

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

Paper II: Technical Subject

A. Introduction to public health medicine

50 Marks

1. **Public Health:** Introduction and importance of public health
2. **Epidemiology:** Purpose of epidemiology, epidemiological methods, measurements of health and disease, source of information, sample and sampling techniques, clinical and field trial techniques, investigation of epidemic communicable and non-communicable, diseases surveillance, analysis of findings, evaluation of health services.
3. **Primary health care (PHC):** Definition and Principle. Primary health care system in Nepal.
4. **Immunization:** Types of immunity, types of vaccines, national immunization strategies in Nepal, vaccines against diphtheria, polio, tetanus, tuberculosis, measles and hepatitis B. Other vaccines such as typhoid, smallpox, rubella, meningococcal meningitis, mumps, yellow fever, cholera and hepatitis A. CoVID-19, pneumococcal conjugate vaccine (PCV), Haemophilus influenza type b (Hib)
5. **Prevention and management of communicable diseases:** Cholera, brucellosis, enteric fever, sexually transmitted diseases including HIV/AIDS, Meningococcal meningitis, viral hepatitis, tuberculosis, leprosy, malaria, kalaazar, shigellosis, trachoma, Japanese B encephalitis, food poisoning, scabies and scrubtyphus.
6. **Prevention and Management of non-communicable disease:** Childhood and adult cancer, hypertension, congenital heart diseases, Rheumatic heart diseases, ischaemic heart diseases, cerebrovascular accidents, chronic obstructive airways diseases, cirrhosis of liver, diabetes mellitus, gall stone, renal stone, peptic ulcer, dental caries, suicide, homicide, mental retardation, substance abuse, cataract, snake bite, trauma and disability, epilepsy, poisoning including mushroom poisoning, dropsy, lathyrism, high mountain sickness, animals and insect bites, physical and sexual abuse.
7. **Family planning:**
 - a Concept, approach and Methods of Family planning
 - b Side effects and complication of Family planning
 - c Cafeteria approach in Family planning
 - d Unmet needs of Family planning in Nepal
8. **Women health:** Reproductive health and life cycle approach. Adolescent pregnancy, importance of antenatal examination, postnatal examination. Prevention of maternal morbidity and mortality. Menopause and its complication. Infertility:- male and female
9. **Neonatal and pediatric health:** Major neonatal problems and their management, breastfeeding and supplementary feeding. Major pediatric health problem and their management. Child health in community, well baby clinic, child abuse.
10. **Adolescent health:** Adolescent friendly services and accessibility to health care, prevention of substance abuse. Child friendly hospital.
11. **Health of the elderly:** Major problems in elderly, accessibility to health care.
12. **Health and nutrition:** Concept of nutritional disorders, prevalence of nutritional disorders, prevention and management of macro and micro nutrient disorders, effects of obesity on health.
13. **School health:** Scope of school health, school health service components.

14. Environmental health

- 13.1. Safe drinking water:** Water supply, methods of making water safe for drinking.
- 13.2. Sanitation:** Waster disposal including medical waste disposal.
- 13.3. Food hygiene**
- 13.4. Control of vectors and rodents**
- 13.5. Waste management**
 - 13.5.1.** Household waste
 - 13.5.2.** Hospital waste

15. Occupational health: Occupational hazards, screening and monitoring, occupational medical service. Ergonomic and its management

16. Disaster management: Concept, types prevention and management. Health emergency operating system: concept and its function

17. Aviation and health: Effects of aviation on health

18. Bio terrorism: Potential agents and diseases produced and post exposure prophylaxis

19. International health regulation: Concept and purpose

B. Health Program Management and population science

50 Marks

1. Family Health

- 1.1. Family planning
- 1.2. Safe Motherhood
- 1.3. Volunteer Mobilization (FCHV)
- 1.4. PHC outreach clinic

2. Child Health

- 2.1. Expanded program in Immunization and cold chain maintenance
- 2.2. Integrated Management of childhood illnesses
- 2.3. Polio Eradication
- 2.4. Neonatal Tetanus Elimination
- 2.5. Nutritional Programs

3. Epidemiology and disease control

- 3.1. Outbreak response and reporting system
- 3.2. Vector Borne Diseases
 - 3.2.1. Malaria
 - 3.2.2. Kalazar
 - 3.2.3. Japanese Encephalitis
 - 3.2.4. Dengue Fever(DF) and Dengue Hemorrhagic Fever(DHF)
- 3.3. Dog Bite – Rabies
- 3.4. Snake bite
- 3.5. Arsenic Poisoning
- 3.6. Non-communicable diseases
- 3.7. Mental Health
- 3.8. Drug Addiction
- 3.9. Prevention of Blindness and Trachoma Prevention and Eradication Program
- 3.10. Food Safety
- 3.11. Research and priority research
- 3.12. Health surveillance system
- 3.13. HMIS
- 3.14. Hospital Management

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश

प्रदेश निजामती सेवा अन्तर्गत स्वास्थ्य सेवा, पब्लिक हेल्थ एडमिनिष्ट्रेशन (प.हे.ए.) समूह, नवौं तह स्वास्थ्य प्रशासक वा सो सरहका पदको खुला र अन्तर तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

3.15. Water supply and sanitation

3.16. Community based rehabilitation

4. Tuberculosis, Leprosy, HIV/AIDS

4.1. National Tuberculosis, control program and management of tuberculosis case

4.2. National Leprosy elimination program and management of leprosy cases

4.3. HIV/AIDS program and management of STD and HIV/AIDS.

5. Logistic supply program

5.1. Supply Chain management

6. Health Care Management

6.1. Quality of Health care :Quality assurance and quality control

6.2. Referral system

6.3. External development partners(EDP) activities in health care system in Nepal

6.4. Health planning in federal system

7. Population

7.1. National population policy

7.2. Population information collection methods

7.3. Indicators of morbidity, mortality, fertility and life expectancy

8. Research and Bio-statistics

पाठ्यक्रम स्वीकृत मिति: २०८१/०५/२६