

प्रदेश लोक सेवा आयोग

लुम्बिनी प्रदेश

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तह, कोल्ड चेन असिष्टेण्ट तथा अ.हे.ब. पदको खुला तथा आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा:— यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छ:

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- १००

द्वितीय चरण:- अन्तर्वार्ता

पूर्णाङ्क:- २०

प्रथम चरण:- लिखित परीक्षा योजना (Written Examination)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या × अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक	५० प्रश्न × २ अङ्क = १००	४५ मिनेट

द्वितीय चरण:-

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	२०	बोर्ड अन्तर्वार्ता (Board Interview)

द्रष्टव्य:-

१. वस्तुगत बैकल्पिक परीक्षामा यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

एकाइ	१	२	३	४	५	६	७	८	९	१०	११	१२
प्रश्न संख्या	५	३	३	४	५	६	४	६	४	४	२	४

- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको विज्ञापन हुदाँका वखत (संशोधन भएका वा संशोधन भई हटाईएका वाथप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झन पर्दछ ।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- परीक्षामा परीक्षार्थीले मोबाइल वा यस्तै प्रकारका विद्युतीय उपकरण परीक्षा हलमा लैजान पाइने छैन ।
- पाठ्यक्रम लागू मिति:- २०७९।०८।१५

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## 1. Anatomy and Physiology

Anatomical structure and function of the following different organs of the body system:

- 1.1 Digestive system
- 1.2 Respiratory system
- 1.3 Cardiovascular system
- 1.4 Reproductive system
- 1.5 Endocrine system
- 1.6 Nervous system
- 1.7 Skeletal system
- 1.8 Sense organ system

## 2. Health Education and Community Diagnosis

### 2.1 Health Education

- 2.1.1 Health Education, importance and method
- 2.1.2 Communication & barrier of communication
- 2.1.3 Learning process
- 2.1.4 Leadership

### 2.2 School Health

- 2.2.1 Purpose of School Health Program
- 2.2.2 Activities of School Health Program.

### 2.3 Community Diagnosis

- 2.3.1 Importance and methods of community diagnosis

### 2.4 Community Development

- 2.4.1 Objective
- 2.4.2 Methods of community development

## 3. Community Health

### 3.1 Epidemiology

- 3.1.1 Definition and Scope of Epidemiology
- 3.1.2 Vital statistic
- 3.1.3 Epidemiological investigation
- 3.1.4 Epidemiological trends
- 3.1.5 Disease prevention
- 3.1.6 Basic principle of disease transmission
- 3.1.7 Immunity

### 3.2 Environmental sanitation

- 3.2.1 Introduction and Scope of environmental sanitation
- 3.2.2 Water (Source, Water purification)
- 3.2.3 Excreta disposal and faecal born disease
- 3.2.4 Solid waste method of termination
- 3.2.5 Disposal of waste water
- 3.2.6 Health & Disease spectrum

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3.2.7 Food sanitation

3.2.8 Insects and rodents and their importance in public health

3.2.9 Milk hygiene & Milk borne diseases

#### 4. **First Aid and Basic Medical Procedures**

##### 4.1 First Aid

4.1.1 First aid: Shock, Bleeding, burn/scalds fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite & Frost bite

4.1.2 First aid treatment of electrical injury

4.1.3 Drowning, Choking, High fever fits and convulsion

##### 4.2 Basic Medical Procedures

4.2.1 Vital signs

4.2.2 Investigation process and Importance of urine, Stool, Blood, Sputum pus and throat swab collection

4.2.3 Bandage (Importance, types & application)

4.2.4 Technique of giving injection

4.2.5 Sterilization and disinfection process, importance, types and methods

#### 5. **Vector Borne Disease (VBDs)**

5.1 History and Epidemiology of VBDs - Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses

5.2 Rationale and Tools and techniques for the Prevention and control of VBDs

5.3 Clinical features, Diagnosis and Case Management of VBDs

5.4 Nepal's National Goal, objectives, prevention and control strategies, approaches, methods and activities, National Treatment Protocol of VBDs; Trends of transmission, geographical distribution, epidemiological situation

