

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश

प्रदेश निजामती सेवा तथा स्थानीय सरकारी अन्तर्गत स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह, नवौं तह वा सो सरहका पदहरूको खुला, आन्तरिक र अन्तर तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण:- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

प्रथम चरण (First Phase):- लिखित परीक्षा योजना (Written Examination Scheme)

Paper	Subject		Marks	Full Marks	Pass Marks	No. Questions & Weightage	Time Allowed
I	General Subject	Part I: Management	50	100	40	6 X 5 = 30 (Short answer) 2 x 10 = 20 (Long answer)	3:00 hrs.
		Part II: General Health Issues and Legal Aspects	50			4 X 5 = 20 (Short answer) 3 X 10 = 30 (Long answer)	
II	Technical Subject			100	40	4 X 15 = 60 (Critical Analysis) 2 X 20 = 40 (Problem Solving)	3:00 hrs.

द्वितीय चरण : (Second Phase)

Paper	Subject	Full Marks	Time Allowed
	Interview	30	

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुबै हुन सक्नेछ ।
- स्वास्थ्य सेवा अन्तर्गतका सबै समूह/सबै उपसमूहहरूको लागि प्रथम पत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथमपत्रको लिखित परीक्षा समूह/उपसमूहका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । यसैगरी द्वितीय पत्रको परीक्षा पनि समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नबाट हुनेछ ।
- प्रथम पत्रको Part I र Part II को लागि छुट्टाछुट्टै (Part I को लागि एउटा र Part II को लागि एउटा) उत्तरपुस्तिकाहरू हुनेछन् भने द्वितीय पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन् ।
- यस पाठ्यक्रममा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, नीति, ऐन, नियमहरू यो पाठ्यक्रम स्वीकृत हुँदा कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनुपर्नेछ ।
- पाठ्यक्रम स्वीकृत मिति :- २०८१/०५/०६

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Paper I: General Subject

Part I: Management

(50Marks)

1. Management: - concept, principles, functions, scope, role, level and skills of managers
2. Hospital management system and administration
3. Health manpower recruitment and development
4. Participative management: concept, advantages and disadvantages, techniques of participation
5. Time management: concept, advantages, and disadvantages
6. Conflict management: concept, approaches to conflict management, levels of conflict, causes of conflict and strategies for conflict management
7. Stress/burnout management: concept, causes and sources of stress, techniques of stress/burnout management
8. Disaster management: concept, importance and its implication in service delivery
9. Change management: concept, importance and its implication in service delivery
10. Diversity management: concept, importance and its implication in service delivery
11. Appreciative inquiry: concept, basic principles and management
12. Financial management: concept, approaches, budget formulation and Implementation, auditing, fiscal management and financial accountability
13. Human resource management: concept, functions and different aspects
14. Planning: concept, principles, nature, types, instrument and steps
15. Leadership: concept, functions, leadership styles, leadership and management effectiveness
16. Coordination: concept, need, types, techniques, and approaches of effective coordination
17. Communication: concept, communication process and barrier to effective communication, techniques for improving communication
18. Good governance: Concept and characteristics

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Part II: General Health Issues and Legal Aspects

(50 Marks)

1. Constitution of Nepal (health and welfare issues)
2. National Health Policy, 2076
3. Health services act 2053, health service regulation, 2055
4. Public Health Service Act,2075
5. Public Health Service Regulation,2077
6. Province Civil Service Act,2080
7. Province Civil Service Regulation,2080
8. Province Good Governance Act, 2076
9. Province Good Governance Regulation, 2077
10. Public Procurement Act,2063
11. Public Procurement Regulation,2064
12. Economic Procedure and Financial Accountability Act,2076
13. Economic Procedure and Financial Accountability Regulation,2077
14. Security of Health Workers and Organization Act,2066
15. Local Government Operation Act,2074 (Health sector)
16. Current Periodic Plan of Nepal and Lumbini Province
17. Second long term health plan (1997-2017)
18. Sustainable Development Goal(SDG)
19. Health sector organizational structures : Federal, Provincial and Local level
20. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
21. Professional councils and related regulations
22. Medical and health professional ethics : In general and its application
23. Indigenous and traditional faith healing and health practices
24. Supervision, types and its usage in health sector
25. Monitoring and evaluation system in health
26. Health Management information system (HMIS)
27. Health insurance and financing in health care
28. Effects of environment in public health: air pollution, domestic pollution, noise pollution

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29. Health care waste management
30. Climate change and its impact on public health
31. Importance of water, sanitation and hygiene in public health
32. Effects of disaster in public health: deforestation, land slide, flood, earthquake and fire
33. Health volunteers' involvement in health service delivery
34. Community involvement in health service delivery
35. Counseling: - concept, type, importance and its application in health service delivery

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प्रशासक पदको खुला तथा अन्तरतह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

Paper II: TECHNICAL SUBJECT

A. Introduction of Health Education and Health Promotion

1. Health Education
 - 1.1. Meaning, philosophy, aim and principles of health education
 - 1.2. Scope of health education- Individual, family, Community School, health care facilities, work place
 - 1.3. Role of health education in public health programs and primary health care services
 - 1.4. Health Education for disaster prevention and management
2. Health Promotion
 - 2.1. Meaning and definition of health promotion; issues and challenges for health development
 - 2.2. Ottawa charter, Jakarta declaration and subsequent international conferences on health promotion
 - 2.3. Setting Approach in Health Promotion
 - 2.3.1. Health Promoting School- Meaning, concept and strategies (Healthy School policies, School physical Environment, School Social Environment, Community links, Individual health skills and action competencies, Health services)
 - 2.3.2. Health Promoting Hospital
 - 2.3.3. Health Promoting Workplace
 - 2.3.4. Health Promoting Community
 - 2.4. International and national commitment for health education and health promotion events - world health day, world no tobacco day, world AIDS day and World Suicide Prevention Day
 - 2.5. International treaties on health education and health promotion - Framework Convention on Tobacco (FCTC) etc.
 - 2.6. Risk approach to health education and health promotion

