

प्रदेश लोक सेवा आयोग, बागमती प्रदेश
स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, चौथो तह अ.हे.व पदको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

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

प्रथम चरण:- लिखित परीक्षा पूर्णाङ्क:- १००

द्वितीय चरण:- अन्तर्वार्ता पूर्णाङ्क:- २०

लिखित परीक्षा योजना (Examination Scheme)

प्रथम चरण:-

विषय	पूर्णाङ्क	उत्तीर्णङ्क	परीक्षा प्रणाली	प्रश्न सङ्ख्या x अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न x २ अङ्क = १००	४५ मिनेट

द्वितीय चरण:-

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	२०	मौखिक

द्रष्टव्यः

- 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।
- कुनै पनि प्रकारको क्याल्कुलेटर (Calculator) र विद्युतीय उपकरणहरू (Electronic devices) परीक्षा हलमा लैजान र परीक्षामा प्रयोग गर्न पाइने छैन।
- पाठ्यक्रममा रहेका पाठ्यांशहरूबाट देहाय अनुसार प्रश्नहरू सोधिने छः

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

४. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।

५. पाठ्यक्रम लागू मिति:- २०७७।८।५

पत्र/विषय: सेवा सम्बन्धी

Anatomy and physiology

1. Anatomical structure and function of the different organs of the body system,
 - A. Digestive system
 - B. Respiratory system
 - C. Cardiovascular system
 - D. Reproductive system
 - E. Endocrine system
 - F. Nervous system
 - G. Skeletal system
 - H. Sense organ system

2. Health education and community Diagnosis
 - A. Health Education
 - i. Health Education, importance and method
 - ii. Communication & barrier of communication
 - iii. Learning process
 - iv. Leadership.
 - B. School Health
 - i. Purpose of School Health Program
 - ii. Activities of School Health Program.
 - C. Community Diagnosis
 - i. Importance and methods of community diagnosis
 - D. Community Development
 - i. Objective
 - ii. Methods of community development

3. Community Health
 - A. Epidemiology
 - i. Definition of Epidemiology
 - ii. Scope of Epidemiology
 - iii. Vitalstatistic
 - iv. Epidemiological investigation
 - v. Epidemiological trends
 - vi. Disease prevention
 - vii. Basic principle of disease transmission
 - viii. Immunity.
 - ix. Environmental sanitation
 - x. Environmental sanitation
 - xi. Scope of environmental sanitation
 - xii. Water (Source, Water purification)
 - xiii. Excreta disposal and faecal born disease
 - xiv. Solid waste method of termination
 - xv. Disposal of waste water
 - xvi. Health & Disease spectrum
 - xvii. Food sanitation
 - xviii. Insects and rodents and their importance in public health
 - xix. Milk hygiene & Milk born disease.

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4. Basic Medical Procedures and First Aid Treatment

A. First Aid and Treatment

- i. First aid:- Shock, Bleeding, burn/scalds fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite & Frost bite
- ii. First aid treatment of electrical injury
- iii. Drawing, Choking, High fever fit and convulsion

B. Basic Medical Procedures

- i. Vital signs
- ii. Investigation process and Importance of urine, Stool, Blood, Sputum pus and throat swab collection
- iii. Bandage (Importance, types & application)
- iv. Technique of giving injection
- v. Sterilization process, importance, type and methods.

5. Vector Borne Disease (VBDs):

- A. History and Epidemiology of VBDs- Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses.
- B. Rationale and Tools and techniques for the Prevention and control of VBDs.
- C. Clinical features, Diagnosis and Case Management of VBDs
- D. 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.
- E. Planning for VBDs Prevention and Control at the district and periphery level:
 - i. Analysis of the district VBDs situation.
 - ii. Development of District VBDs Profile with the risk areas and population mapped.
 - iii. Preparation of Annual Work Plan
 - iv. Epidemic/Outbreak preparedness and Response
 - v. Surveillance
 - vi. Behavior Change Communication (IEC)
 - vii. Recording and Reporting of VBDs
 - viii. Referral and follow-up
 - ix. Supervision, monitoring and evaluation of VBDs control programs.
 - x. Roles and responsibilities of different level health facilities.
 - xi. Techniques of community mobilization for VBDs.