5.5 Planning for VBDs Prevention and Control at the district and periphery level:

5.5.1 Analysis of the district VBDs situation

5.5.2 Development of District VBDs Profile with the risk areas and population mapped

5.5.3 Preparation of Annual Work Plan

5.5.4 Epidemic/Outbreak preparedness and Response

5.5.5 Integrated Vector Management

5.5.6 Surveillance

5.5.7 Behaviour Change Communication (IEC)

5.5.8 Recording and Reporting of VBDs

5.5.9 Referral and follow-up

5.5.10 Supervision, monitoring and evaluation of VBDs control programs

5.5.11 Roles and responsibilities of different level health facilities

5.5.12 Techniques of community mobilization for VBDs

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#### 6. Maternal and Child Health, Family Planning and Nutrition

##### 6.1 Maternal and Child Health

6.1.1 Antenatal: - Antenatal care, Physiological Change during pregnancy, High risk pregnancy

6.1.2 Intrapartum: - Stages of labor, False and true labour pain complication during labour

6.1.3 Postpartum: - Postpartum care, post-partum complication (PPH, Perurperial sepsis etc.)

6.1.4 Medical and surgical complication in pregnancy (abortion Ectopic, Pre-eclampsia, antepartum Hemorrhage)

6.1.5 Gynecological Disease: -

- Vaginal Discharge syndrome
- Uterovaginal prolapse
- Fistula

6.1.6 Postnatal care New born care

6.1.7 Growth and development of baby, Milestone development

6.1.8 Definition, causes, signs symptoms and management of: - Ante Respiratory Infection (ARI), Diarrheal Diseases

6.1.9 Six killer disease (Tuberculosis, Tetanus, Polio, Pertussis, Diphtherial Measles)

##### 6.2 Family Planning

6.2.1 Population education, Population pyramids

6.2.2 Consequences of population growth

6.2.3 Measures to solve population problem

6.2.4 Family planning methods - Temporary and Permanent methods

##### 6.3 Nutrition

6.3.1 Source of nutrients

6.3.2 Nutritional status measurements

6.3.3 Breast feeding, Weaning and supplementary foods

6.3.4 PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment

6.3.5 Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and management

**खण्ड (Section) (B): - ५० अङ्क**

#### 7. Microbiology, Communicable and Non-communicable Diseases

##### 7.1 Microbiology

7.1.1 Micro-organisms (Bacteria, virus, parasites, fungus, protozoa, Helminthes)

7.2 Communicable disease and non-communicable disease, causes, clinical features, treatment, complication and prevention of:

7.2.1 Amoebic, bacillary, dysentery, giardiasis

7.2.2 Cholera, Tuberculosis, Malaria

7.2.3 Parasitic diseases

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7.2.4 Viral disease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, poliomyelitis)

7.2.5 Bacterial Disease

7.2.6 Leprosy, pertussis, tetanus, gastro-enteritis

7.2.7 Enteric fever, diphtheria, syphilis, gonorrhoea

7.2.8 Cancer, psychiatric disorder

## 8. Medicine

8.1 History taking and physical examination of

8.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation of:

