

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

प्रदेश र स्थानीय स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तह, अ.हे.व./कोल्ड चेन असिस्टेन्ट

पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छः

भाग - १

लिखित परीक्षा (Written Examination):- प्रथम चरण

पूर्णाङ्क:-१००

द्वितीय चरण

पूर्णाङ्क:-१००

भाग - २

अन्तिम चरण (Final Examination) :- अन्तर्वार्ता

पूर्णाङ्क:-३०

लिखित परीक्षा योजना (Written Examination Scheme)

१. लिखित परीक्षा:- प्रथम चरण (First Phase)

तालिका (१)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या × अङ्क	समय
प्रथम	सामान्य ज्ञान र सार्वजनिक व्यवस्थापन (General Awareness & Public Management)	१००	४०	वस्तुगत (Objective)	बहुवैकल्पिक प्रश्न (Multiple Choice Questions)	२० प्रश्न × २ अङ्क (४० अङ्क)	४५ मिनेट
	सेवा सम्बन्धित कार्य-ज्ञान (Job Based knowledge)					३० प्रश्न × २ अङ्क (६० अङ्क)	

२. लिखित परीक्षा:- द्वितीय चरण (Second Phase)

तालिका - (२)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या × अङ्क	समय
द्वितीय	सेवा सम्बन्धित कार्य-ज्ञान (Job Based knowledge)	१००	४०	विषयगत (Subjective)	छोटो उत्तर (Short Answer)	१२ प्रश्न × ५ अङ्क (६० अङ्क)	२ घण्टा १५ मिनेट
					लामो उत्तर (Long Answer)	४ प्रश्न × १० अङ्क (४० अङ्क)	

अन्तिम चरण - अन्तर्वार्ता (Interview)

तालिका (३)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	समय
अन्तर्वार्ता (Interview)	३०		बोर्ड अन्तर्वार्ता	-

द्रष्टव्यः

- यो पाठ्यक्रम योजनालाई लिखित परीक्षा (प्रथम चरण र द्वितीय चरण) तथा अन्तिम चरण (अन्तर्वार्ता) गरी दुई भागमा विभाजन गरिएको छ।
- लिखित परीक्षाको प्रश्नपत्रको माध्यम भाषा पाठ्यक्रमको विषयवस्तु जुन भाषामा छ सोही भाषाको आधारमा नेपाली वा अंग्रेजी मध्ये कुनै एक मात्र भाषा हुनेछ। तर विषयवस्तुलाई स्पष्ट गर्नुपर्ने अवस्थामा दुवै भाषा समेत प्रयोग गर्न सकिने छ।

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पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

४. लिखित परीक्षाको माध्यम नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
५. 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।
६. परीक्षामा कुनै पनि प्रकारको क्याल्कुलेटर लगायत विद्युतीय उपकरणहरू प्रयोग गर्न पाइने छैन ।
७. परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिईए अनुसार हुनेछ।
८. विषयगत प्रश्न हुने पत्र/विषयका प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ।
९. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
१०. प्रथम चरण (First Phase) को लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरण (Second Phase) को लिखित परीक्षामा सम्मिलित गराइनेछ।
११. लिखित परीक्षाको प्रथम चरण (First Phase) मा प्राप्त गरेको प्राप्ताङ्कको शतप्रतिशत अङ्क तथा द्वितीय चरण (Second Phase) को प्राप्ताङ्कहरू जोडी कूल अङ्कको आधारमा लिखित परीक्षाको नतिजा प्रकाशित गरिनेछ।
१२. लिखित परीक्षामा छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।
१३. लिखित परीक्षा र अन्तिम चरणको अन्तर्वार्ताको कुल अङ्क योगका आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।
१४. पाठ्यक्रम लागू मिति:- २०८२।०९।०९

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प्रथम पत्र (Paper I) :-

सामान्य ज्ञान र सार्वजनिक व्यवस्थापन तथा सेवा सम्बन्धित कार्य-ज्ञान

भाग (Part I) :

सामान्य ज्ञान र सार्वजनिक व्यवस्थापन

(General Awareness and Public Management)

