



स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समन्वय सहायक चौथो तह, अ.हे.ब पदको परीक्षाको पाठ्यक्रम ।

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

प्रथम चरण :- लिखित परीक्षापूर्णाङ्क :- ५०

द्वितीय चरण :- अन्तर्वार्ता पूर्णाङ्क :- २०

प्रथम चरण - लिखित परीक्षा योजना (Examination Scheme)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या	समय
सेवा सम्बन्धी	५०	२०	वस्तुगत बहुउत्तर (Multiple Choice)	५०	३० मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

- यथासम्भव पाठ्यक्रमको सबै एकाइहरूबाट प्रश्नहरू सोधिनेछ ।
- वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत १ (एक) अङ्क प्रदान गरिनेछ, भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत अङ्क कट्टा 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 सम्भन्नु पर्दछ ।



स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तह अ.हे.ब पदको लिखित परीक्षाको पाठ्यक्रम ।

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.Skeletal system
 - H.Sense organ system

2. Health education and community Diagnosis
 - (A)Health Education
 - Health Education, importance and method
 - Communication & barrier of communication
 - Learning process
 - Leadership.
 - (B)School Health
 - Purpose of School Health Program
 - Activities of School Health Program.
 - (C)Community Diagnosis
 - Importance and methods of community diagnosis
 - (D) Community Development
 - Objective
 - Methods of community development

3. Community Health
 - (A)Epidemiology
 - i. Definition of Epidemiology
 - ii. Scope of Epidemiology
 - iii. Vitalstatistic
 - iv. Epidemiological investigation
 - v. Epidemiological trends
 - vi. Disease prevention
 - vii. Basic principle of disease transmission
 - viii.Immunity.
 - (B)Environmental sanitation
 - i. Environmental sanitation
 - ii. Scope of environmental sanitation



- iii. Water (Source, Water purification)
 - iv. Excreta disposal and faecal born disease
 - v. Solid waste method of termination
 - vi. Disposal of waste water
 - vii. Health & Disease spectrum
 - viii. Food sanitation
 - ix. Insects and rodents and their importance in public health
 - x. Milk hygiene & Milk born disease.
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
 - Drawing, Choking, High fever fit and convulsion
- (B) Basic Medical Procedures
- Vital signs
 - Investigation process and Importance of urine, Stool, Blood, Sputum pus and throat swab collection
 - Bandage (Importance, types & application)
 - Technique of giving injection
 - Sterilization process, importance, type and methods.
5. Vector Borne Disease (VBDs):
- i. History and Epidemiology of VBDs- Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses.
 - ii. Rationale and 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. Analysis of the district VBDs situation.
 2. Development of District VBDs Profile with the risk areas and population mapped.
 3. Preparation of Annual Work Plan
 4. Epidemic/Outbreak preparedness and Response
 5. Surveillance
 6. Behaviour Change Communication (IEC)
 7. Recording and Reporting of VBDs
 8. Referral and follow-up
 9. Supervision, monitoring and evaluation of VBDs control programs.
 10. Roles and responsibilities of different level health facilities.
 11. Techniques of community mobilization for VBDs.

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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
 - 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 haemorrhage
 - xvi. Post partum haemorrhage
 - xvii. Post partum haemorrhage, retained placenta
 - xviii. Definition, signs and symptoms; and management of pelvic infection
 - xix. Uterine prolapsed
 - xx. Leucorrhoea, Trichomonosis
 - xxi. Growth and development of baby
 - xxii. Milestone development
 - xxiii. Definition, causes, signs symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases
 - xxiv. Six killer disease (Tuberculosis, Tetanus, Polio, Pertussis, Diphtheria, Measles)
- (B) **Family Planning**
- i. Population education
 - ii. Population pyramids
 - iii. Consequences of population growth
 - iv. Measures to solve population problem.
 - v. Family planning methods
 - vi. Temporary method
 - vii. Permanent method
- (C) **Nutrition**
- i. Source of nutrients
 - ii. Nutritional status measurements
 - iii. Breast feeding, Weaning and supplementary foods
 - iv. PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment
 - v. Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and management



