

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

नेपाल स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक पाचौं तह, हेल्थ असिस्टेन्ट पद (प्रदेश/स्थानीय तह) को खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

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

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:-१००

द्वितीय चरण:- अन्तर्वार्ता

पूर्णाङ्क:-२०

प्रथम चरण - लिखित परीक्षा योजना (Examination Scheme)

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

द्वितीय चरण:-

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

द्रष्टव्य:

- लिखित परीक्षाको माध्यम भाषा अंग्रेजी वा नेपाली अथवा अंग्रेजी र नेपाली दुवै हुन सक्नेछ।
- पाठ्यक्रमको एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ:-

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

- वस्तुगत बहुवैकल्पिक(Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत २(दुई) अङ्क प्रदान गरिनेछ। तर 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 लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३(तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ।
- लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ।
- पाठ्यक्रम लागू मिति:-

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1. Planning and Management

- 1.1 Community Health Diagnosis & Health Profile
- 1.2 Micro Health Planning
- 1.3 Supervision, Monitoring and Evaluation of Health Program
- 1.4 Integrated Health Management Information System (IHMIS), eLMIS, DHIS-2
- 1.5 Planning and Management of Health Camps
- 1.6 Cold Chain Management
- 1.7 Health Training Management in different settings (community and institutional levels)
- 1.8 Logistic Management System

2. Introduction of Health Policy, Planning, Strategies and implementation status of Public Health Programs in Nepal

- 2.1 Family Planning and Safe Motherhood,
- 2.2 Control of Diarrhoeal Diseases (CDD), Acute Respiratory Diseases (ARI), Nutrition, National Programme on Immunization & Integrated Management of Childhood Illness (IMCI)
- 2.3 Malaria, Kala-azar, Japanese Encephalitis, Filaria, Dengue, Scrub Typhus, Leptospirosis
- 2.4 Human Immuno Deficiency Virus (HIV)/Acquired Immuno Deficiency Syndrome (AIDS) and Sexually Transmitted Diseases (STDs)Control
- 2.5 Tuberculosis and Leprosy Elimination.
- 2.6 Health Education, Information and communication

3. Organizational Structure and Functions

- 3.1 Ministry of Health and Population (MoHP) Gandaki Province, Health Directorate (HD), Health Training Center, Provincial Health Logistic Management Center, Province Public Health Laboratory
- 3.2 Health Office (HO), Different level of provincial and local Hospitals, District Ayurved Health Center
- 3.3 Local level Health Section, Primary Health Care Center (PHCC), Health Post (HP), Basic Health Care unit, Urban Health Clinic, Community Health Unit
- 3.4 Job Description of Health assistance in different Health care Settings.
- 3.5 Roles and responsibilities of Federal, Province and local Levels for the delivery of Health Services.

4. Community Mobilization & Local Governance

- 4.1 Female Community Health volunteers (FCHV) and Mother's Groups
- 4.2 Primary Health Care Outreach Clinic, Expanded Program on Immunization Clinics
- 4.3 Mobilization of Local Health Leaders and Committees
- 4.5 Management of Health Services in federal context

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4.6 Health Promotion and health education

5. Epidemiology and Disease Control

5.1 Definition, terminology and Scope of Epidemiology, 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, Dengue, Filariasis, Encephalitis, Kala-azar, Parasitic Infestation, Scabies, Chicken Pox, Influenza, Mumps, Rabies, Hepatitis A, Ring Worm, Leprosy, Pulmonary Tuberculosis, Helminthiasis, Pertussis, Measles and Diphtheria, HIV/AIDS, COVID-19 etc.

