

**Thematic plan for lecture-type classes
in discipline «Hygiene»
for students of 2023 year of admission
under the educational programme
31.05.01 General Medicine,
specialisation (profile) 31.05.01 General Medicine
(Specialist's),
form of study full-time
for the 2025-2026 academic year**

№	Topics of lecture-type classes	Hours (academic)
4 semester		
1.	Hygiene as a science. Subject and content of hygiene. History of the formation and development of hygiene. The importance of hygiene for the preventive thinking of a doctor. Modern problems of hygiene.	2
2.	The environment and its hygienic importance. Environmental factors and their impact on public health. Health risk assessment from environmental pollution	2
3.	• Climate and weather, hygienic significance. Physical properties of air, indoor microclimate and its hygienic significance. Hygienic aspects of acclimatization. Solar radiation, hygienic significance.	2
4.	• Hygiene of water and water supply for populated areas. Modern hygienic aspects of standardizing the quality of drinking water from centralized and non-centralized water sources.	2
5.	Proteins, fats, carbohydrates; their significance, standardization, dietary sources, and ways to increase the biological value of the protein component of diets.	2
6.	Hygiene of preventive and medical institutions.	2
5 semester		
7.	Quality and safety of food products. Xenobiotics in food products.	2
8.	Occupational hygiene and health protection of workers. Hygienic assessment of factors of the working environment and the work process. Criteria and classification of working conditions. Professional and production-related diseases, prevention. Fundamentals of labor physiology. Severity and intensity of the work process, hygienic assessment criteria. Prevention of overwork. Occupational hygiene of medical workers	2
9.	Hygiene of medical and preventive organizations	2
Total		18

Considered at the department meeting of the Department of General Hygiene and Ecology of the N.P. Grigorenko Institute of Public Health, protocol of «23» May 2025. № 10.



Head of the Department

N.I. Latyshevskaya