

प्रदेश लोकसेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश तथा स्थानीय तह तर्फको नेपाल स्वास्थ्य सेवा,हेल्थ इन्सपेक्सन समुह ,सहायक स्तर चौथो तह अ.हे.ब.,मलेरिया इन्सपेक्टर र कोल्डचेन असिष्टेण्ट पदको लिखित प्रतियोगितात्मक परीक्षाको पाठ्यक्रम एवं परीक्षा योजना

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

क. प्रथम चरण: लिखित परीक्षा (Written Examination)

पूर्णाङ्क: १००

ख. द्वितीय चरण: अन्तर्वार्ता (Interview)

पूर्णाङ्क: १५

परीक्षा योजना (Examination Scheme)

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

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

द्वितीय चरण:- अन्तर्वार्ता (Interview)

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	१५	मौखिक



द्रष्टव्यः

१.यथासम्भव पाठ्यक्रमका सबै इकाईबाट प्रश्न सोधिने छन्

इकाई	A	B	C	D	E	F	G	H	I	J	K
प्रश्न संख्या	3	3	5	8	3	4	6	8	4	3	3

२. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुबै हुन सक्नेछ ।

३. लिखित परीक्षामा गल्ती गरेको प्रश्नोत्तरका लागि २० प्रतिशत अङ्क कट्टा गरिने छ। तर उत्तर नदिएमा त्यस वापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।

४. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।

५. प्रथम चरणको लिखित परिक्षाबाट छनौट भएका उम्मेदवारलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइने छ।

६. पाठ्यक्रम लागू हुने मिति २०७८।०८।१०

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A. Anatomy and physiology

1. Anatomical structure and function of the different organs of the body system

1.1 Cell, Tissue and Cavity

1.2 Digestive system

1.3 Respiratory system

1.4 Cardiovascular system

1.5 Reproductive system

1.6 Endocrine system

1.7 Nervous system

1.8 Skeletal system

1.9 Muscle system

1.10 Urinary system

1.11 Sense organ system/Sensory nervous system

Shisir Kumar Adhikari

B. Health promotion & education and community diagnosis

1. Health promotion and Education

1.1 Health promotion and education definition, objective , importance and methods & media

1.2 Elements of Health education :Communication, perception, Learning process, leadership, Change process, people participation and group dynamics

1.3 Health education program planning , implementation and evaluation

2. School Health

2.1 Purpose and importance of school health program

2.2 Activities of school health program

2.3 Health promotion activities on school

3. Community Diagnosis

3.1 Importance and methods of community diagnosis

3.2 Community profile

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4. Community Development

4.1 Objective

4.2 Methods of community development

C. Community Health

1. Epidemiology

1.1 Definition and aims of epidemiology

1.2 Scope of epidemiology

1.3 Vital statistic

1.4 Epidemiological investigation

1.5 Disease prevention and control

1.6 Basic principle of disease transmission

1.7 Immunity

1.8 Disaster management

2. Environmental Sanitation

2.1 Environmental sanitation

2.2 Scope of environmental sanitation

2.3 Water (source, pollution & purification)

2.4 Excreta disposal and faecal born disease

2.5 Solid waste method of termination

2.6 Disposal of waste water

2.7 Health care waste management

2.8 Food sanitation

2.9 Climate change and its impact on health

2.10 Sanitation barrier

D. Basic Medical Procedures and First Aid Treatment

1. Basic Medical Procedures and First Aid Treatment

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

1.2 First aid treatment of electrical injury

1.3 Drawing choking, high fever fit and convulsion

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1.4 Road traffic accident

1.5 Cardiopulmonary resuscitation

1.6 Triage

2. Basic Medical Procedures

2.1 Vital signs

2.2 Investigation process and importance of urine, stool, blood, sputum pus and throat swab collection

2.3 Bandage (importance, types & application)

2.4 Technique of giving injection

2.5 Infection prevention and Sterilization process, importance, type and methods.

E. Vector Borne Disease (VBDs):

1. Mode of transmission, causative agent, host, vector and environment, life cycle of vectors and parasites/viruses.

2. Tools and techniques for the prevention and control of VBDs

3. Clinical features, diagnosis and case management VBDs

4. Nepal's national goal, objectives, prevention and control strategies, approaches, methods and activities, national treatment protocol of VBDs.

5. Trends of transmission, geographical distribution, epidemiological situation.

6. Planning for VBDs prevention and control at the district and periphery level:

7. Analysis of the district VBDs situation

8. Development of district VBDs profile with the risk areas and population mapped

9. Preparation of annual work plan

10. Epidemic/ outbreak preparedness and response

11. Surveillance

12. Techniques of community mobilization for VBDs

F. Maternal and Child Health, Family Planning and Nutrition

1. Maternal and Child Health

1.1 Antenatal care

- a. Physiological change during pregnancy
- b. Danger signs
- c. High risk groups (mother)

1.2 Intranatal care

- a. Stages of labour
- b. Difference between false and true labour

1.3 Postnatal care

- a. New born care
- b. Complication of pregnancy
 - i. Early and late bleeding in pregnancy (Abortion)
 - ii. Ectopic pregnancy
- c. Toxaemia
- d. Mal presentations
- e. Ante partum haemorrhage
- f. Post-partum haemorrhage, retained placenta
- g. Definition, signs and symptoms; and management of pelvic infection
- h. Uterine prolapse
- i. Milestone development (growth and development) under 5 years children
- j. Community base integrated management of neonatal & child illness (CBIMNCI)
- k. Vaccine preventable disease
- l. Changes on adolescent period