8.2.1 Deficiency diseases: Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease

8.2.2 Digestive System

8.2.2.1 Gastritis, peptic ulcer, cholecystitis

8.2.2.2 Appendicitis

8.2.2.3 Dysentery

8.2.2.4 Gastroenteritis

8.2.2.5 Hepato-splenomegaly

8.2.3 Respiratory system

8.2.3.1 Common cold

8.2.3.2 Tonsillitis

8.2.3.3 Pharyngitis

8.2.3.4 Rhinitis

8.2.3.5 Sinusitis

8.2.3.6 Bronchitis

8.2.3.7 Pneumothorax

8.2.4 Cardiovascular System

8.2.4.1 Hyper Tension

8.2.4.2 Congestive Cardiac Failure (CCF)

8.2.4.3 Rheumatic fever

8.2.5 Genito Urinary System

8.2.5.1 Nephritis and Nephrotic syndrome

8.2.5.2 Renal Colic

8.2.5.3 Urinary Tract Infection (UTI)

8.2.6 Endocrine System

8.2.6.1 Diabetes Mellitus

8.2.6.2 Hypothyroidism

8.2.6.3 Hyperthyroidism

8.2.7 Nervous System

8.2.7.1 CVA (Cerebro Vascular Accident)

8.2.7.2 Convulsion

8.2.7.3 Meningitis

8.2.7.4 Epilepsy

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#### 8.2.7.5 Unconsciousness

#### 8.2.8 Skin Problems

##### 8.2.8.1 Scabies

##### 8.2.8.2 Ringworm

##### 8.2.8.3 Impetigo

##### 8.2.8.4 Eczema

##### 8.2.8.5 Allergies

### 9. Surgery

#### 9.1 Definition Clinical Features and appropriate treatment of:

##### 9.1.1 Boils, Carbuncles, Ulcer, cellulitis

##### 9.1.2 Wound, Burn

##### 9.1.3 Fracture, Dislocation and sprain

##### 9.1.4 Head and spinal cord injuries

##### 9.1.5 Bleeding (upper GI, Lower GI, Injury)

##### 9.1.6 Foreign body in eye, ear, nose and throat

##### 9.1.7 Conjunctivitis, iritis, trachoma, cataract, stye. Otitis externa, CSOM

##### 9.1.8 Common problem of teeth and mouth

##### 9.1.9 Acute abdominal problem: -

Acute appendicitis

Acute cholecystitis

Intestinal obstruction: - Hernia, Direct, Indirect, strangulated, Tumor

##### 9.1.10 Swelling (Hydrocele)

### 10. Pharmacy and Pharmacology

#### 10.1 Pharmacy

##### 10.1.1 Terminology used in pharmacy

##### 10.1.2 Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulary

##### 10.1.3 Inventory management

##### 10.1.4 Dispensing

##### 10.1.5 Narcotic drugs management

##### 10.1.6 Banded drugs

#### 10.2 Pharmacology

##### 10.2.1 Terms used in pharmacology

##### 10.2.2 Meaning and types of Antibiotics

##### 10.2.3 Action, use, dose, general side effects and contradiction of the drugs used in Digestive and Respiratory systems

##### 10.2.4 Condition

###### 10.2.4.1 Pain, Fever, Inflammation

###### 10.2.4.2 Locally used preparations

###### 10.2.4.3 Antihypertensive drugs

###### 10.2.4.4 Nutritional Supplementary Drugs

###### 10.2.4.5 Vaccines

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10.2.4.6 Hormones

10.2.4.7 Oral rehydration therapy

10.2.4.8 Parental solution

#### 11. Health Culture and Communication

11.1 Changes, process and barrier of changes in community

11.2 Traditional belief and health related taboos

11.3 Traditional medicine practice in Nepal

11.4 Concept of family health

11.5 Health and disease spectrum

11.6 Health reporting and recording

#### 12. Health Management

12.1 Health care system in Nepal

12.2 Job Description of Auxiliary health Worker (AHW) and Auxiliary Nurse Midwife (ANM)

12.3 Primary Health Care (PHC): definition and components

12.4 Job description of malaria inspector /Vector control Assistant / Malaria Assistant / Cold chain Assistant

12.5 Management of:

12.5.1 Health posts, Clinics, Health Camps

12.5.2 In service Training

12.5.3 Inventory, Chart and Diagram

12.5.4 Problem solving, Meeting, Leaves, Recording and reporting

12.5.5 Supervision and monitoring

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