

लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तहमा रहने पदहरुको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम ।

यस पाठ्यक्रमलाई दुई भागमा विभाजन गरिएको छ ।

भाग	परीक्षा	विषय	पूर्णाङ्क	प्रश्नसंख्या	समय	परीक्षा प्रणाली	उत्तीर्णाङ्क
१	लिखित	सेवा सम्बन्धी	१००	५०	४५ मिनेट	वस्तुगत बहुउत्तर	४०
२	अन्तर्वार्ता		२०				

द्रष्टव्य:-

१. यथासम्भव पाठ्यक्रमका सवै एकाइबाट प्रश्न सोधिने छन् ।
२. लिखित परीक्षामा गल्ती गरेको प्रश्नोत्तरका लागि २०% अङ्क कट्टा गरिनेछ ।
३. पाठ्यक्रम लागू मिति २०५९।१०।२४

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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
 - Health Education, importance and method
 - Communication & barrier of communication
 - Learning process
 - Leadership.
 - (B) School Health
 - Purpose of School Health Program
 - Activities of School Health Program.
 - (C) Community Diagnosis
 - Importance and methods of community diagnosis
 - (D) Community Development
 - Objective
 - Methods of community development

3. Community Health
 - (A) Epidemiology
 - i. Definition of Epidemiology
 - ii. Scope of Epidemiology
 - iii. Vital statistic
 - iv. Epidemiological investigation
 - v. Epidemiological trends
 - vi. Disease prevention
 - vii. Basic principle of disease transmission
 - viii. Immunity.
 - (B) Environmental sanitation
 - i. Environmental sanitation
 - ii. Scope of environmental sanitation

- iii. Water (Source, Water purification)
- iv. Excreta disposal and faecal born disease
- v. Solid waste method of termination
- vi. Disposal of waste water
- vii. Health & Disease spectrum
- viii. Food sanitation
- ix. Insects and rodents and their importance in public health
- x. Milk hygiene & Milk born disease.

4. (A) Basic Medical Procedures and First Aid Treatment

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

(B) Basic Medical Procedures

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

5. **Vector Borne Disease (VBDs):**

- i. History and Epidemiology of VBDs- Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses.
- ii. Rationale and Tools and techniques for the Prevention and control of VBDs.
- iii. Clinical features, Diagnosis and Case Management of VBDs
- iv. 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.
- v. Planning for VBDs Prevention and Control at the district and periphery level:
 1. Analysis of the district VBDs situation.
 2. Development of District VBDs Profile with the risk areas and population mapped.
 3. Preparation of Annual Work Plan
 4. Epidemic/Outbreak preparedness and Response
 5. Surveillance
 6. Behaviour Change Communication (IEC)
 7. Recording and Reporting of VBDs
 8. Referral and follow-up
 9. Supervision, monitoring and evaluation of VBDs control programs.
 10. Roles and responsibilities of different level health facilities.
 11. 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
- 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, compliation and prevention of:
 - i. Amoebic, bacillary, dysentery, giardiasis
 - ii. Cholera, Tuberculosis, Malaria
 - iii. Parasitic Siseases
 - iv. Viral Sisease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, polomyelitis, trachoma)
 - v. Bacterial Disease
 - vii. Leprosy, pertusis, tetanus, gastro-enteritis
 - vii. Enteric fever, diphtheria, syphilis, gonorrhea.

8. Medicine & Surgery:

A. Medicine:

1. Hitory taking/physical examination
 2. Causes, signs and symptoms, type, prevention, treatement, complication and investigation of
 - a. Deficiency disease
 - i. Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease.
 - b. Digestive System
 - i. Gastritis, peptic ulcer, cholecystitis
 - ii. Appendicitis
 - iii. Dysentery
 - iv. Gastroenteritis
 - v. Hepato-splenomegaly
 - c. Respiratory system
 - i. Common cold
 - ii. Tonsillitis
 - iii. Pharyngitis
 - iv. Rhinitis
 - v. Sinusitis
 - vi. Bronchitis
 - vii. Pheumothorax
 - 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. Convulsion
 - iii. Meningitis
 - iv. Epilepsy
 - v. Unconsciousness
- h. Skin Problem
 - i. Scabies
 - ii. Ringworm
 - iii. Impetigo
 - iv. Eczema
 - v. Allergies

B Surgery:

1. Definition Clinical Features and appropriate treatment of:
 - i. Boils
 - ii. Carbuncles
 - iii. Ulcer
 - iv. Piles
 - v. Wound
 - vi. Burn and scales
 - vii. Fracture
 - viii. Dislocation and sprain
 - ix. Head and spinal cord injuries
 - x. Bleeding
 - xi. Foreign body in eye, ear, nose and throat
 - xii. Conjunctivitis, iritis, trachoma, cataract, sty. Otitis externa
 - xiii. Common problem of teeth and mouth
 - xiv. Acute abdominal problem
 - xv. Acute appendicitis
 - xvi. Acute cholecystitis
 - xvii. Instinal obstnection
 - xviii. Hydrocele
 - xix. Hernia
 - xx. 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:
 - 1. Digestive systems
 - 2. Respiratory system
- iv. Condition
 - 1. Pain
 - 2. Fever
 - 3. Inflammation
 - 4. Locally used preparations
 - 5. Antihypertensive drugs
 - 6. Nutritional Supplementary Drugs
 - 7. Vaccines
 - 8. Hormones
 - 9. Oral rehydration therapy
 - 10. Parental solution

10. 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
- v. Health and disease spectrum
- vi. Health reporting and recording

Health Management:

- i. Health care system in Nepal
- ii. Job Description of Auxiliary health Worker (AHW) and Auxiliary Nurse Midwife (ANM)
- iii. Primary Health Care (PHC): definition and components
- iv. Job description of malaria inspector/Vector control Assistant/Malaria Assistant/Cold chain Assistant.

Management of:

- i. Health posts
- ii. Clinics
- iii. Health Camps
- iv. In service Training
- v. Inventory
- vi. Chart and Diagram
- vii. Meeting
- viii. Problem solving
- ix. Leaves
- x. Recording and reporting
- xi. Supervision and monitoring

Model Question (नमूना प्रश्न)

१. प्राथमिक स्वास्थ्य सेवाको तत्वहरू (Elements) भित्र नपर्ने तत्व कुन हो ?
(क) दन्त सेवा (ख) पौष्टिक आहार सेवा
(ग) परिवार नियोजन सेवा (ग) आई.सि.यू. सेवा (ICU)
२. एउटा साधारण वयस्क (Normal Adult) को साधारण रक्तचाप (Normal Blood Pressure) कति हुनु पर्छ ?
(क) ८०/४०-१००/५० (ख) ११०/७०-१२०/८०
(ग) १२०/८०-१३०/९० (ग) १४०/१००-१५०/१००
३. कुन रोगको विरामीलाई आवाज कम आउने र अध्यारो कोठामा राखी स्याहार गर्नुपर्ने हुन्छ ?
(क) भ्रूण वाक्ता (ख) ढाड भाँचिएको
(ग) धनुषटंकार (Tetanus) (घ) दम
४. कालजार रोग सार्ने जिवाणु कुन हो ?
(क) भ्रिङ्गा (House Fly) (ख) लामखुट्टे (Mosquito)
(ग) साण्ड फ्लाई (Sand fly) (घ) उपियाँ (Flea)
५. टाइफाइड रोगको संक्रमण अवधि (Incubation period) कति दिनको हुन्छ ?
(क) ३-७ दिन (ख) ५-१४ दिन
(ग) १०-१५ दिन (घ) १५-२० दिन