protection system. Concept of certification and special assessment of working conditions as elements of the occupational safety system for workers.
40. Harmful and hazardous production factors; concept, classification.
32. Hygienic classification of working conditions by degree of harm and danger. Hygienic standards for safe working conditions (MPC, MPL), concept.
33. Factors of the work process characterizing the severity and intensity of work. Prevention of overfatigue.
34. Main occupational diseases, their causes and prevention.
35. Harmful production factors in the work of pharmacy workers; prevention of occupational diseases.
36. Occupational hygiene of healthcare workers.
37. Chemical harmful production factors, their impact on the body of workers, prevention of occupational diseases: example of enterprises in the Volgograd region.
38. Routes of entry of toxic substances into the body of workers, their biotransformation, and elimination pathways. Resorptive and local effects of toxic substances.
39. Physical harmful occupational factors (noise, vibration, heating and cooling microclimate), their impact on the body of workers; prevention of occupational diseases: examples from enterprises in the Volgograd region
40. Dust as an occupational hazard, its impact on workers; prevention of occupational diseases. Maximum permissible concentration, concept.
41. Types of medical examinations of employees, purpose; regulatory documents.
42. Hygiene of mental work.

43. Occupational hygiene when working on personal computers.
44. Hygiene of monotonous work.
45. Hygiene of pharmacy organizations. Hygienic requirements for the placement of pharmacy organizations (pharmacies, pharmacy warehouses, and analytical laboratories) and site layout.
46. Hygiene of pharmacy institutions. Hygienic requirements for the layout, equipment, and operation of pharmacy premises (industrial, sanitary, auxiliary, administrative).
47. Hygienic requirements for the layout, equipment, and operation of the aseptic block of pharmacies. Main regulatory documents.
48. Hygienic assessment of technological processes for the manufacture of non-sterile dosage forms and medicinal products under aseptic conditions.
49. Hygienic standards for ventilation, microclimate, lighting, acoustic conditions, and water supply in pharmacy premises for various purposes; their importance for the quality of pharmaceutical products and the health of workers.
50. Sanitary, hygienic, and anti-epidemic regimes for the manufacture of medicines in pharmacies. Personal hygiene of staff.
51. Hygienic requirements for the layout, equipment, and operation of pharmacy warehouses and analytical laboratories. Personal hygiene of personnel.
52. Occupational hygiene of pharmacy workers.
53. Factors determining human health. Healthy lifestyle: concepts and importance for maintaining health and active longevity.
54. Key elements of a healthy lifestyle and recommendations for their implementation. Implementation of preventive measures for residents of the Volgograd Region.
55. Personal hygiene as part of public hygiene. Sanitary education and informational work with the population: basic methods.
56. Physical education and hardening as elements of a healthy lifestyle – basic physiological and hygienic principles, importance for health.
57. Comparative characteristics of traditional and intensive hardening methods: common features and differences, indications and contraindications, importance for the health of various population groups.
58. Healthy lifestyle and the socio-hygienic significance of bad habits and self-medication. The importance and role of the pharmacist in primary and secondary prevention of their consequences.
59. Key hygiene aspects in public health education. Specific aspects of hygiene education and training in pharmacy settings.

environment (natural, anthropogenic, social) and human health. Environmental factors and their impact on public health.

Exam card example

Federal State Budgetary Educational Institution of Higher Education "Volgograd State Medical University"

Ministry of Health of the Russian Federation

Department: General Hygiene and Ecology IOZ

Discipline: Hygiene

Specialist in the specialty 31.05.01 General Medicine, focus (profile) General Medicine

Academic year: 20__-20__

Examination card number _

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1. Solar radiation, physiological and hygienic significance. Geographic and anthropogenic foci of rickets: concepts and prevention.
2. Healthy nutrition for people engaged in intellectual work: standardization and recommended diet.
3. Situational professional-oriented task

The internal environmental parameters of the pharmacist's workstation (in the assistant's office) were assessed: the sales area's light openings are oriented south and southwest. The light factor is 1:3, and the natural light coefficient (NLC) is 1.7%. General artificial lighting is provided by fluorescent lamps located on the assistant's office ceiling; the artificial light level is 310 lux. The medication display cases are not equipped with local lighting. During the afternoon during the warmer months, staff complain of feeling stuffy in the sales area.

Assignment: Provide a hygienic assessment of the working conditions in the pharmacist's workstation. Develop the necessary preventative recommendations to optimize working conditions

Discussed at a meeting of the Department of General Hygiene and Ecology, named after N.P. Grigorenko, protocol No. 10 of May 29, 2026.

Head of the Department

A handwritten signature in blue ink, appearing to be 'N.I. Latyshevskaya', is placed over a horizontal line.

N.I. Latyshevskaya