B. Fundamentals for Health Education and Health Promotion

1. Communication in Health Education and Promotion
 - 1.1. Meaning, principles, elements of communication
 - 1.2. Theories and principles of mass communication
 - 1.3. Factors for effective communication
 - 1.4. Types of appeal for communication
 - 1.5. Message and its characteristics
 - 1.6. Communication methods
 - 1.6.1. Individual - interview, counseling
 - 1.6.2. Group - group discussion, demonstration, role play, seminar, workshop, symposium, panel discussion, drama (street performances)
 - 1.6.3. Mass - Radio, TV, Newspaper, Movie, Exhibition
 - 1.6.4. Folk - Folk song, folk dance, puppet show etc.

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- 1.7. Risk communication and community engagement (concept, importance and application)
 2. Sociology and Social Psychology in Health Education and Health Promotion
 - 2.1. Meaning and relation between sociology, social psychology and anthropology in health education and health promotion
 - 2.2. Perception, knowledge, attitude and behavior
 - 2.3. Culture and its component
 - 2.4. Community development and community organization - process and approaches
 - 2.5. Change process and change agent
 - 2.6. Group Dynamics and Group Process
 3. Learning Theories - Classical and Modern theories of learning (Pavlov, Thorndike, Skinner, Kurt Lewin, Kelman and Gestalts) and its application in health education and health promotion
 4. Motivation and Health Behaviour Model - Maslow, Kurt Lewin, etc. for behaviour change model
 5. Behaviour Change Communication
 6. Human centered design in health promotion (concept, importance, principles and process)
 7. Frameworks/Models/Theories of Health Promotion and Education: Perspectives, Phases, Constructs, Application and Limitations (Health Belief model, Transtheoretical model, Theory of Reasoned action/Theory of Planned behavior, Intervention Mapping, Multilevel approach to community health (MATCH), P-model of communication, Social cognitive theory, Theories of stress and coping, Diffusion of Innovation, PEN -3 model)
- C. Media for Health Education and Health Promotion**
1. Classification and nature of health education and health promotion Media
 2. Mass media - Electronic and Print media (Radio, FM, Television, Newspaper, Posters, Pamphlets, Leaflet, Booklets, Magazines, Email, Internet, Web hosting .etc.)
 3. Group and individual - projected, non-projected and 3 dimensional (Flip chart, Flannel graph, Flash card, Film strip, Slide, Video Film, Models, specimen, & real objects)
 4. Media development format and process: Need assessment; setting target audience; developing and testing message concepts; developing draft or dummy materials; pre-testing of materials with respect to reason, process and methods; review and revision of materials; finalization, production and distribution of materials; dissemination of information, evaluation of its effect and continuity
 5. Consideration for choosing media
 6. Use of computers for Graphic designing and Photoshop for the production audio visual aids

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D. Curriculum Development and Training

1. Curriculum development models, methods and processes
2. Teaching learning process and lesson plan
3. Teaching learning methods and media – preparation of teaching learning material such as Transparency, Power Point presentation etc. and use of Over Head Projector, LCD Projector, Slide and movie Projectors)
4. Non- formal education and Adult learning

E. Health Education and Health Promotion Program Planning, Implementation and Evaluation

1. Rationale and importance of a planned health education and health promotion programs at different levels
2. Overview of the national health education program and activities in Nepal at Central, Provincial and Local levels.
3. Different health education program planning models - classical and modern (PIE, PRECEDE & PROCEED model for diagnosis, planning, monitoring and evaluation of health education and health promotion programs)
4. Health Education and Promotion Strategy Development
 - 4.1. Situation Analysis
 - 4.2. Approaches of Strategy Development
 - 4.2.1. Advocacy
 - 4.2.2. Social Mobilization/Social marketing/ Peer Education (Child to child) /Non-formal education
 - 4.2.3. Behaviour Change Communication
 - 4.3. Segmenting Target Audience
 - 4.4. Objective Setting
 - 4.5. Deciding Message, Methods and Channel
 - 4.6. Development of Action Plan with respect to activities, resources, place, time frame, responsibility and allies.
 - 4.7. Monitoring and Evaluation
 - 4.7.1. Monitoring of activities and events
 - 4.7.2. Impact, effect and process evaluation

F. Health Education and Health Promotion Aspect of Major Public Health Programs

1. PHC Priority Basic Health Care Services – Reproductive Health, Child Health (IMNCI, Immunization, Nutrition); Communicable disease control - TB, HIV/AIDS, Vector born disease, Leprosy etc and rational use of drugs.
2. Non-communicable disease control program - risk assessment and control strategies and patient education
3. Environmental Health program
 - 3.1. Major Environmental Issues and its contribution in morbidity, mortality and environmental degradation
 - 3.2. Air pollution, its assessment and mitigation measures
 - 3.3. Sources of water, water quality assurance and household purification

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- 3.4. Solid waste and its management at community and household level
- 3.5. Human excreta disposal management
- 3.6. Fly and rodent control
4. Personal, domestic and community hygiene
5. Tobacco, drug abuse and Alcohol: effects, prevention and control strategies
6. Tobacco product control and regulatory acts, rules and regulation

पाठ्यक्रम स्वीकृत मिति: २०८१/०५/२६

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