

प्रदेश लोक सेवा आयोग, प्रदेश नं.२

स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक पाचौं तह, हेल्थ असिस्टेन्ट, सि.अ.हे.व, आला सुपरभाईजर/भेक्टर कन्ट्रोल सुपरभाईजर, क्षय/कुष्ठ सुपरभाईजर, भेक्टर वन डिजिज कन्ट्रोल सुपरभाईजर, परिवार नियोजन सुपरभाईजर, खोप सुपरभाईजर र कोल्ड चेन सुपरभाईजर पदहरूको खुला तथा अन्तर सेवा, प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

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

प्रथम चरण :- लिखित परीक्षा पूर्णाङ्क :- १००
द्वितीय चरण :- अन्तर्वार्ता पूर्णाङ्क :- २०

प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)

विषय	पूर्णाङ्क	उत्तीर्णा	परीक्षा प्रणाली	प्रश्न सख्या X अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुउत्तर (Multiple Choice)	५० X २ = १००	४५ मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत	२०	मौखिक

- लिखित परीक्षाको माध्यम भाषा अंग्रजी वा नेपाली अथवा अंग्रजी र नेपाली दुवै हुन सक्नेछ।
- पाठ्यक्रमको एकाईहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ।

पाठ्यक्रमका एकाई	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
प्रश्न सख्या	10	4	2	2	4	2	4	4	2	2	4	2	2	4	2

- वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत २ (दुई) अङ्क प्रदान गरिनेछ भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अर्थात ०.४ अङ्क कट्टा गरिनेछ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन।
- यस पाठ्यक्रममा जेसुकै लेखिएका भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाका मिति भन्दा (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई कायम रहेकालाई यस पाठ्यक्रममा रहेका सम्भुन पर्दछ।
- लिखित परीक्षाबाट छनौट भएको उम्मेदवारहरूलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ।
- पाठ्यक्रम लागू मिति :- २०७८/०४/१३

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- 1. Introduction, National Policy, Planning , Strategies and implementation status of Public Health Programmes in Nepal**
 - 1.1 Family Planning, Safe Motherhood,
 - 1.2 Control of Diarrhoeal Diseases (CDD), Acute Respiratory Diseases (ARI), Nutrition, National Programme on Immunization & Integrated Management of Childhood Illness (IMCI)
 - 1.3 Malaria, Kala-azar, Japanese Encephalitis, Filaria
 - 1.4 Human Immuno Deficiency Virus (HIV)/Acquired Immuno Deficiency Syndrome (AIDS) and Sexually Transmitted Diseases (STD) Control
 - 1.5 Tuberculosis and Leprosy Control.
 - 1.6 Health Education, Information and communication
- 2. Planning and Management**
 - 2.1 Community Health Diagnosis & Health Profile
 - 2.2 Micro Planning of Health Programme
 - 2.3 Supervision, Monitoring and Evaluation of Health Programmes
 - 2.4 Health Management Information System (HMIS)
 - 2.5 Planning and Management of Camps
 - 2.6 Cold Chain Management
 - 2.7 Health Training Management in different settings
 - 2.8 Logistic Management
- 3. Organizational Structure and Functions**
 - 3.1 Ministry of Health and Population (MoHP), Department of Health Service (DoHS), Regional Health Directorate (RHD)
 - 3.2 District Health Office (DHO), District Public Health Office (DPHO)
 - 3.3 Primary Health Care Center (PHCC), Health Post (HP), Sub Health Post (SHP)
- 4. Community Mobilization & Local Governance**
 - 4.1 Female Community Health volunteers (FCHV) and Mother's Groups
 - 4.2 Primary Health Care Outreach Clinic
 - 4.3 Community Drug Programme (CDP)
 - 4.4 Mobilization of Local Health Leaders and Committees
 - 4.5 Decentralized Management of Health Services
- 5. Epidemiology and Disease Control**
 - 5.1 Definition, Scope, Causes of Disease and Infection
 - 5.2 Types and Management of Disasters
 - 5.3 Management of Epidemics
 - 5.4 Causes, Signs, Symptoms, Management, Prevention and Control of Gastroenteritis, Dysentery, Cholera, Typhoid Fever, Giardiasis, Malaria, Filariasis, Encephalitis, Kala-azar, Parasitic Infestation, Scabies, Chicken Pox, Influenza, Mumps, Rabies, Hepatitis, Ring Worm, Leprosy, Tuberculosis, Helmenthiasis, Pertusis, Measles and Diphtheria

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6. Environmental Sanitation

6.1 Water Purification, Waste Management, Food Hygiene, Sanitation of public places, Health Hazards, Sanitary Latrines, Basic Measures in Controlling Rodents, Medical Importance and Measures of Controlling Common Vectors and Insects