6. Maternal and Child Health, Family Planning and Nutrition

A. Maternal and Child Health

- i. Antenatal care
- ii. Physiological Change during pregnancy
- iii. Danger signs
- iv. High risk group (mother)
- v. Delivery care
- vi. Stages of labor
- vii. Difference between false and true labour
- viii. Postnatal care
- ix. New born Care
- x. Complication of pregnancy
- xi. Abortion

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- xii. Ectopic pregnancy
 - xiii. Toxemia
 - xiv. Mal Presentations
 - xv. Ante Partum haemorrhage
 - xvi. Post partum haemorrhage
 - xvii. Post partum haemorrhage, retained placenta
 - xviii. Definition, signs and symptoms; and management of pelvic infection
 - xix. Uterine prolapsed
 - xx. Leucorrhoea, Trichomonosis
 - xxi. Growth and development of baby
 - xxii. Milestone development
 - xxiii. Definition, causes, signs symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases
 - xxiv. Six killer disease (Tuberculosis, Tetanus, Polio, Pertussis, Diphtheria, Measles)
- B. Family Planning
- i. Population education
 - ii. Population pyramids
 - iii. Consequences of population growth
 - iv. Measures to solve population problem.
 - v. Family planning methods
 - vi. Temporary method
 - vii. Permanent method
- C. Nutrition
- i. Source of nutrients
 - ii. Nutritional status measurements
 - iii. Breast feeding, Weaning and supplementary foods
 - iv. PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment
 - v. Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and management
7. Communicable Disease and Microbiology
- A. Microbiology
- i. Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)
- B. Communicable Diseases
- Communicable disease and non-communicable disease, causes, clinical features, treatment, compilation and prevention of:
- i. Amoebic, bacillary, dysentery, giardiasis
 - ii. Cholera, Tuberculosis, Malaria
 - iii. Parasitic Diseases
 - iv. Viral Disease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, polomyelitis, trachoma)
 - v. Bacterial Disease
 - vi. Leprosy, pertussis, tetanus, gastro-enteritis
 - vii. Enteric fever, diphtheria, syphilis, gonorrhoea.
8. Medicine & Surgery:
- A. Medicine:
- i. History taking/physical examination
 - ii. Causes, signs and symptoms, type, prevention, treatment, complication and

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investigation of

- a. Deficiency disease
 - Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease.
- b. Digestive System
 - Gastritis, peptic ulcer, cholecystitis
 - Appendicitis
 - Dysentery
 - Gastroenteritis
 - Hepato-splenomegaly
- c. Respiratory system
 - Common cold
 - Tonsillitis
 - Pharyngitis
 - Rhinitis
 - Sinusitis
 - Bronchitis
 - Pneumothorax
- d. Cardiovascular System
 - Hyper Tension
 - Congestive Cardiac Failure (CCF)
 - Rheumatic fever
- e. Genito Urinary System
 - Nephritis
 - Renal Colic
 - Urinary Tract Infection (UTI)
- f. Endocrine System
 - Diabetes
 - Hypothyroidism
 - Hyperthyroidism
- g. Nervous System
 - CVA (Cerebro Vascular Accident)
 - Convulsion
 - Meningitis
 - Epilepsy
 - Unconsciousness
- h. Skin Problem
 - Scabies
 - Ringworm
 - Impetigo
 - Eczema
 - Allergies

B. Surgery:

- i. Definition Clinical Features and appropriate treatment of:
 - a. Boils
 - b. Carbuncles
 - c. Ulcer
 - d. Piles
 - e. Wound