खण्ड-क (Section - A) (१० प्रश्न x २ अङ्क = २० अङ्क)

१. सामान्य ज्ञान (General Awareness)

- १.१. नेपालको ऐतिहासिक, साँस्कृतिक, सामाजिक र आर्थिक अवस्था सम्बन्धी जानकारी
- १.२. नेपालको भौगोलिक अवस्था, प्राकृतिक स्रोत साधनहरू र गण्डकी प्रदेशका प्रमुख विशेषताहरू
- १.३. संघीय तथा गण्डकी प्रदेशको चालु आवधिक योजना सम्बन्धी जानकारी
- १.४. जनसंख्या, बसाइसराई, वातावरण, जलवायु परिवर्तन, जैविक विविधता र दिगो विकास
- १.५. विज्ञान प्रविधि र सूचना प्रविधिका महत्वपूर्ण उपलब्धिहरू
- १.६. जनस्वास्थ्य, खाद्य र पोषण सम्बन्धी सामान्य जानकारी
- १.७. नेपालको संविधान (भाग-१ देखि ५ सम्म र अनुसूचीहरू)
- १.८. संयुक्त राष्ट्रसंघ, क्षेत्रीय संगठन (सार्क र बिमस्टेक) सम्बन्धी जानकारी
- १.९. राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक गतिविधिहरू
- १.१०. लैङ्गिक समानता, अपाङ्गता तथा सामाजिक समावेशीकरण (GEDSI) सम्बन्धी सामान्य जानकारी

खण्ड (Section - B) : (१० प्रश्न x २ अङ्क = २० अङ्क)

२. सार्वजनिक व्यवस्थापन (Public Management)

२.१. कार्यालय व्यवस्थापन (Office Management)

- २.१.१. कार्यालय (Office) : परिचय, महत्व, कार्य र प्रकार
- २.१.२. सहायक कर्मचारीका कार्य र गुणहरू तथा सुपरिवेक्षकसँगको कार्य-सम्बन्ध
- २.१.३. कार्यालय स्रोत साधन (Office Resources): परिचय र प्रकार
- २.१.४. कार्यालय कार्यविधि (Office Procedure) : पत्र व्यवहार (Correspondence), दर्ता र चलानी (Registration & Dispatch), परिपत्र (Circular), तोक आदेश (Order), टिप्पणी लेखन र टिप्पणी तयार पार्दा ध्यान दिनुपर्ने विषयहरू
- २.१.५. एकीकृत कार्यालय व्यवस्थापन प्रणालीको प्रयोग
- २.१.६. कार्यालयमा सूचना प्रविधिको प्रयोग (Word, Excel, Presentation System, E-mail, Internet and Social Media)
- २.१.७. अभिलेख व्यवस्थापन (Record Management)
- २.१.८. सार्वजनिक खरिद व्यवस्थापन (Public Procurement Management) सम्बन्धी सामान्य जानकारी (खरिद योजना, लागत अनुमान र खरिद विधिका प्रकार)

२.२. गण्डकी प्रदेश निजामती सेवा र स्थानीय सेवा सम्बन्धी कानूनी व्यवस्थाहरू:

- २.२.१. गण्डकी प्रदेश निजामती सेवा र स्थानीय सेवाको गठन, संगठन संरचना, पदपूर्ति गर्ने तरिका र प्रक्रियाहरू
- २.२.२. कर्मचारीको नियुक्ति, सरुवा, बढुवा, बिदा, विभागीय सजाय र अवकाश

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- २.२.३. कर्मचारीले पालन गर्नुपर्ने आचरण र कर्तव्यहरू
- २.३. भ्रष्टाचार निवारण ऐन, २०५९
- २.४. मुख्यमन्त्री तथा मन्त्रिपरिषद्को कार्यालय सम्बन्धी जानकारी
- २.५. स्थानीय सरकार सञ्चालन ऐन, (संशोधन सहित) २०७४
- २.६. लोक सेवा आयोग र प्रदेश लोक सेवा आयोग सम्बन्धी सामान्य जानकारी
- २.७. सरकारी बजेट प्रणाली सम्बन्धी सामान्य जानकारी
- २.८. सार्वजनिक सेवा प्रवाहको अर्थ, सेवा प्रवाह गर्ने निकाय, तरिका र माध्यमहरू
- २.९. सार्वजनिक बडापत्र (Public Charter) : महत्व र आवश्यकता
- २.१०. सार्वजनिक व्यवस्थापनमा निर्देशन, नियन्त्रण, समन्वय, निर्णय प्रक्रिया, उत्प्रेरणा र नेतृत्व सम्बन्धी जानकारी।

