

**Thematic lesson plan of the seminar 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	Thematic blocks	Hours (academic.)
1.	Communal hygiene	
	Hygienic assessment of the internal environment of closed premises of institutions. Hygienic assessment of chemical and microbial air pollution in residential, educational, pharmacy premises.	2
	Hygienic assessment of the insolation regime, natural and artificial lighting of residential, educational, pharmacy premises	2
	Hygienic assessment of indoor microclimate, impact on heat transfer and human health	2
	Hygienic assessment of the quality of drinking water and water supply sources. Methods for improving water quality	2
	Hygienic assessment of purified (distilled) water	2
2.	Hygienic basics of a healthy diet	
	Hygienic assessment of the good quality of food products	2
	Assessment of the adequacy of individual nutrition in terms of macronutrient composition (proteins, fats, carbohydrates), dietary fiber and energy	2
	Assessment of the adequacy of individual nutrition for micronutrients: vitamins and minerals	2
	Assessment of nutritional status, characterization of health risks, the concept of alimentary-dependent diseases. Hygienic assessment of nutritional value. Hygienic recommendations for the correction of actual nutrition	2
	Prevention of food poisoning.	2
3.	Occupational health, pharmacy organizations and a healthy lifestyle. Sanitary and educational work with the population	
	Factors of the working environment, forecast of the impact on the health of workers; preventive actions. Measures to prevent fatigue. Hygienic assessment of working conditions of personnel of pharmacy institutions	2
	The severity and intensity of the labor process; impact on the functional state and health of workers. Medical and sanitary provision of workers of industrial enterprises. Organization and procedure for conducting preliminary and periodic medical examinations.	2
	Hygienic requirements for the layout, equipment and operation of pharmacies. Sanitary-hygienic and anti-epidemic regime for the manufacture of medicines in pharmacies. Personal hygiene of personnel.	2
	Hygienic requirements for the layout, equipment and operation of pharmacy organizations (pharmacy warehouses, control and analytical laboratories). Personal hygiene of personnel.	2
	Healthy lifestyle and personal hygiene issues. Hygienic education and training	2
	Intermediate certification	2
Total		32

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