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- f. Burn and scales
- g. Fracture
- h. Dislocation and sprain
- i. Head and spinal cord injuries
- j. Bleeding
- k. Foreign body in eye, ear, nose and throat
- l. Conjunctivitis, iritis, trachoma, cataract, sty. Otitis externa
- m. Common problem of teeth and mouth
- n. Acute abdominal problem
- o. Acute appendicitis
- p. Acute cholecystitis
- q. Instinal obstnection
- r. Hydrocele
- s. Hernia
- t. Tumor

9. Pharmacy and Pharmacology

A. Pharmacy

- i. Terminology used inn pharmacy
- ii. Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulatory
- iii. Inventory management
- iv. Dispensing
- v. Narcotic drugs management
- vi. Banded drugs

B. Pharmacology

- i. Terms used in pharmacology
- ii. Meaning and types of Antibiotic
- iii. Action, use, dose, general side effects and contradiction of the drugs used in different systems:
 - a. Digestive systems
 - b. Respiratory system
- iv. Condition
 - a. Pain
 - b. Fever
 - c. Inflammation
 - d. Locally used preparations
 - e. Antihypertensive drugs
 - f. Nutritional Supplementary Drugs
 - g. Vaccines
 - h. Hormones
 - i. Oral rehydration therapy
 - j. Parental solution

10. Health Culture, Communication, Management and Miscellaneous:

C. Health Culture and Communication:

- i. Changes, process and barrier of changes in community
- ii. Traditional belief and health related taboos
- iii. Traditional medicine practice in Nepal
- iv. Concept of family health

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- v. Health and disease spectrum
 - vi. Health reporting and recording Health Management:
 - D. Health care system in Nepal
 - i. Job Description of Auxiliary Health Worker (AHW) and Auxiliary Nurse Midwife (ANM)
 - ii. Primary Health Care (PHC): definition and components
 - iii. Job description of malaria inspector/Vector control Assistant/Malaria Assistant/Cold chain Assistant.
 - iv. Health posts
 - v. Clinics
 - vi. Health Camps
 - E. Management:
 - i. Planning,
 - ii. Organizing,
 - iii. Directing
 - iv. In service Training
 - v. Inventory
 - vi. Meeting
 - vii. Problem solving
 - viii. Recording and reporting
 - ix. Supervision and monitoring
 - F. Miscellaneous:
 - i. Cooperative and health
 - ii. Health provisions in current periodic plan of Bagmati Province
 - iii. Tourism Health in Nepal
11. अङ्ग्रेजी: Knowledge on writing correct English sentence, letter, and report according to English grammar based on the following syntactic functions:
- A. Parts of Speech:
 - i. Noun
 - ii. Pronoun
 - iii. Adjective
 - iv. Determiner
 - v. Verb
 - vi. Adverb
 - vii. Preposition
 - viii. Conjunction and
 - ix. Interjection
 - B. Infinitive and gerund, reported speech and tense
12. नेपाली: नेपाली भाषामा स्तरीय लेखनको लागि आवश्यक पर्ने व्याकरण अनुरूप शुद्धा शुद्धि बनाउने । यसका लागि निम्न विषयमा ध्यान केन्द्रित गर्ने:
- A. वर्णविन्यास, पदसङ्गति, नाम, सर्वनाम, क्रियापद, विशेषण, काल, वाच्य, पदवर्ग, अनुकरणात्मक शब्द, कारक र विभक्ती, वचन, पुरुष, लिङ्ग, उल्टो अर्थ आउने शब्द, पर्यायवाची शब्द, तत्सम शब्द, तद्भव शब्द, आगन्तुक शब्द, उपसर्ग लागेर निर्मित शब्दहरू, प्रत्यय लागेर निर्मित शब्दहरू, समास भएर निर्मित शब्दहरू, द्वित्व भएर निर्मित शब्दहरू, ह्रस्व दीर्घ, श, ष, स लगायतका व्याकरणगत शुद्ध लेखनशैलीमा केन्द्रित विषयहरू सहितको नेपाली शुद्धाशुद्धिको ज्ञान