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भाग (Part II) :-

सेवा सम्बन्धित कार्य-ज्ञान (Job Based - Knowledge)

(३० प्रश्न × २ अङ्क = ६० अङ्क)

1. **Anatomy and Physiology**

Anatomical structure and function of the following different organs of the body system:

- 1.1 Digestive system
- 1.2 Respiratory system
- 1.3 Cardiovascular system
- 1.4 Reproductive system
- 1.5 Endocrine system
- 1.6 Nervous system
- 1.7 Skeletal system
- 1.8 Sense organ system

2. **Health Education, Community Health Diagnosis and Health Promotion**

2.1 Health Education

- 2.1.1 Health Education, importance and method
- 2.1.2 Communication & barrier of communication
- 2.1.3 Learning process
- 2.1.4 Leadership
- 2.1.5 Behavior change communication

2.2 School Health

- 2.2.1 Purpose of School Health Program
- 2.2.2 Activities of School Health Program.

2.3 Community Health Diagnosis

- 2.3.1 Importance and methods of community health diagnosis
- 2.3.2 Need identification and need prioritization

2.4 Health Promotion

- 2.4.1 Importance of health promotion
- 2.4.2 Key action areas of health promotion
 - 2.4.2.1 Creating enabling environment,
 - 2.4.2.2 building health public policy,
 - 2.4.2.3 Reorienting health service,
 - 2.4.2.4 Developing personal skill,
 - 2.4.2.5 Strengthening community action
- 2.4.3 Health Awareness and advocacy
- 2.4.4 Intersectoral Coordination

3. **Community Health**

3.1 Epidemiology

- 3.1.1 Definition and Aims of Epidemiology
- 3.1.2 Vital statistic
- 3.1.3 Epidemiological investigation
- 3.1.4 Epidemiological trends
- 3.1.5 Disease prevention – concept and level of prevention
- 3.1.6 Basic principle of disease transmission
- 3.1.7 Immunity & immunization

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3.2 Environmental sanitation

- 3.2.1 Introduction and Scope of environmental sanitation
- 3.2.2 Water (Source, Water purification, water born diseases)
- 3.2.3 Excreta disposal and faecal born diseases
- 3.2.4 Solid waste management methods
- 3.2.5 Disposal of waste water
- 3.2.6 Health & Disease spectrum
- 3.2.7 Food hygiene (milk hygiene and milk born disease and meat hygiene)
- 3.2.8 Insects and rodents and their importance in public health

4. **First Aid and Basic Medical Procedures**

4.1 First Aid

- 4.1.1 First aid: Shock, Bleeding, burn/scalds fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite & Frost bite
- 4.1.2 First aid treatment of electrical injury
- 4.1.3 Drawing, Choking, High fever fit and convulsion
- 4.1.4 Primary Trauma Care, Disaster Management and Triaging

4.2 Basic Medical Procedures

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

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

- 5.1 History and Epidemiology of VBDs – distribution, current situation, trends, causative agent, host, vector and environment, Mode of transmission, Life cycle of vectors and parasites
- 5.2 Techniques for the Prevention and control of VBDs
- 5.3 Clinical features, Diagnosis and Case Management of VBDs
- 5.4 Nepal's National Goal, objectives, prevention and control strategies, approaches, methods and activities, National Treatment Protocol of VBDs
- 5.5 Planning for VBDs Prevention and Control at periphery level:
 - 5.5.1 Analysis of the VBDs situation
 - 5.5.2 Development of provincial VBDs Profile with the risk areas and population mapped
 - 5.5.3 Preparation of Annual Work Plan
 - 5.5.4 Epidemic/Outbreak preparedness and Response
 - 5.5.5 Surveillance
 - 5.5.6 Behavior Change Communication (IEC)
 - 5.5.7 Recording and Reporting of VBDs
 - 5.5.8 Referral and follow-up
 - 5.5.9 Supervision, monitoring and evaluation of VBDs control programs
 - 5.5.10 Roles and responsibilities of different level health facilities
 - 5.5.11 Techniques of community mobilization for VBDs

