

प्रदेश लोक सेवा आयोग
गण्डकी प्रदेश
नेपाल स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, चौथो तह अ.हे.व. पद (प्रदेश/स्थानीय तह)
को प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम दुई भागमा विभाजन गरिएको छ।

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

द्रष्टव्यः

१. यथासम्भव पाठ्यक्रमका सबै इकाइबाट प्रश्न सोधिने छन्।
२. लिखित परीक्षामा गल्ती गरेको प्रश्नोत्तरका लागि २०% अङ्क कट्टा गरिनेछ।
३. पाठ्यक्रम लागू मितिः-

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. Musculo Skeletal system
- H. Sense organ system
- I. Excretory system

2. Health education and community Diagnosis

(A) Health Education

- Health Education, importance and method
- Health education program and planning
- Communication & barrier of communication
- Learning process
- Leadership.

(B) School Health

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

(C) Community Diagnosis

- Importance, methods and process of community diagnosis

(D) Community Development

- Objective
- Methods of community development

3. Community Health

(A) Epidemiology

- i. Definition and terminologies of Epidemiology
- ii. Scope of Epidemiology
- iii. Vital statistic
- iv. Epidemiological investigation
- v. Epidemiological triad
- vi. Disease prevention
- vii. Basic principle of disease transmission
- viii. Immunity. (Acquired and artificial and Herd Immunity)

(B) Environmental sanitation

- i. Scope of environmental sanitation

- ii. Water (Source, Water purification, water pollution)
- iii. Excreta disposal and fecal born disease
- iv. Solid waste and method of termination
- v. Disposal of wastewater
- vi. Health & Disease spectrum
- vii. Food sanitation
- viii. Air Pollution
- ix. Milk hygiene & Milk born disease.
- x. Types of Latrine
- xi. Sanitation barrier

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
- Drowning, Choking, High fever, fit and convulsion, fainting, Trauma

(B) Basic Medical Procedures

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

5. Vector Borne Disease (VBDs):

- i. Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses.
- ii. 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. Preparation of Annual Work Plan at working station
 2. Epidemic/Outbreak preparedness and Response
 3. Disease Surveillance
 4. Behavior Change Communication (BCC)
 5. Recording and Reporting of VBDs
 6. Referral and follow-up
 7. Supervision, monitoring and evaluation of VBDs control programs.
 8. Roles and responsibilities of different level health facilities.
 9. 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 of Pregnancy

- 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 hemorrhage
- xvi. Post-partum hemorrhage, retained placenta
- xvii. Definition, signs and symptoms and management of pelvic infection
- xviii. Uterine prolapsed
- xix. Milestones (Growth and development) of under 5 children
- xx. Definition, causes, signs symptoms and management of Acute Respiratory Infection (ARI), Childhood Diarrheal Diseases (CDD)

(B) Family Planning

- i. Population pyramids
- ii. Consequences of population growth
- iii. Measures to solve population problem.
- iv. Family planning methods (Temporary and Permanent)
- v. demographic cycle
- vi. Indicators of family planning

(C) Nutrition

- i. Source of Micro and macro nutrients
- ii. Nutritional status measurements (under and over nutrients)
- iii. Breast feeding, Weaning and supplementary foods

7. Communicable Disease and Microbiology

A. Microbiology

- i. Introduction of Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminths)
- iv. PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment

B. Communicable Diseases

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

- i. Amoebic, bacillary, dysentery, giardiasis, Cholera, Gastro Enteritis
- ii. Tuberculosis, Malaria, Leprosy
- iii. Parasitic Diseases
- iv. Viral Disease (AIDS, Chicken pox, measles, influenza and mumps, Rabies, infective, hepatitis A and B, Polomyelitis, Trachoma, Viral Encephalitis, SARS, MERS, Dengue, COVID-19 etc.)
- v. Pertusis, tetanus, Diphtheria, Whooping Cough
- vii Enteric fever,
- vii. Sexually Transmitted Diseases

8. Medicine & Surgery:

A. Medicine:

1. History taking/physical examination
2. Causes, signs and symptoms, type, prevention, treatment, complication and investigation of
 - a. Digestive System
 - i. Gastritis, peptic ulcer, cholecystitis
 - ii. Appendicitis
 - iii. Dysentery
 - iv. Gastroenteritis
 - v. Hepatitis
 - b. Respiratory system
 - i. Common cold
 - ii. Tonsillitis
 - iii. Pharyngitis
 - iv. Rhinitis
 - v. Sinusitis
 - vi. Bronchitis
 - vii. Pneumothorax
 - c. Cardiovascular System
 - i. Hypertension
 - ii. Congestive Cardiac Failure (CCF)
 - iii. Rheumatic fever
 - d. Genito Urinary System
 - i. Nephritis
 - ii. Renal Colic
 - iii. Urinary Tract Infection (UTI)
 - e. Endocrine System
 - i. Diabetes
 - ii. Hypothyroidism
 - iii. Hyperthyroidism
 - f. 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 scald
- vii. Fracture, Dislocation and sprain
- viii. Head and spinal cord injuries
- ix. Bleeding
- x. Foreign body in eye, ear, nose and throat
- xi. Conjunctivitis, iritis, trachoma, cataract, style. Otitis externa
- xii. Common problem of teeth and mouth
- xiii. Acute abdominal problem
- xiv. Acute appendicitis
- xv. Acute cholecystitis
- xvi. Intestinal obstruction
- xvii. Hydrocele
- xviii. Hernia
- xix. Tumor

9. Pharmacy and Pharmacology

A. Pharmacy

- i. Terminologies used in pharmacy
- ii. Inventory management
- iii. Dispensing
- iv. Rationale Use of Drugs
- v. Dose and its calculation
- vi. Narcotic drugs management

B. Pharmacology

- i. Terms used in pharmacology
- ii. Meaning and types of Antibiotic
- iii. Mode of action, rational use, dose, general side effects and contradiction of the drugs used in different systems.

10. Health Culture and Communication and counselling:

- i. Changes, process and barrier of changes in community
- ii. Counselling (mass, group and interpersonal)
- iii. Traditional belief and health related taboos
- iv. Health and disease spectrum

Health Management:

- i. Health care system in Nepal
- ii. Job Description of Auxiliary health Worker (AHW), malaria inspector/Vector control Assistant/Malaria Assistant/Cold chain Assistant.
- iii. Primary Health Care (PHC): definition and components, Principles
- iv. Organogram of MoHP, Gandaki Province
- v. Roles and Responsibilities of Federal, Provincial and Local level Government.

Management of:

- i. Health posts
- ii. Clinics
- iii. Health Camps
- iv. Inventory

- v. Meeting
- vi. Leaves (Types)
- vii. Recording and reporting – IHMIS, DHIS-2, eLMIS
- viii. Monitoring and Supervision of Health Delivery System