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m. Adolescent friendly health service

n. Cold chain management

2 Family Planning

2.1 Population education

2.2 Population pyramids

2.3 Consequences of population growth

2.4 Measures to solve population problem

2.5 Family planning methods : Temporary and permanent

2.6 Counselling and Good counsellor skill

2.7 Informed choice

2.8 Indicators of family planning

3 Nutrition

3.1 Source of nutrients

3.2 Nutritional status measurements

3.3 Breast feeding, weaning and supplementary foods

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

3.5 Vitamins, minerals, sources, deficiency disease, sign/ symptom of deficiency disease and management

3.6 Food adulteration and fortification

3.7 Milk hygiene

3.8 1000 golden days

G. Communicable Disease and Microbiology

1. Microbiology

1.1 Micro-organisms (bacteria, virus, parasites fungus, protozoa, helminths)

2. Communicable Disease

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

2.1 Amoebic, bacillary, dysentery, giardiasis

2.2 Cholera, tuberculosis, malaria

2.3 Parasite diseases

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- 2.4 Viral disease (HIV-AIDS, chicken pox, measles, influenza and common cold, mumps, rabies, infective, hepatitis, poliomyelitis, trachoma, Dengue, Covid 19 etc)
- 2.5 Bacterial disease
- 2.6 Leprosy, pertussis, gastro-enteritis
- 2.7 Enteric fever, diphtheria, syphilis, gonorrhoea
- 2.8 Scrub typhus
- 2.9 Sexually transmitted disease
- 2.10 Outbreak investigation and management

H Medicine & surgery:

1. Medicine:

1.1 History taking/physical examination

1.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation

a. Deficiency disease

- i. Anaemia, protein energy malnutrition (PEM), vitamin deficiency disease.

b. Digestive system

- i. Gastritis, peptic ulcer, cholecystitis
- ii. Appendicitis, Peritonitis
- iii. Dysentery
- iv. Gastroenteritis
- v. Hepatitis, Cirrhosis of liver
- vi. Irritable bowel syndrome
- vii. Haemorrhoids

c. Respiratory system

- i. Common cold
- ii. Tonsillitis
- iii. Pharyngitis
- iv. Rhinitis

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- v. Sinusitis
 - vi. Bronchitis, Asthma, COPD
 - vii. Pneumonia
- d. Cardiovascular system
- i. Hyper tension
 - ii. Congestive cardiac failure (CCF)
 - iii. Rheumatic Fever
- e. Genito urinary System
- i. Nephritis
 - ii. Renal Colic
 - iii. Urinary Tract Infection (UTI)
- f. Endocrine system
- i. Diabetes
 - ii. Hypothyroidism
 - iii. Hyperthyroidism
- g. Nervous system
- i. CVA (Cerebro Vascular Accident)
 - ii. Meningitis
 - iii. Epilepsy
 - iv. Seizure disorder
 - v. Peripheral neuritis
- h. Skin problem : Scabies, Ringworm, Impetigo, Eczema and Allergies
- i. Cancer : Cause, prevention and control
- j. Haemolytic disease:- Sickle cell disease and thalassemia

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2 **Surgery:**

2.1 Definition clinical features and appropriate treatment of :

- a. Boils,
- b. Carbuncles,
- c. Wound,
- d. Burn and scales,
- e. Dislocation, sprain and Fracture
- f. Head and spinal cord injuries
- g. Bleeding
- h. Foreign body in ear, eye, nose and throat
- i. Conjunctivites, iritis, trachoma, cataracte, styte, otitis externa
- j. Common problem of teeth and mouth
- k. Intestinal obstruction
- l. Hydrocele
- m. Hernia

I **Pharmacy and Pharmacology**

1. **Pharmacy**

- 1.1 Terminology used in pharmacy
- 1.2 Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopeia (BP) and formulatory
- 1.3 Inventory management
- 1.4 Dispensing
- 1.5 Narcotic drugs management
- 1.6 Banded drugs
- 1.7 Rational use of drugs
- 1.8 Dose and its calculation

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2. Pharmacology

- 2.1 Terms used in pharmacology
- 2.2 Meaning and types of antibiotics
- 2.3 Action, use, dose, general side effects and contradiction of the drugs used in different systems
 - a. Condition
 - b. Pain
 - c. Fever
 - d. Inflammation
 - e. Locally used preparations
 - f. Nutritional supplementary drugs
 - g. Vaccines
 - h. Oral rehydration therapy
 - i. Parental solution

J. Health culture and communication, Health care system , Management

AHW Mentor

1. Health Culture

- 1.1 Changes, process and barrier of changes in community
- 1.2 Traditional belief and health related taboos
- 1.3 Traditional medicine practice in Nepal
- 1.4 Health and disease spectrum

2. Communication

- 2.1 Process of Communication
- 2.2 Barriers of Communication
- 2.3 Effective Communication
- 2.4 Risk Communication
- 2.5 Behaviour change and communication

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3. Health Care system in Nepal

- 3.1 Role and responsibility of provincial and local level government on health sector
- 3.2 Organisational structure of Health system in Sudurpashchim province
- 3.3 Job description of Auxiliary Health Worker (AHW)
- 3.4 Primary Health Care (PHC): definition and components
- 3.5 Job description of malaria inspector/vector assistant/malaria assistant/cold chain assistant

4. Management: Planning, Organizing, Directing, Training, Team work, Inventory, Meeting, Recording and reporting, Supervision and monitoring

K. Miscellaneous

1. Health Sector Sustainable development goal (SDG3)
2. Gender based violence
3. Social security scheme and health insurance
4. Psychosocial Counselling **Shisir Kumar Adhikari**
5. नेपाल स्वास्थ्य व्यवसायी परिषद ऐन, २०५३ र नियमावली २०५६
6. स्थानीय सरकार संचालन ऐन, २०७४ (परिच्छेद-३)
7. सुदूरपश्चिम जनस्वास्थ्य ऐन, २०७६

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