

Thematic plan of practical classes for discipline "Hygiene"
for students in the specialty 33.05.01 " Pharmacy"
for the 2026-2027 academic year

№	Thematic blocks	Volume per semester, hours (academician)
4 semester		
1.	Hygienic evaluation of the indoor environment:hygienic assessment of chemical pollution of the air in residential, educational, and pharmacy premises	2
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2.	Hygienic assessment of insolation regime, natural and artificial lighting: insolation conditions, natural and artificial lighting of residential, educational, and pharmacy premises	2
3.	Hygienic assessment of the physical properties of air. Hygienic assessment of indoor microclimate, impact on heat exchange and human health.	2
4.	Hygienic assessment of drinking water quality. Methods for water quality improving.	2
5..	Hygienic assessment of water supply sources. A system of preventive measures for the protection of water supply sources.	2
6.	Hygienic assessment of purified (distilled) water	2
7.	Hygienic assessment of food quality	2
8.	Assessment of the individual nutrition adequacy based on macronutrient composition (proteins, fats, carbohydrates), dietary fiber and energy	2
9.	Assessment of the adequacy of individual nutrition in terms of micronutrients: vitamins and minerals	2
10.	Nutritional status assessment, health risk assessment, and the concept of nutrition-related diseases. Hygienic assessment of nutritional adequacy. Hygienic recommendations for adjusting dietary intake.	2
11.	Prevention of food poisoning of microbial origin	2
12	Prevention of food poisoning of non-microbial origin	
13.	Factors of the occupational environment, forecast of impact on workers' health; preventive measures. Hygienic assessment of working conditions for pharmacy personnel.	2
14.	The strain and intensity of the working process; the impact on the functional state and health of workers. Measures to prevent fatigue	2
15.	Healthcare for Industrial Workers. Organization and procedure for	2

	conducting preliminary and periodic medical examinations	
16.	Hygienic requirements for the layout, equipment, and operation of pharmacies. Sanitary, hygienic, and anti-epidemic regimes for the preparation of medicines in pharmacies. Personal hygiene of staff.	2
17.	Hygienic requirements for the layout, equipment, and operation of pharmacy facilities (pharmacy warehouses, analytical laboratories). Personal hygiene of staff	2
Итого		36

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  N.I. Latyshevskaya