

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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सरहका पदहरुको खुला, आन्तरिक र अन्तर तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

**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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## **Paper II: Technical Subject**

### **A. Epidemiology, Statistics and Research**

#### 1. Epidemiology

- 1.1. Definition and commonly accepted concepts, approaches, methods, incidence, prevalence, association and causation, disease prevention and control
- 1.2. Aim and use of epidemiology
- 1.3. Epidemiology of diseases (Infectious and non-communicable disease)
- 1.4. Dynamics of disease transmission-source of reservoir, Mode of transmission susceptible host, immunity and immunizing agents.
- 1.5. Investigation of an epidemic
- 1.6. Screening of diseases
- 1.7. Health Indicators.

#### 2. Diseases Prevention and Control

- 2.1. Prevention and control of communicable and non-communicable disease.

#### 3. Health Statistics

- 3.1. Sources of health information; Health Management Information System.
- 3.2. Tabulation graphic and diagrammatic representation of data.
- 3.3. Statistical methods: averages, dispersion distribution, sampling and sampling size test significance, correlation and regression.

#### 4. Demography

- 4.1. National population policy
  - 4.1.1. Population trends – World and Nepal
  - 4.1.2. Measure of population dynamics
  - 4.1.3. Factors affecting fertility, mortality and migration
  - 4.1.4. Urbanization
  - 4.1.5. Life expectancy

#### 5. Research Methodology

- 5.1. Operational and health system research
- 5.2. Research proposal development
- 5.3. Literature review
- 5.4. Objectives and hypothesis setting
- 5.5. Priorities in health research: National and Provincial
- 5.6. Nepal Health Research Council
- 5.7. Budgeting

### **B: Health Service Delivery**

#### 1. National Health Programs

- 1.1. Epidemiology and Disease Control Programme: Malaria Tuberculosis, Leprosy, JE, Dengue, Zoonosis, sexually Transmitted Diseases, HIV/AIDS and COVID-19
- 1.2. Reproductive Health- Safe motherhood, new borne care, family planning Adolescent reproductive health, safe abortion, care of elderly women, RTI/STD/HIV/DIS, infertility prevention and treatment.

- 1.3. Child health
  - 1.3.1. Care of the newborn; Integrated Management of childhood illness.
  - 1.3.2. Growth and development
  - 1.3.3. Care of the under fives
  - 1.3.4. Right of the child
  - 1.3.5. Management and control of child illness
  - 1.3.6. Immunization
- 1.4. Nutrition
  - 1.4.1. Food and nutrients with nutritional profiles
  - 1.4.2. Nutritional problems
  - 1.4.3. Nutritional factors in selected diseases
  - 1.4.4. Assessment of nutritional status
  - 1.4.5. Food toxication, additives, fortification
  - 1.4.6. Multi sectoral nutritional plan (MSNP)
  - 1.4.7. Nutritional programs
2. Environmental Health
  - 2.1. Internal, external and ecological factors responsible for impairing health.
  - 2.2. Management and control of basic and fundamental environmental factors-
    - 2.2.1. Water, Air, Ventilation, Lighting, Noise, Housing
    - 2.2.2. Solid waste disposal and control
    - 2.2.3. Excreta disposal and control
  - 2.3. Medical entomology-mosquito, housefly, sand-fly, lice, fleas, bugs etc. control
  - 2.4. Insecticides-safe use and resistance
  - 2.5. Rodents control
3. Occupational Health and Safety
  - 3.1. Occupational Environment
  - 3.2. Occupational hazards
  - 3.3. Health problems due to industrialization
  - 3.4. Management, Prevention (medical, engineering and legislation) and control of
    - 3.4.1. Occupational diseases and conditions like Pneumoconiosis, lead poisoning, cancers, and dermatitis and radiation hazards
    - 3.4.2. Occupational hazards of agricultural workers
    - 3.4.3. Accidents in industries
    - 3.4.4. Measures for the general health protection of workers.
4. School health
  - 4.1. Curriculum, instruction and training
  - 4.2. Health school environment
  - 4.3. School community cooperation for better health
5. Essential Health Care Services (EHCS), Basic Health Care Services (BHCS) and Higher Level Health Care Services
  - 5.1. EHCS and BHCS at province, district and local level
  - 5.2. Secondary level health care services
  - 5.3. Tertiary and specialized health care services

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