

स्वास्थ्य, सेवा, हेल्थ इन्सपेक्सन समूह, सहायक पाचौं तह, हे.अ पदको खुला लिखित 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)

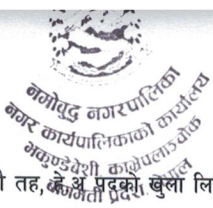
विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या	समय
सेवा सम्बन्धी	५०	२०	वस्तुगत बहुउत्तर (Multiple Choice)	५०	३० मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

१. यथासम्भव पाठ्यक्रमको सबै एकाइहरूबाट प्रश्नहरू सोधिनेछ ।
२. 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 सम्झनु





स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक पाँचौ तह, ~~के अ प्रदको~~ खोला लिखित परीक्षाको पाठ्यक्रम

1. **Introduction, National Policy, Planning , Strategies and implementation status of Public Health Programmes in Nepal**
 - 1.1 Family Planning, Safe Motherhood,
 - 1.2 Control of Diarrhoeal Diseases (CDD), Acute Respiratory Diseases (ARI), Nutrition, National Programme on Immunization & Integrated Management of Childhood Illness (IMCI)
 - 1.3 Malaria, Kala-azar, Japanese Encephalitis, Filariasis
 - 1.4 Human Immuno Deficiency Virus (HIV)/Acquired Immuno Deficiency Syndrome (AIDS) and Sexually Transmitted Diseases (STD) Control
 - 1.5 Tuberculosis and Leprosy Control.
 - 1.6 Health Education, Information and communication
2. **Planning and Management**
 - 2.1 Community Health Diagnosis & Health Profile
 - 2.2 Micro Planning of Health Programme
 - 2.3 Supervision, Monitoring and Evaluation of Health Programmes
 - 2.4 Health Management Information System (HMIS)
 - 2.5 Planning and Management of Camps
 - 2.6 Cold Chain Management
 - 2.7 Health Training Management in different settings
 - 2.8 Logistic Management
3. **Organizational Structure and Functions**
 - 3.1 Ministry of Health and Population (MoHP), Department of Health Service (DoHS), Regional Health Directorate (RHD)
 - 3.2 District Health Office (DHO), District Public Health Office (DPHO)
 - 3.3 Primary Health Care Center (PHCC), Health Post (HP), Sub Health Post (SHP)
4. **Community Mobilization & Local Governance**
 - 4.1 Female Community Health volunteers (FCHV) and Mother's Groups
 - 4.2 Primary Health Care Outreach Clinic
 - 4.3 Community Drug Programme (CDP)
 - 4.4 Mobilization of Local Health Leaders and Committees
 - 4.5 Decentralized Management of Health Services
5. **Epidemiology and Disease Control**
 - 5.1 Definition, Scope, 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, Filariasis, Encephalitis, Kala-azar, Parasitic Infestation, Scabies, Chicken Pox, Influenza, Mumps, Rabies, Hepatitis, Ring Worm, Leprosy, Tuberculosis, Helmenthiasis, Pertusis, Measles and Diphtheria



6. **Environmental Sanitation**
 - 6.1 Water Purification, Waste Management, Food Hygiene, Sanitation of public places, Health Hazards, Sanitary Latrines, Basic Measures in Controlling Rodents, Medical Importance and Measures of Controlling Common Vectors and Insects
7. **Child Health Problems and Interventions**
 - 7.1 Common Neo-natal Problems
 - 7.2 Common Child Health Problems like CDD, ARI, Malaria and Malnutrition.
 - 7.3 Nutritional Interventions, Immunizations Services
8. **General Medicine**
 - 8.1 General History Taking, Simple Physical Examination, Systemic Examination.
 - 8.2 Various Methods of Diagnosis, Complication and Management of Diseases in Respiratory, Digestive, Cardiovascular, Urinary, Endocrine, Hematology and Central Nervous System with its terminology, Etiology and clinical features
9. **First Aid and Emergency Management**
 - 9.1 Shock, Poisoning, Injuries, Haemorrhage, External bleeding, Thermal and Chemical Burns, Fracture and Dislocation, Frost Bite, Insect bite, Animal bite, Snake bite and Drowning, Abscess and Cellulites
10. **Skin Diseases**
 - 10.1 Impetigo, Contagious, Boils, Tinea Infection, Herpes Zoster, Scabies, Eczema, Allergic Conditions and Acute drug reaction
11. **Elementary Surgery**
 - 11.1 Haemorrhage, Management of inflammation, Septicemia, Toxemia, Sinus, fistula, Gangrene, Wound, Tetanus, Acute Pain Abdomen, , Hernia, Anal Fissure, Piles, Acute Retention of Urine, Causes of Frequent Urination and Nocturia, Management of Rupture of Urethra, Haematuria, Phymosis, Paraphymosis, Hydrocele, Head Injury, Clinical features and management of Osteomyelitis, Local Anesthesia, Sterilization of Surgical Instruments
12. **Eye, Ear, Nose and Throat Diseases**
 - 12.1 General Examination procedures of Eye, Ear, Nose and Throat
 - 12.2 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
 - 12.3 Removal of Wax and Foreign Bodies, Sign and Symptoms and Managements of Otitis Media, Otitis Externa and referral conditions of hearing problems
 - 12.4 Deviated nasal Septum, Nasal polyps, Epistaxis and Sinusitis
 - 12.5 Clinical Features, Complications and management of Acute Tonsillitis, Pharyngitis and Laryngitis
13. **Oral Health and Mental Health**
 - 13.1 Dental plaques and calculus, Dental Carries, Periodontitis, Peridonal pockets and Abscess, Importance and Maintenance of Oral Hygiene
 - 13.2 Psychosis, Neurosis and Mental Retardation
14. **Reproductive Health Problems and Interventions**
 - 14.1 Male and Female reproductive System, mechanism of Menstruation, Conception, Evolution, Vaginal Discharge, Management of Per Vaginal Bleeding, Post



Menopausal Bleeding, Uterine Prolapsed, Pelvic Inflammatory Diseases; causes, Sign, Symptoms and Complication of Entopic pregnancy, Management of Engorgement of Mastitis. and Breast Abscess

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

14.3 Safe Abortions, Permanent and Temporary Contraceptives

15. **Acts and Regulations**

15.1 Health Service Act, 2053 and Regulation, 2055

15.2 Health Professional Council Act, 2053 and Regulation, 2056

वस्तुगत बहुउत्तर नमूना 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
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.