

प्रदेश लोक सेवा आयोग

गण्डकी प्रदेश

नेपाल स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, नवौं (९) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको
पाठ्यक्रम

Paper II: Technical Subject

A. Epidemiology, Statistics and Research

1. Epidemiology
 - 1.1. Definition and commonly accepted concepts, approaches, methods, incidence, prevalence, association and causation, disease prevention and control
 - 1.2. Aim and use of epidemiology
 - 1.3. Epidemiology of diseases (Infectious and non-communicable disease)
 - 1.4. Dynamics of disease transmission-source of reservoir, Mode of transmission susceptible host, immunity and immunizing agents.
 - 1.5. Investigation of an epidemic and contract tracing
 - 1.6. Screening and surveillance of diseases
 - 1.7. Health Indicators.
2. Diseases Prevention, Control, Elimination and Eradication
 - 2.1. Prevention and control of communicable and non-communicable disease.
 - 2.2. Elimination and Eradication of selected diseases
3. Health Statistics (Bio Statistics)
 - 3.1. Sources of health information and Health Management Information System.
 - 3.2. Tabulation, graphic and diagrammatic representation of data.
 - 3.3. Statistical methods: averages, dispersion distribution, sampling and sampling size test significance, correlation and regression.
 - 3.4. Data analysis, interpretation and its use
 - 3.5. Use of different statistical software (SPSS, Strata)
4. Demography
 - 4.1. National population policy
 - 4.1.1. Population trends – World and Nepal
 - 4.1.2. Measure of population dynamics
 - 4.1.3. Factors affecting fertility, mortality and migration (Including brain drain)
 - 4.1.4. Urbanization and industrialization
 - 4.1.5. Life expectancy
5. Research Methodology
 - 5.1. Health system research, Action, Operational and Implementation research
 - 5.2. National and provincial priorities in health research
 - 5.3. Literature review
 - 5.4. Formulation of objectives, research questions and hypothesis
 - 5.5. Research methods and design
 - 5.6. Budgeting
 - 5.7. Research proposal development
 - 5.8. Nepal Health Research Council

B: Health Service Delivery

1. National Health Programs

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- 1.1. Epidemiology and Disease Control Programme: Malaria, Tuberculosis, Leprosy, JE, Dengue, Scrub typhus, Zoonotic Diseases and COVID-19
- 1.2. Reproductive Health Programme: Safe motherhood, new borne care, family planning, Adolescent reproductive health, safe abortion, care of elderly women, RTI/STD/HIV/AIDS, infertility prevention and treatment.
- 1.3. Child health
 - 1.3.1. Management and control of child illness, care of the newborn and integrated management of childhood illness.
 - 1.3.2. Growth and development
 - 1.3.3. Care of the under fives
 - 1.3.4. Right of the child
 - 1.3.5. Immunization
- 1.4. Nutrition
 - 1.4.1. Food and nutrients with nutritional profiles
 - 1.4.2. Nutritional problems
 - 1.4.3. Nutritional factors in selected diseases
 - 1.4.4. Assessment of nutritional status
 - 1.4.5. Food toxication, additives, fortification
 - 1.4.6. Nutritional programs
 - 1.4.7. Multisector nutrition plan
2. Environmental Health
 - 2.1. Internal and external and ecological factors responsible for impairing health.
 - 2.2. Management and control of basic and fundamental environmental factors-
 - 2.2.1. Water, Air, Ventilation, Lighting, Noise, Housing
 - 2.2.2. Solid waste disposal and control
 - 2.2.3. Excreta disposal and control
 - 2.2.4. Health care waste management
 - 2.2.5. Climate change, health effects and its control measures
 - 2.3. Medical entomology-mosquito, housefly, sand-fly, lice, fleas, bugs etc. control
 - 2.4. Insecticides-safe use and resistance
 - 2.5. Rodents control
3. Occupational Health
 - 3.1. Occupational Environment
 - 3.2. Occupational hazards
 - 3.3. Health problems due to industrialization
 - 3.4. Management, Prevention (medical, engineering and legislation) and control of
 - 3.4.1. Occupational diseases and conditions like Pneumoconiosis, lead poisoning, cancers, and dermatitis and radiation hazards
 - 3.4.2. Occupational hazards of agricultural workers
 - 3.4.3. Accidents in industries
 - 3.4.4. Measures for the general health protection of workers.

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4. School health
 - 4.1. Curriculum, instruction and training
 - 4.2. Healthy school environment
 - 4.3. School community cooperation for better health
5. Essential Health Care Services (EHCS), Basic Health Care Services (BHCS) and higher level health care services
 - 5.1. EHCS and BHCS at Province/district, local level and below
 - 5.2. Secondary level health care services
 - 5.3. Tertiary and specialized health care services
 - 5.4. Health Insurance