5.5 Epidemiological triad

6. Non Communicable diseases (General Introduction)

6.1 Heart Diseases

6.2 Cancer

6.3 Diabetes and Thyroid disorders

6.4 Kidney Problems

6.5 Mental Problems

7. Environmental Sanitation

7.1 Water Purification, Waste Management, Food Hygiene, Sanitation of public places, Health Hazards, Air Pollution, Water pollution, Sanitary Latrines, Basic Measures in Controlling Rodents, Medical Importance and Measures of Controlling Common Vectors and Insects Borne Diseases, Entomology

8. Child Health Problems and Interventions

8.1 Common Neo-natal Problems and Management

8.2 Common Childhood illness like CDD, ARI, Malaria, Measles and Malnutrition.

8.3 Nutritional Interventions, Immunizations Services

8.4 Common growth and development of under 5 years children

9. General Medicine

9.1 General History Taking, Simple Physical Examination, Systemic Examination.

9.2 Various Methods of Diagnosis, Complication and Management of Diseases in Respiratory, Digestive, Cardiovascular, Urinary, Endocrine, Hematology, Sense Organs and Central Nervous System with its terminology, Etiology and clinical features

9.3 Infection Prevention and Control (IPC)

10. First Aid and Emergency Management

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10.1 Shock, Poisoning, Injuries, Hemorrhage, Dehydration, Thermal and Chemical Burns, Fracture and Dislocation, Frost Bite, Insect bite, Animal bite, Snake bite and Drowning, Abscess and Cellulites, Electrocutation

11. Skin Diseases

11.1 Impetigo, Boils, Tinea, Herpes Zoster, Scabies, Eczema, Skin Allergic Conditions and Acute drug reaction

12. Elementary Surgery

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

13. Eye, Ear, Nose and Throat Diseases

13.1 General Examination procedures of Eye, Ear, Nose and Throat

13.2 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

13.3 Removal of Wax and Foreign Bodies from ear, Sign and Symptoms and Managements of Otitis Media, Otitis Externa and referral conditions of hearing problems

13.4 Deviated nasal Septum, Nasal polyps, Epistaxis and Sinusitis

13.5 Clinical Features, Complications and management of Acute Tonsillitis, Pharyngitis and Laryngitis

14. Oral Health and Mental Health

14.1 Dental plaques and calculus, Dental Caries, Periodontitis, Periodontal pockets and Abscess, Importance and Maintenance of Oral Hygiene

14.2 Psychosis, Neurosis and Mental Retardation, Conversion Disorder, Epilepsy, Anxiety Disorder

15. Reproductive Health and Interventions

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

15.2 Management of Normal Labor and Early Diagnosis and referral of Complicated Pregnancy, Labor, Puerperium

15.3 Safe Abortions, Family Planning and counseling, Permanent and Temporary Contraceptives and its use and Contraindications

16. Acts and Regulations

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16.1 Health Service Act, 2053 and Regulation, 2055

16.2 Health Professional Council Act, 2053 and Regulation, 2056

16.3 Health Service act and regulation

16.4 Introduction to Laboratory Procedures

16.4.1 Sugar and Albumin Test

16.4.2 Hemoglobin Test

16.4.3 Complete Blood Count

वस्तुगत बहुउत्तर नमुना प्रश्नहरू (Sample Questions)

1. The route of infection in diarrhea is:

(A) Oral to faecal (B) Faecal to Oral (C) Inhalation (D) Skin Contact

Correct Answer:- (B)

2. The main objectives of Safer Motherhood is

(A) Safe delivery without disturbing the life of mother

(B) Safe delivery without disturbing the life of baby

(C) A and B

(D) None of the above

Correct Answer:- (C)

3. Which one does not give guarantee for contraception?

(A) Vasectomy (B) Intrauterine Device

(C) Oral Pills (D) Breast Feeding

Correct Answer:- (D)

4. The elimination of Leprosy means:

(A) One case per ten thousand populations.

(B) Below one case per ten thousand populations.

(C) One case per thousand populations.

(D) No one case per ten thousand populations.

Correct Answer:- (B)

5. The most sensitive indicator for health status of the country is:

(A) IMR (B) CDR (C) MMR (D) TFR

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Correct Answer:- (A)

6. Coliform present in the water indicates:

- (A) Excreta contamination in the water
- (B) Mud in the water
- (C) Chemical contamination in the water
- (D) Pure water

Correct Answer:- (A)

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.