



Факултет по обществено здраве

Катедра „ХИГИЕНА“

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Faculty of Public Health

Department of HYGIENE

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LECTURE COURSE PROGRAMME IN HYGIENE AND ECOLOGY

for specialty “PHARMACY” 3th year, Vth semester

Winter semester 2026/2027

№	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.	15/09/2026
2.	Atmosphere. Air composition. Hygiene characteristics of physical factors of the atmosphere. Climate and weather. Health effects of air pollution and prevention.	2h.	22/09/2026
3.	Hygiene requirements to drinking water quality. Health requirements to water supply. Water purification and disinfection. Drinking water safeguard zones.	2h.	29/09/2026
4.	Hygiene of soil. Biogeochemical diseases. Soil pollution and health impacts. Waste management.	2h.	06/10/2026
5.	Hygiene characteristics of living conditions in the areas. Noise “pollution” in urban areas. Urbanization. Hygiene characteristics of the housing conditions.	2h.	13/10/2026
6.	Introduction to the study of nutrition. Nutrients – physiological importance, sources and needs. Healthy nutrition. Principles of diet therapy.	2h.	20/10/2026
7.	Nutrition in different population groups.	2h.	27/10/2026
8.	Diseases resulting from biological and chemical contamination of food – characteristics and prevention.	2h.	03/11/2026
9.	Food and nutrition-related diseases – Food hypersensitivity, Drug-nutrient interactions.	2h.	10/11/2026
10.	Dietary prevention of noncommunicable diseases – obesity, cardiovascular diseases, diabetes, cancer, osteoporosis.	2h.	17/11/2026
11.	Occupational medicine – aims and scope. Work-related burden of disease and injury. Prevention of work-related health loss.	2h.	24/11/2026
12.	Physiological changes in the body during work. Work capacity, fatigue and exhaustion – definition, determinants, and prevention.	2h.	01/12/2026
13.	Psychosocial, ergonomic, chemical, and physical risk factors in pharmacies and the pharmaceutical industry.	2h.	08/12/2026
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.	15/12/2026
15.	Childhood and adolescent hygiene. Growth, neurocognitive development and academic performance. Prevention of school fatigue and exhaustion.	2h.	22/12/2026

TOTAL: 30 acad. hours

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

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

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