लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, हेल्थ इन्स्पेक्शन समूह, सहायक चौथो तहमा रहने
पदहरूको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम।

यस पाठ्यक्रमलाई दुई भागमा विभाजन गरिएको छ।

<table>
<thead>
<tr>
<th>भाग</th>
<th>परीक्षा</th>
<th>विषय</th>
<th>पूर्णाङ्क</th>
<th>प्रश्नसंख्या</th>
<th>समय</th>
<th>परीक्षा प्रणाली</th>
<th>उत्तीर्णाङ्क</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>लिखित</td>
<td>सेवा</td>
<td>१००</td>
<td>५०</td>
<td>४५ मिनेट</td>
<td>वस्तुगत वहूउत्तर</td>
<td>४०</td>
</tr>
<tr>
<td>2</td>
<td>अन्तर्विदा</td>
<td></td>
<td>२०</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

प्रश्नेका:

1. यथासम्भव पाठ्यक्रमका सवै एकाइबाट प्रश्न सोधिने छन्।
2. लिखित परीक्षामा गली गरेको प्रश्नोत्तरका लागि २०% अढ उत्तर गरिनेछ।
3. पाठ्यक्रम लागू मिलि २०१९/२०२४
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 Protocel of VBDs.
   v. 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.
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. Poart 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 desease (Tuberculosis, Teatunus, Polio, Purtusis, Diphtherial Measles

(B) Family Planning
   i. Population education
   ii. Population pyramids
   iii. Consequences of population growth
   iv. Measres to slove 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, complication and prevention of:
      i. Amoebic, bacillary, dysentery, giardiasis
      ii. Cholera, Tuberculosis, Malaria
      iii. Parasitic Diseases
      iv. Viral Disease (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, gonorrhea.

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. Pneumothorax
         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 obstnecion
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
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 Assistant/Cold chain Assistant.

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 (नमुना प्रश्न)

1. प्राथमिक स्वास्थ्य सेवाको तत्वहरू (Elements) भित्र नपर्ने तत्व कै तन हो ?
   (क) दल्ल सेवा 
   (ख) पौष्टिक आहार सेवा 
   (ग) परिवार नियोजन सेवा 
   (घ) आई.सि.यू. सेवा (ICU)

2. ऐल्या साधारण बयास (Normal Adult) को साधारण रक्तचाप (Normal Blood Pressure) कै पनि हुनु पर्छ ?
   (क) ८०/५०-९०/५० 
   (ख) ९०/६०-१२०/८० 
   (ग) १२०/८०-१३०/९० 
   (घ) १४०/१००-१६०/१००

3. कृष रोगको विरामीलाई आवाज कम आउने र अन्य रोगको कोभामा राखी स्मार्क गर्नुपर्ने
   हुन्छ ?
   (क) भाडा वानता 
   (ख) ठाडा भाचिएको 
   (ग) धनुपटकार (Tetanus) 
   (घ) दम

4. कालजार रोग साँस्ने जिवाणु कै तन हो ?
   (क) भिङ्गा (House Fly) 
   (ख) लामेषुर्ण (Mosquito) 
   (ग) साँड फ्लाई (Sand fly) 
   (घ) उपिया (Flee)

5. टाइफाइड रोगको संक्रमण अवधि (Incubation period) कै पनि दिनका हुन्छ ?
   (क) ३-७ दिन 
   (ख) ५-१४ दिन 
   (ग) १०-१५ दिन 
   (घ) १५-२० दिन