7. **Communicable Disease and Microbiology**
A. Microbiology
i. Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)
B. Communicable Diseases
Communicable disease and non communicable disease, causes, clinical features, treatment, compliation and prevention of:
i. Amoebic, bacillary, dysentery, giardiasis
ii. Cholera, Tuberculosis, Malaria
iii. Parasitic Siseases
iv. Viral Sisease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, polomyelitis, trachoma)
v. Bacterial Disease
vi. Leprosy, pertusis, tetanus, gastro-enteritis
vii. Enteric fever, diphtheria, syphilis, gonorrhoea.
8. **Medicine & Surgery:**
A. Medicine:
1. History taking/physical examination
2. Causes, signs and symptoms, type, prevention, treatment, complication and investigation of
a. Deficiency disease
i. Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease.
b. Digestive System
i. Gastritis, peptic ulcer, cholecystitis
ii. Appendicitis
iii. Dysentery
iv. Gastroenteritis
v. Hepato-splenomegaly
c. Respiratory system
i. Common cold
ii. Tonsillitis
iii. Pharyngitis
iv. Rhinitis
v. Sinusitis
vi. Bronchitis
vii. Pneuothorax
d. Cardiovascular System
i. Hyper Tension
ii. Congestive Cardiac Failure (CCF)
iii. Rheumatic fever
e. Genito Urinary System
i. Nephritis
ii. Renal Colic
iii. Urinary Tract Infection (UTI)
f. Endocrine System





- i. Diabetes
- ii. Hypothyroidism
- iii. Hyperthyroidism
- g. 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 scales
 - vii. Fracture
 - viii. Dislocation and sprain
 - ix. Head and spinal cord injuries
 - x. Bleeding
 - xi. Foreign body in eye, ear, nose and throat
 - xii. Conjunctivitis, iritis, trachoma, cataract, sty. Otitis externa
 - xiii. Common problem of teeth and mouth
 - xiv. Acute abdominal problem
 - xv. Acute appendicitis
 - xvi. Acute cholecystitis
 - xvii. Instinal obstnection
 - xviii. Hydrocele
 - xix. Hernia
 - xx. Tumor

9. Pharmacy and Pharmacology

A. Pharmacy

- i. Terminology used inn pharmacy
- ii. Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulatory
- iii. Inventory management
- iv. Dispensing



- v. Narcotic drugs management
- vi. Banded drugs

B. Pharmacology

- i. Terms used in pharmacology
- ii. Meaning and types of Antibiotic
- iii. Action, use, dose, general side effects and contradiction of the drugs used in different systems:
 - 1. Digestive systems
 - 2. Respiratory system
- iv. Condition
 - 1. Pain
 - 2. Fever
 - 3. Inflammation
 - 4. Locally used preparations
 - 5. Antihypertensive drugs
 - 6. Nutritional Supplementary Drugs
 - 7. Vaccines
 - 8. Hormones
 - 9. Oral rehydration therapy
 - 10. Parental solution

10.

Health Culture and Communication:

- i. Changes, process and barrier of changes in community
- ii. Traditional belief and health related taboos
- iii. Traditional medicine practice in Nepal
- iv. Concept of family health
- v. Health and disease spectrum
- vi. Health reporting and recording

Health Management:

- i. Health care system in Nepal
- ii. Job Description of Auxiliay health Worker (AHW) and Ausiliary Nurse Midwife (ANM)
- iii. Primary Health Care (PHC): definition and components
- iv. Job description of malaria inspector/Vector control Assistent/Malaria Assistent/Cold chain Assistent.

Management of:

- i. Health posts
- ii. Clinics
- iii. Health Camps
- iv. In service Training
- v. Inventory
- vi. Chart and Diagram
- vii. Meeting
- viii. Problem solving
- ix. Leaves
- x. Recording and reporting
- xi. Supervision and monitoring



Model Question (नमूना प्रश्न)

१. प्राथमिक स्वास्थ्य सेवाको तत्वहरु (Elements) भित्र नपर्ने तत्व कुन हो ?
(क) दन्त सेवा(ख) पौष्टिक आहार सेवा
(ग) परिवार नियोजन सेवा(ग) आई.सि.यू. सेवा (ICU)
२. एउटा साधारण वयस्क (Normal Adult) को साधारण रक्तचाप (Normal Blood Pressure) कति हुनु पर्छ ?
(क) ८०/४०-१००/५०(ख) ११०/७०-१२०/८०
(ग) १२०/८०-१३०/९०(ग) १४०/१००-१५०/१००
३. कुन रोगको विरामीलाई आवाज कम आउने र अध्यारो कोठामा राखी स्याहार गर्नुपर्ने हुन्छ ?
(क) भ्रूण वान्ता (ख) ढाड भाँचिएको
(ग) धनुषटंकार (Tetanus) (घ) दम
४. कालजार रोग सार्ने जिवाणु कुन हो ?
(क) भिङ्गा (House Fly) (ख) लामखुट्टे (Mosquito)
(ग) साण्ड फ्लाई (Sand fly) (घ) उपियाँ (Flea)
५. टाइफाइड रोगको संक्रमण अवधि (Incubation period) कति दिनको हुन्छ ?
(क) ३-७ दिन(ख) ५-१४ दिन
(ख) १०-१५ दिन(घ) १५-२० दिन