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प्रदेश र स्थानीय स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तह, अ.हे.व./कोल्ड चेन असिस्टेन्ट

पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

6. **Maternal and Child Health, Family Planning and Nutrition**

6.1 Maternal and Child Health

- 6.1.1 Antenatal care, Physiological Change during pregnancy, Danger signs, High risk group (mother), Delivery care
- 6.1.2 Postnatal care, New born Care, Complication of pregnancy
- 6.1.3 Abortion, Ectopic pregnancy, Toxemia, Mal Presentations
- 6.1.4 Ante Partum haemorrhage, Post partum haemorrhage, retained placenta
- 6.1.5 Definition, signs and symptoms; and management of pelvic infection
- 6.1.6 Uterine prolapsed, Leucorrhoea, Trichomonosis
- 6.1.7 Growth and development of baby, Milestone development
- 6.1.8 Definition, causes, signs symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases CB-IMNCI, essential new born care
- 6.1.9 Vaccine Preventable diseases

6.2 Family Planning

- 6.2.1 Population education, Population pyramids
- 6.2.2 Migration and population management issues
- 6.2.3 Measures to solve population problems
- 6.2.4 Family planning methods – Natural, Temporary and Permanent methods
- 6.2.5 Infertility and sub-fertility

6.3 Nutrition

- 6.3.1 Source of nutrients
- 6.3.2 Nutritional requirements
- 6.3.3 Nutritional status measurements
- 6.3.4 Breast feeding, Weaning and supplementary foods
- 6.3.5 PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment
- 6.3.6 Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and management
- 6.3.7 Nutrition specific and nutrition sensitive programs

7. **Microbiology, Communicable and Non-communicable Diseases**

7.1 Microbiology

- 7.1.1 Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)

7.2 Communicable disease, causes, clinical features, treatment, complication and prevention of:

- 7.2.1 Parasitic diseases: Malaria, Amoebic dysentery, giardiasis, Kalazar
- 7.2.2 Viral disease: (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, poliomyelitis, trachoma) COVID-19, Monkeypox, Dengue fever
- 7.2.3 Bacterial Disease: Leprosy, pertussis, tetanus, gastro-enteritis enteric fever, diphtheria, syphilis, gonorrhea, cholera, tuberculosis, bacillary dysentery

7.3 Non-communicable disease and mental health problems

- 7.3.1 Common non communicable diseases (NCDs) and mental health problems
- 7.3.2 Risk factors of NCDs
- 7.3.3 Importance of life style modification
- 7.3.4 Prevention of cardiovascular diseases and other NCDs
- 7.3.5 Prevention and management of common NCDs (hypertension, diabetes, Thyroid disorder, cervical cancer and breast cancer, COPD)

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पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

7.3.6 Prevention and management of common mental health problem (Anxiety, depression)

8. Medicine

8.1 History taking/physical examination

8.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation of:

