



Факултет по обществено здраве

Катедра „ХИГИЕНА“

4002 Пловдив, бул. В. Априлов № 15 А
тел.: 032 200 656; 032 200 655
email: hygiene@fph.mu-plovdiv.bg



Faculty of Public Health

Department of HYGIENE

15A, Vasil Aprilov Blvd, 4002 Plovdiv
phone: 00359 32 200 656
email: hygiene@fph.mu-plovdiv.bg

LECTURE COURSE PROGRAMME IN HYGIENE AND ECOLOGY

for specialty “PHARMACY” 3th year, Vth semester

Winter semester 2024/2025

№	Subject	Academic hours	Date
1.	Hygiene as a main prophylactic medical science – subject, aim, tasks, branches, methods. Current hygiene environmental issues. State health control and public health protection.	2h.	17/09/2024
2.	Atmosphere. Air composition. Hygiene characteristics of physical factors of the atmosphere. Climate and weather. Health effects of air pollution and prevention.	2h.	24/09/2024
3.	Hygiene requirements to drinking water quality. Health requirements to water supply. Water purification and disinfection. Drinking water safeguard zones.	2h.	01/10/2024
4.	Hygiene of soil. Biogeochemical diseases. Soil pollution and health impacts. Waste management.	2h.	08/10/2024
5.	Hygiene characteristics of living conditions in the areas. Noise “pollution” in urban areas. Urbanization. Hygiene characteristics of the housing conditions.	2h.	15/10/2024
6.	Introduction to the study of nutrition. Nutrients – physiological importance, sources and needs. Healthy nutrition. Principles of diet therapy.	2h.	22/10/2024
7.	Nutrition in different population groups.	2h.	29/10/2024
8.	Diseases resulting from biological and chemical contamination of food – characteristics and prevention.	2h.	05/11/2024
9.	Food and nutrition-related diseases – Food hypersensitivity, Drug-nutrient interactions.	2h.	12/11/2024
10.	Dietary prevention of noncommunicable diseases – obesity, cardiovascular diseases, diabetes, cancer, osteoporosis.	2h.	19/11/2024
11.	Occupational medicine – aims and scope. Work-related burden of disease and injury. Prevention of work-related health loss.	2h.	26/11/2024
12.	Physiological changes in the body during work. Work capacity, fatigue, and exhaustion – definition, determinants, and prevention.	2h.	03/12/2024
13.	Psychosocial, ergonomic, chemical, and physical risk factors in pharmacies and the pharmaceutical industry.	2h.	10/12/2024
14.	General requirements for healthcare facilities. Requirements for pharmacies and pharmaceutical enterprises. Work-related health in pharmacies and the pharmaceutical industry. Occupational risk factors and prevention.	2h.	17/12/2024
15.	Childhood and adolescent hygiene. Growth, neurocognitive development and academic performance. Prevention of school fatigue and exhaustion.	2h.	24/12/2024

TOTAL: 30 acad. hours

The Programme is prepared by Assoc. Prof. S. Harizanova MD, PhD

The Programme is confirmed by the Head of the Department: Assoc. Prof. S. Harizanova MD, PhD

The Programme is approved by the Departmental Council on 13/09/2024 Protocol № 09.