

Practical exercises for English language students - - pharmacists

1. Air pollution - main sources and health effects. General approaches to air monitoring. Sampling for determination of air pollution. Prevention and control of air pollution.

Dr. Kirkova

2. Thermal comfort - definition; main indices used to express thermal comfort and heat stress. General approaches to measurement of temperature, humidity and air velocity. Physiological methods for thermal comfort evaluation. Health effects of unfavourable thermal environment.

Dr.Kirkova

3. Surveillance of drinking water quality. Water quality - criteria and standards. Water sampling for physical and chemical examination and for bacteriological examination. Purification of water. Disinfection of water. Chlorination - principles and methods.

Dr.Vodenicharov

4. Dietary and Nutritional Assessment of the Individual. Nutritional Assessment by Clinical, Anthropometric and Biochemical Methods.

Dr.Nikolova

5. Food Surveillance. Sanitation of Eating Places and Food store. Foodborne diseases. Prevention of the Bacterial Diseases.

Ass.Prof.Penkov

6. Industrial hygiene. Recognition, evaluation and control of physical and chemical occupational health hazards. Risk assessment.

Dr.Agovska

Lectures for English language students - pharmacists

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| <p>1. Introduction to environmental health and hygiene. Hygiene as a main prophylactic branch in medicine, main components and relation with the other sciences. Medical Ecology.</p> |
| <p>2. Hygienic characteristic of physical factors of the atmosphere. Climate and weather. Global ecological problems. Air pollution.</p> |
| <p>3. Hygienic requirement of water supply. Water pollution.</p> |
| <p>4. Hygiene of the soil. Soil pollution. Health effect of the soil pollution.</p> |
| <p>5. Food, nutrition, and diet therapy. Nutritional problems in public health. Macronutrients, vitamins, minerals. Food of animal and vegetable origin. Nutritional assessment, requirements, functions, sources.</p> |
| <p>6. Main principles of healthful nutrition.. Dietary nutrition, characteristic of different diets.</p> |
| <p>7. Nutrition among different population's groups. Food connected diseases. Food pollution.</p> |
| <p>8. Occupational medicine Unfavourable factors of working condition. Occupational diseases. Work physiology. Physical factors - noise, infra and - ultra sound, vibration, atmospheric pressure.</p> |
| <p>9. Occupational medicine. Chemical factors in working conditions - prophylactic measures.</p> |
| <p>10. Hygienic characteristic of industrial work. Industrial Technology of Drug Dosage Forms and Galenical Preparations.</p> |
| <p>11. Acceleration. School program. Healthful knowledge. Main diseases at school. Healthful way of lifestyle. Personal hygiene.</p> |