8.2.1 Deficiency diseases: Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease

8.2.2 Digestive System

8.2.2.1 Gastritis, peptic ulcer, cholecystitis

8.2.2.2 Appendicitis

8.2.2.3 Dysentery

8.2.2.4 Gastroenteritis

8.2.2.5 Hepato-splenomegaly

8.2.3 Respiratory system

8.2.3.1 Common cold

8.2.3.2 Tonsillitis

8.2.3.3 Pharyngitis

8.2.3.4 Rhinitis

8.2.3.5 Sinusitis

8.2.3.6 Bronchitis

8.2.3.7 Pneumothorax

8.2.4 Cardiovascular System

8.2.4.1 Hyper Tension

8.2.4.2 Congestive Cardiac Failure (CCF)

8.2.4.3 Rheumatic fever

8.2.5 Genito Urinary System

8.2.5.1 Nephritis

8.2.5.2 Renal Colic

8.2.5.3 Urinary Tract Infection (UTI)

8.2.6 Endocrine System

8.2.6.1 Diabetes

8.2.6.2 Hypothyroidism

8.2.6.3 Hyperthyroidism

8.2.7 Nervous System

8.2.7.1 CVA (Cerebro Vascular Accident)

8.2.7.2 Convulsion

8.2.7.3 Meningitis

8.2.7.4 Epilepsy

8.2.7.5 Unconsciousness

8.2.8 Skin Problems

8.2.8.1 Scabies

8.2.8.2 Ringworm

8.2.8.3 Impetigo

8.2.8.4 Eczema

8.2.8.5 Allergies

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पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

9. Surgery

9.1 Definition Clinical Features and appropriate treatment of:

- 9.1.1 Boils, Carbuncles, Ulcer, Piles
- 9.1.2 Wound, Burn and scales
- 9.1.3 Fracture, Dislocation and sprain
- 9.1.4 Head and spinal cord injuries
- 9.1.5 Bleeding
- 9.1.6 Foreign body in eye, ear, nose and throat
- 9.1.7 Conjunctivitis, iritis, trachoma, cataract, sty. Otitis externa
- 9.1.8 Common problem of teeth and mouth
- 9.1.9 Acute abdominal problem
- 9.1.10 Acute appendicitis
- 9.1.11 Acute cholecystitis
- 9.1.12 Intestinal obstruction
- 9.1.13 Hydrocele
- 9.1.14 Hernia
- 9.1.15 Tumor

10. Pharmacy and Pharmacology

10.1 Pharmacy

- 10.1.1 Terminology used in pharmacy
- 10.1.2 Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulary
- 10.1.3 Inventory management
- 10.1.4 Dispensing
- 10.1.5 Narcotic drugs management
- 10.1.6 Banded drugs

10.2 Pharmacology

- 10.2.1 Terms used in pharmacology
- 10.2.2 Meaning and types of Antibiotic
- 10.2.3 Action, use, dose, general side effects and contradiction of the drugs used in Digestive and Respiratory systems
- 10.2.4 Condition
 - 10.2.4.1 Pain, Fever, Inflammation
 - 10.2.4.2 Locally used preparations
 - 10.2.4.3 Antihypertensive drugs
 - 10.2.4.4 Nutritional Supplementary Drugs
 - 10.2.4.5 Vaccines
 - 10.2.4.6 Hormones
 - 10.2.4.7 Oral rehydration therapy
 - 10.2.4.8 Parental solution

11. Health Culture and Communication

- 11.1 Changes, process and barrier of changes in community
- 11.2 Traditional belief and health related taboos
- 11.3 Traditional medicine practice in Nepal
- 11.4 Definition of family health and prerequisite of healthy family
- 11.5 Self-medication practices

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11.6 Role of culture on health and diseases

