

**Thematic lesson plan of the lecture type
in the discipline "Hygiene"
for students in basic vocational education
specialist 's program
specialty 33.05.01 Pharmacy,
focus (profile) Pharmacy,
Full-time form of education
for 2023-2024 academic year**

No.	Lecture-type topics	Hours (academic)
1.	Hygiene as a science, communal hygiene. Atmospheric air protection. Solar radiation, hygienic value. Climate and weather, hygienic value. Physical properties of air .^{one} Hygiene as a science, communal hygiene - concept and content. Air hygiene. Influence of atmospheric pollution on sanitary conditions of life and health of the population. Atmospheric air protection. Solar radiation, hygienic value. Climate and weather, hygienic value. Physical properties of air, indoor microclimate and its hygienic significance. ²	2
2.	Hygiene of water and water supply of populated areas .¹ Hygienic requirements for the quality of drinking water from centralized and non-centralized water supply sources. Choice of sources of water supply. Basic methods of drinking water purification. ²	2
3.	Nutrition and human health. Scientific basis of healthy nutrition.¹ Characteristics of physiological nutritional norms in accordance with MP 2.3.1.0253-21. Nutritional status as an indicator of health, evaluation criteria. Therapeutic and preventive nutrition of workers. ²	2
4.	Macronutrients and micronutrients in nutrition, their importance, regulation, sources in nutrition.^{one} Macronutrients : proteins, fats, carbohydrates; their value and rationing in accordance with MP 2.3.1.0253-21 and food sources. Micronutrients: vitamins, mineral salts, trace elements; their value, rationing in accordance with MR 2.3.1.0253-21 and food sources. ²	2
5.	Hygiene and physiology of labor, health protection of the working population. Hygienic characteristics of the main adverse production factors. Medical and sanitary provision of working industrial enterprises.¹ Hygienic classification of working conditions. Special assessment of working conditions. Occupational hygiene and physiology in pharmacies and the chemical and pharmaceutical industry, including the production of galenic antibiotics and finished dosage forms. Medical and sanitary provision of working industrial enterprises. ²	2
6.	Hygiene of pharmaceutical establishments. Sanitary-hygienic and anti-epidemic regime for the manufacture of medicines in pharmacies.^{one} Hygienic requirements for the layout, equipment and operation of pharmacy organizations (pharmacies, pharmacy warehouses, control and analytical laboratories). Sanitary-hygienic and anti-epidemic regime for the manufacture of medicines in pharmacies. Personal hygiene of personnel. ²	2
7.	Healthy lifestyle and personal hygiene issues. Hygienic education and training. Sanitary and educational work with the population.^{one} Healthy lifestyle and personal hygiene issues, the main directions of formation. Hygienic education and training. Sanitary and educational work with the population: goals, objectives, methods and forms. ²	2
Total		14

¹- topic

² - essential content

Considered at the meeting of the department of General hygiene and ecology IPH may, 24, 2023, protocol No 9.

Head of the Department



N.I. Latyshevskaya