7. Child Health Problems and Interventions

7.1 Common Neo-natal Problems
7.2 Common Child Health Problems like CDD, ARI, Malaria and Malnutrition.
7.3 Nutritional Interventions, Immunizations Services

8. General Medicine

8.1 General History Taking, Simple Physical Examination, Systemic Examination.
8.2 Various Methods of Diagnosis, Complication and Management of Diseases in Respiratory, Digestive, Cardiovascular, Urinary, Endocrine, Hematology and Central Nervous System with its terminology, Etiology and clinical features

9. First Aid and Emergency Management

9.1 Shock, Poisoning, Injuries, Haemorrhage, External bleeding, Thermal and Chemical Burns, Fracture and Dislocation, Frost Bite, Insect bite, Animal bite, Snake bite and Drowning, Abscess and Cellulites

10. Skin Diseases

10.1 Impetigo, Contagious, Boils, Tinea Infection, Herpes Zoster, Scabies, Eczema, Allergic Conditions and Acute drug reaction

11. Elementary Surgery

11.1 Haemorrhage, Management of inflammation, Septicemia, Toxemia, Sinus, fistula, Gangrene, Wound, Tetanus, Acute Pain Abdomen, , Hernia, Anal Fissure, Piles, Acute Retention of Urine, Causes of Frequent Urination and Nocturia, Management of Rupture of Urethra, Haematuria, Phymosis, Paraphymosis, Hydrocele, Head Injury, Clinical features and management of Osteomyelitis, Local Anesthesia, Sterilization of Surgical Instruments

12. Eye, Ear, Nose and Throat Diseases

12.1 General Examination procedures of Eye, Ear, Nose and Throat
12.2 Sign and Symptoms and General Managements of Eye Lid complications, Red Eyes, Trachoma, Corneal ulcer, Night Blindness, Cataract, Pterygium, Iridocyclitis, Glaucoma and foreign body in the eyes
12.3 Removal of Wax and Foreign Bodies, Sign and Symptoms and Managements of Otitis Media, Otitis Externa and referral conditions of hearing problems
12.4 Deviated nasal Septum, Nasal polyps, Epistaxis and Sinusitis
12.5 Clinical Features, Complications and management of Acute Tonsillitis, Pharyngitis and Laryngitis

13. Oral Health and Mental Health

13.1 Dental plaques and calculus, Dental Carries, Periodontitis, Peridonal pockets and Abscess, Importance and Maintenance of Oral Hygiene

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सुपरभाईजर/भेक्टर कन्ट्रोल सुपरभाईजर, क्षय/कुष्ठ सुपरभाईजर, भेक्टर वन डिजिज कन्ट्रोल
सुपरभाईजर, परिवार नियोजन सुपरभाईजर, खोप सुपरभाईजर र कोल्ड चेन सुपरभाईजर पदहरूको
खुला तथा अन्तर सेवा, प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

13.2 Psychosis, Neurosis and Mental Retardation

14. Reproductive Health Problems and Interventions

14.1 Male and Female reproductive System, mechanism of Menstruation, Conception, Evolution, Vaginal Discharge, Management of Per Vaginal Bleeding, Post Menopausal Bleeding, Uterine Prolapsed, Pelvic Inflammatory Diseases; causes, Sign, Symptoms and Complication of Entopic pregnancy, Management of Engorgement of Mastitis. and Breast Abscess

14.2 Management of Normal Labor and Early Diagnosis and referral of Complicated

Pregnancy, Labor,
Puerperium

14.3 Safe Abortions, Permanent and Temporary Contraceptives

15. Acts and Regulations

15.1 Health Service Act, 2053 and Regulation, 2055

15.2 Health Professional Council Act, 2053 and Regulation, 2056

1 Details of abbreviation used in this curriculum:

ARI	Acute Respiratory Infection
AIDS	Acquired Immune Deficiency Syndrome
CDR	Crude Death Rate
CDD	Control of Diarrhoeal Disease
DHO	District Health Office
DPHO	District Public Health Office
DoHS	Department of Health Service
EPI	Expanded Programme on Immunization
HIV	Human Immunodeficiency Virus
IMR	Infant Mortality Rate
IEC	Information, Education and Communication
HP	Health Post
SHP	Sub Health Post
HMIS	Health management Information System
FP	Family Planning
FCHV	Female Community Health Volunteers
TBA	Trained Birth Attendants
MoHP	Ministry of Health and Population
RHD	Regional Health Directorate
MMR	Maternal Mortality Rate
TFR	Total Fertility Rate
IMCI	Integrated Management of Childhood illness.