12. Health Service Management

12.1 Health care system in Nepal (Federal, Provincial and Local)

12.2 Job Description of Auxiliary health Worker (AHW) Auxiliary Nurse Midwife (ANM) and cold chain Assistant

12.3 Primary Health Care (PHC) and Basic Health Care: definition and components

12.4 Job description of Cold chain Assistant

12.5 Free essential medicine and Basic Health service Package

12.6 Management of:

12.6.1 Health facilities, Health Camps, outreach clinics (PHC, EPI)

12.6.2 In service Training

12.6.3 Inventory, Chart and Diagram

12.6.4 Problem solving, Meeting, Leaves, Recording and reporting

12.6.5 Supervision and monitoring

12.7 HMIS, LMIS and EWARS

12.8 Acts and regulation:

12.8.1 Health Sector Sustainable development goal (SDG3)

12.8.2 Social security scheme and health insurance

12.8.3 Health Professional Council Act 2053 and Regulation 2056

12.8.4 Local government operation act 2074 section 1-4 and 11

12.8.5 National Health Policy, 2076

12.8.6 Health Policy of Gandaki Province, 2078

12.8.7 Public Health Service Act, 2075 and Public Health Service Regulation, 2077

प्रथम पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिने छ ।

प्रथम पत्र (वस्तुगत)					
भाग	खण्ड	विषयवस्तु	परीक्षा प्रणाली	अङ्कभार	प्रश्न संख्या × अङ्क
I	(A)	सामान्य ज्ञान (General Awareness)	बहुवैकल्पिक प्रश्न (MCQs)	२०	१० प्रश्न × २ अङ्क = २०
	(B)	सार्वजनिक व्यवस्थापन (Public Management)		२०	१० प्रश्न × २ अङ्क = २०
II	-	सेवा सम्बन्धित कार्य-ज्ञान (Job Based -knowledge)		६०	३० प्रश्न × २ अङ्क = ६०

प्रथम पत्रको भाग **(Part II)** सेवा सम्बन्धित कार्य-ज्ञान (Job based -knowledge) को पाठ्यक्रमका एकाइबाट परीक्षामा यथासम्भव देहाय बमोजिम प्रश्नहरू सोधिने छ ।

पाठ्यक्रमका एकाइ	1	2	3	4	5	6	7	8	9	10	11	12
प्रश्न संख्या	2	2	2	2	3	3	3	5	2	2	1	3

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द्वितीय पत्र (Paper II) :-

सेवा सम्बन्धी कार्य-ज्ञान (Job Based -knowledge)

खण्ड-क (Section-A) :- ५० अङ्क

1. Anatomy and Physiology

Anatomical structure and function of the following different organs of the body system:

- 1.1 Digestive system
- 1.2 Respiratory system
- 1.3 Cardiovascular system
- 1.4 Reproductive system
- 1.5 Endocrine system
- 1.6 Nervous system
- 1.7 Skeletal system
- 1.8 Sense organ system

2. Health Education, Community Health Diagnosis and Health Promotion

2.1 Health Education

- 2.1.1 Health Education, importance and method
- 2.1.2 Communication & barrier of communication
- 2.1.3 Learning process
- 2.1.4 Leadership
- 2.1.5 Behavior change communication

2.2 School Health

- 2.2.1 Purpose of School Health Program
- 2.2.2 Activities of School Health Program.

2.3 Community Health Diagnosis

- 2.3.1 Importance and methods of community health diagnosis
- 2.3.2 Need identification and need prioritization

2.4 Health Promotion

- 2.4.1 Importance of health promotion
- 2.4.2 Key action areas of health promotion
 - 2.4.2.1 Creating enabling environment,
 - 2.4.2.2 building health public policy,
 - 2.4.2.3 Reorienting health service,
 - 2.4.2.4 Developing personal skill,
 - 2.4.2.5 Strengthening community action
- 2.4.3 Health Awareness and advocacy
- 2.4.4 Intersectoral Coordination

3. Community Health

3.1 Epidemiology

- 3.1.1 Definition and Aims of Epidemiology
- 3.1.2 Vital statistic
- 3.1.3 Epidemiological investigation
- 3.1.4 Epidemiological trends
- 3.1.5 Disease prevention – concept and level of prevention

