



Катедра „ХИГИЕНА“

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Department of HYGIENE

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**EXAMINATION SYLLABUS IN HYGIENE
FOR STUDENTS IN
SPECIALTY “PHARMACY” 3th Year, Vth Semester
2026/2027 ACADEMIC YEAR**

THEORETICAL PART

1. Hygiene as a basic prevention science – subject, aim, main tasks and branches, methods. The importance of prevention and hygiene knowledge of the pharmacist.
2. Atmosphere. Hygienic characteristics of physical factors of the atmosphere. Climate and weather. Diseases dependent on meteorological factors. Acclimatization.
3. Atmosphere. Air composition. Air pollution – sources, characteristics, health effects of air pollution. Prevention of air pollution.
4. Hygienic requirements for water supply. Water significance. Distribution of water. Water-related diseases. Drinking water quality requirements.
5. Water purification and disinfection. Sources of water pollution. Drinking water safeguard zones.
6. Hygiene of soil. Biogeochemical diseases. Soil pollution and health impacts. Waste management.
7. Hygienic characteristics of living conditions in the areas. Urbanization. Hygienic characteristics of the housing conditions.
8. Hygienic characteristics of noise in urban areas. The effect of noise exposure on human health. Prevention measures and control.
9. Introduction to the study of nutrition. Healthy nutrition. Principles of diet therapy.
10. Nutrients – physiological importance, sources and needs.
11. Nutrition in different population groups.
12. Diseases resulting from biological and chemical contamination of food – characteristics and prevention.
13. Food and nutrition-related diseases – Food hypersensitivity, Drug-nutrient interactions.
14. Dietary prevention of noncommunicable diseases – obesity, cardiovascular diseases, diabetes, cancer, osteoporosis.
15. Occupational hygiene (medicine) – subject, aim, tasks, methods. Work activity forms. Modern Work-related problems.

16. Physiology of work. Psycho-physiological and ergonomic characteristics of the work of employees in pharmaceutical enterprises and pharmacies.
17. Physiological changes in the body during work. Work capacity, fatigue, and exhaustion – definition, determinants, and prevention.
18. Occupational physical exposures – epidemiology, health effects, and prevention.
19. Industrial poisons. Main toxicological hazards in pharmacies and pharmaceutical production.
20. General requirements to healthcare facilities and pharmaceutical enterprises.
21. Work-related health in pharmacies and the pharmaceutical industry. Occupational risk factors and prevention.
22. Requirements to pharmacies and drugstores.
23. Childhood and adolescent hygiene. Growth, neurocognitive development and academic performance. Prevention of school fatigue and exhaustion.

PRACTICAL PART

24. Microclimate – definition, parameters and methods for hygienic investigation and evaluation.
25. Methods for complex evaluation of thermal comfort.
26. Assessment of airborne occupational chemical contaminants, gases, and particulate matter.
27. Assessment of noise, vibration, illumination, and ventilation. Occupational standards.
28. Health control of water supplies and drinking water. Monitoring of drinking water quality. Water sampling. Analysis of drinking water quality.
29. Purification and disinfection of water from local sources and distribution networks.
30. Assessment of dietary intake and nutritional status.
31. Methods for determination of daily energy expenditure and personal nutritional requirements.
32. Food quality control – basic principles and stages.
33. Physiological and neurocognitive approaches to the assessment of work capacity and fatigue.

RECOMMENDED LITERATURE

1. Hygiene and Medical Ecology – Textbook and Handbook for Pharmacy Students (Edited by Prof. P.Gatseva), 2018, Publishing House “LAX BOOK” Ltd, Plovdiv: ISBN 978-619-189-099-6.
2. Environmental Health – Hygiene. Edited by L. Ševčíková. Comenius University in Bratislava, Slovakia 2015. ISBN 978-80-223-3930-8.
3. Lecture and practical materials on Hygiene, provided by the lead reader and the assistant professors.

Prof. S. Harizanova MD, PhD

Head of the Department of Hygiene

The Syllabus is approved by the Departmental Council on 09/09/2026 Protocol № 09.