प्रदेश लोक सेवा आयोग

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पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 3.1.6 Basic principle of disease transmission
- 3.1.7 Immunity & immunization
- 3.2 Environmental sanitation
 - 3.2.1 Introduction and Scope of environmental sanitation
 - 3.2.2 Water (Source, Water purification, water born diseases)
 - 3.2.3 Excreta disposal and faecal born diseases
 - 3.2.4 Solid waste management methods
 - 3.2.5 Disposal of waste water
 - 3.2.6 Health & Disease spectrum
 - 3.2.7 Food hygiene (milk hygiene and milk born disease and meat hygiene)
 - 3.2.8 Insects and rodents and their importance in public health
- 4. **First Aid and Basic Medical Procedures**
 - 4.1 First Aid
 - 4.1.1 First aid: Shock, Bleeding, burn/scalds fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite & Frost bite
 - 4.1.2 First aid treatment of electrical injury
 - 4.1.3 Drawing, Choking, High fever fit and convulsion
 - 4.1.4 Primary Trauma Care, Disaster Management and Triaging
 - 4.2 Basic Medical Procedures
 - 4.2.1 Vital signs
 - 4.2.2 Investigation process and Importance of urine, Stool, Blood, Sputum pus and throat swab collection
 - 4.2.3 Bandage (Importance, types & application)
 - 4.2.4 Technique of giving injection
 - 4.2.5 Sterilization process, importance, type and methods
- 5. **Vector Borne Disease (VBDs)**
 - 5.1 History and Epidemiology of VBDs – distribution, current situation, trends, causative agent, host, vector and environment, Mode of transmission, Life cycle of vectors and parasites
 - 5.2 Techniques for the Prevention and control of VBDs
 - 5.3 Clinical features, Diagnosis and Case Management of VBDs
 - 5.4 Nepal's National Goal, objectives, prevention and control strategies, approaches, methods and activities, National Treatment Protocol of VBDs
 - 5.5 Planning for VBDs Prevention and Control at periphery level:
 - 5.5.1 Analysis of the VBDs situation
 - 5.5.2 Development of provincial VBDs Profile with the risk areas and population mapped
 - 5.5.3 Preparation of Annual Work Plan
 - 5.5.4 Epidemic/Outbreak preparedness and Response
 - 5.5.5 Surveillance
 - 5.5.6 Behavior Change Communication (IEC)
 - 5.5.7 Recording and Reporting of VBDs
 - 5.5.8 Referral and follow-up
 - 5.5.9 Supervision, monitoring and evaluation of VBDs control programs
 - 5.5.10 Roles and responsibilities of different level health facilities
 - 5.5.11 Techniques of community mobilization for VBDs

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6. Maternal and Child Health, Family Planning and Nutrition

6.1 Maternal and Child Health

- 6.1.1 Antenatal care, Physiological Change during pregnancy, Danger signs, High risk group (mother), Delivery care
- 6.1.2 Postnatal care, New born Care, Complication of pregnancy
- 6.1.3 Abortion, Ectopic pregnancy, Toxemia, Mal Presentations
- 6.1.4 Ante Partum haemorrhage, Post partum haemorrhage, retained placenta
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- 6.1.7 Growth and development of baby, Milestone development
- 6.1.8 Definition, causes, signs symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases CB-IMNCI, essential new born care
- 6.1.9 Vaccine Preventable diseases

6.2 Family Planning

- 6.2.1 Population education, Population pyramids
- 6.2.2 Migration and population management issues
- 6.2.3 Measures to solve population problems
- 6.2.4 Family planning methods – Natural, Temporary and Permanent methods
- 6.2.5 Infertility and sub-fertility

6.3 Nutrition

- 6.3.1 Source of nutrients
- 6.3.2 Nutritional requirements
- 6.3.3 Nutritional status measurements
- 6.3.4 Breast feeding, Weaning and supplementary foods
- 6.3.5 PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment
- 6.3.6 Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and management
- 6.3.7 Nutrition specific and nutrition sensitive programs

खण्ड-ख (Section-B) :- ५० अङ्क

7.

7. Microbiology, Communicable and Non-communicable Diseases

7.1 Microbiology

- 7.1.1 Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)

7.2 Communicable disease, causes, clinical features, treatment, complication and prevention of:

- 7.2.1 Parasitic diseases: Malaria, Amoebic dysentery, giardiasis, Kalazar
- 7.2.2 Viral disease: (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, poliomyelitis, trachoma) COVID-19, Monkeypox, Dengue fever
- 7.2.3 Bacterial Disease: Leprosy, pertussis, tetanus, gastro-enteritis enteric fever, diphtheria, syphilis, gonorrhea, cholera, tuberculosis, bacillary dysentery

7.3 Non-communicable disease and mental health problems

- 7.3.1 Common non communicable diseases (NCDs) and mental health problems
- 7.3.2 Risk factors of NCDs
- 7.3.3 Importance of life style modification

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7.3.4 Prevention of cardiovascular diseases and other NCDs

7.3.5 Prevention and management of common NCDs (hypertension, diabetes, Thyroid disorder, cervical cancer and breast cancer, COPD)

7.3.6 Prevention and management of common mental health problem (Anxiety, depression)

8. Medicine

8.1 History taking/physical examination

8.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation of:

8.2.1 Deficiency diseases: Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease

8.2.2 Digestive System

8.2.2.1 Gastritis, peptic ulcer, cholecystitis

8.2.2.2 Appendicitis

8.2.2.3 Dysentery

8.2.2.4 Gastroenteritis

8.2.2.5 Hepato-splenomegaly

8.2.3 Respiratory system

8.2.3.1 Common cold

8.2.3.2 Tonsillitis

8.2.3.3 Pharyngitis

8.2.3.4 Rhinitis

8.2.3.5 Sinusitis

8.2.3.6 Bronchitis

8.2.3.7 Pneumothorax

8.2.4 Cardiovascular System

8.2.4.1 Hyper Tension

8.2.4.2 Congestive Cardiac Failure (CCF)

8.2.4.3 Rheumatic fever

8.2.5 Genito Urinary System

8.2.5.1 Nephritis

8.2.5.2 Renal Colic

8.2.5.3 Urinary Tract Infection (UTI)

8.2.6 Endocrine System

8.2.6.1 Diabetes

8.2.6.2 Hypothyroidism

8.2.6.3 Hyperthyroidism

8.2.7 Nervous System

8.2.7.1 CVA (Cerebro Vascular Accident)

8.2.7.2 Convulsion

8.2.7.3 Meningitis

8.2.7.4 Epilepsy

8.2.7.5 Unconsciousness

8.2.8 Skin Problems

8.2.8.1 Scabies

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8.2.8.2 Ringworm

8.2.8.3 Impetigo

8.2.8.4 Eczema

8.2.8.5 Allergies

9. Surgery

9.1 Definition Clinical Features and appropriate treatment of:

9.1.1 Boils, Carbuncles, Ulcer, Piles

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9.1.15 Tumor

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10.1.1 Terminology used in pharmacy

10.1.2 Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulary

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10.2.4.7 Oral rehydration therapy

10.2.4.8 Parental solution

11. Health Culture and Communication

11.1 Changes, process and barrier of changes in community

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- 11.2 Traditional belief and health related taboos
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 - 12.6.1 Health facilities, Health Camps, outreach clinics (PHC, EPI)
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 - 12.6.3 Inventory, Chart and Diagram
 - 12.6.4 Problem solving, Meeting, Leaves, Recording and reporting
 - 12.6.5 Supervision and monitoring
- 12.7 HMIS, LMIS and EWARS
- 12.8 Acts and regulation:
 - 12.8.1 Health Sector Sustainable development goal (SDG3)
 - 12.8.2 Social security scheme and health insurance
 - 12.8.3 Health Professional Council Act 2053 and Regulation 2056
 - 12.8.4 Local government operation act 2074 section 1-4 and 11
 - 12.8.5 National Health Policy, 2076
 - 12.8.6 Health Policy of Gandaki Province, 2078
 - 12.8.7 Public Health Service Act, 2075 and Public Health Service Regulation, 2077

द्वितीय पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

द्वितीय पत्र (विषयगत)					
पत्र	विषय	खण्ड	अङ्कभार	छोटो उत्तर	लामो उत्तर
द्वितीय	सेवा सम्बन्धित कार्य-ज्ञान (Job Based-Knowledge)	(A)	५०	६ प्रश्न × ५ अङ्क = ३०	२ प्रश्न × १० अङ्क = २०
		(B)	५०	६ प्रश्न × ५ अङ्क = ३०	२ प्रश्न × १० अङ्क = २०

द्वितीय पत्रको भाग **(Part II)** सेवा सम्बन्धित कार्य-ज्ञान (Job based - knowledge) को पाठ्यक्रमका एकाइबाट परीक्षामा यथासम्भव देहाय बमोजिम प्रश्नहरू सोधिने छ ।

खण्ड	छोटो उत्तर Section A						छोटो उत्तर Section B						लामो उत्तर Section	
पाठ्यक्रमका एकाइ	1	2	3	4	5	6	7	8	9	10	11	12	A	B
प्रश्न संख्या	1	1	1	1	1	1	1	1	1	1	1	1	2	2