

गोलबजार नगरपालिका
नगर कार्यपालिकाको कार्यालय
गोलबजार, सिरहा

परीक्षाको पाठ्यक्रम

सेवा : नेपाल स्वास्थ्य

पद : अ. हे. व.

तह: चौथो

परीक्षा योजना (Examination Scheme)

क. प्रथम चरण: लिखित परीक्षा

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या × अङ्क	समय
प्रथम	सेवा सम्बन्धी ज्ञान	४०	१६	वस्तुगत	बहुवैकल्पिक प्रश्न	४० प्रश्न × १ = ४० अङ्क	४० मिनेट
द्वितीय	खण्ड-क: सेवा सम्बन्धी ज्ञान	१०	८	विषयगत	छोटो उत्तर	५ प्रश्न × २ = १० अङ्क	४० मिनेट
	खण्ड-ख: सेवा सम्बन्धी ज्ञान	१०		विषयगत	लामो प्रश्न	२ प्रश्न × ५ = १० अङ्क	
जम्मा		६०	२४				८० मिनेट

ख. द्वितीय चरण: मौखिक अन्तरवार्ता

पत्र/विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	समय
मौखिक अन्तरवार्ता	४०	-	अन्तरवार्ता समिति	-

द्रष्टव्य:

१. प्रश्नपत्र नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै भाषामा हुनेछ ।
२. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
३. बहुवैकल्पिक वस्तुगत (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा अङ्क कट्टा गरिने छैन ।
४. परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
५. लिखित परीक्षामा वस्तुगत प्रश्नको उत्तर कुञ्जिका बुझाएपछि विषयगत प्रश्नपत्र उपलब्ध गराइनेछ ।
६. वस्तुगत प्रश्नको उत्तर कुञ्जिका उपलब्ध गराइनेछ ।
७. विषयगत प्रश्नको प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तर पुस्तिकाहरू उपलब्ध गराइनेछ । परीक्षार्थीलाई उपलब्ध गराइएको उत्तर पुस्तिकामा सम्बन्धित खण्डको प्रश्नको उत्तर लेख्नुपर्नेछ ।
८. प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई द्वितीय चरणको प्रयोगात्मक र तृतीय चरणको मौखिक अन्तरवार्तामा सामेल गराइनेछ ।
९. लिखित परीक्षामा यथासम्भव दिइएको पाठ्यक्रमबाट प्रश्नहरू सोधिनेछ ।
१०. पाठ्यक्रम लागू हुने : मिति २०८०/०५/२४ गते जारी “सेवा करारमा खरिद गर्ने सूचना” सम्बन्धमा ।

1. Anatomy and Physiology Anatomical structure and function of the following different organs of the body system:

- 1.1 Digestive system
- 1.2 Respiratory system
- 1.3 Cardiovascular system
- 1.4 Reproductive system
- 1.5 Endocrine system
- 1.6 Nervous system
- 1.7 Skeletal system
- 1.8 Sense organ system

2. Health Education and Community Diagnosis

- 2.1 Health Education
 - 2.1.1 Health Education, importance and method
 - 2.1.2 Communication & barrier of communication
 - 2.1.3 Learning process
 - 2.1.4 Leadership
- 2.2 School Health
 - 2.2.1 Purpose of School Health Program
 - 2.2.2 Activities of School Health Program.
- 2.3 Community Diagnosis
 - 2.3.1 Importance and methods of community diagnosis
- 2.4 Community Development
 - 2.4.1 Objective
 - 2.4.2 Methods of community development

3. Community Health

- 3.1 Epidemiology
 - 3.1.1 Definition and Scope of Epidemiology
 - 3.1.2 Vital statistic
 - 3.1.3 Epidemiological investigation
 - 3.1.4 Epidemiological trends
 - 3.1.5 Disease prevention
 - 3.1.6 Basic principle of disease transmission
 - 3.1.7 Immunity
- 3.2 Environmental sanitation
 - 3.2.1 Introduction and Scope of environmental sanitation
 - 3.2.2 Water (Source, Water purification)
 - 3.2.3 Excreta disposal and faecal born disease
 - 3.2.4 Solid waste method of termination
 - 3.2.5 Disposal of waste water
 - 3.2.6 Health & Disease spectrum
 - 3.2.7 Food sanitation
 - 3.2.8 Insects and rodents and their importance in public health
 - 3.2.9 Milk hygiene & Milk born diseases

4. First Aid and Basic Medical Procedures

- 4.1 First Aid
 - 4.1.1 First aid: Shock, Bleeding, burn/scalds fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite & Frost bite
 - 4.1.2 First aid treatment of electrical injury
 - 4.1.3 Drawing, Choking, High fever fit and convulsion
- 4.2 Basic Medical Procedures
 - 4.2.1 Vital signs
 - 4.2.2 Investigation process and Importance of urine, Stool, Blood, Sputum pus and throat swab collection
 - 4.2.3 Bandage (Importance, types & application)
 - 4.2.4 Technique of giving injection
 - 4.2.5 Sterilization process, importance, type and methods

5. Vector Borne Disease (VBDs)

- 5.1 History and Epidemiology of VBDs - Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses
- 5.2 Rationale and Tools and techniques for the Prevention and control of VBD
- 5.3 Clinical features, Diagnosis and Case Management of VBDs
- 5.4 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
- 5.5 Planning for VBDs Prevention and Control at the district and periphery level:
 - 5.5.1 Analysis of the district VBDs situation
 - 5.5.2 Development of District VBDs Profile with the risk areas and population mapped
 - 5.5.3 Preparation of Annual Work Plan
 - 5.5.4 Epidemic/Outbreak preparedness and Response
 - 5.5.5 Surveillance
 - 5.5.6 Behaviour Change Communication (IEC)
 - 5.5.7 Recording and Reporting of VBDs
 - 5.5.8 Referral and follow-up
 - 5.5.9 Supervision, monitoring and evaluation of VBDs control programs
 - 5.5.10 Roles and responsibilities of different level health facilities
 - 5.5.11 Techniques of community mobilization for VBDs

6. Maternal and Child Health, Family Planning and Nutrition

- 6.1 Maternal and Child Health
 - 6.1.1 Antenatal care, Physiological Change during pregnancy, Danger signs, High risk group (mother), Delivery care
 - 6.1.2 Stages of labor, Difference between false and true labour
 - 6.1.3 Postnatal care, New born Care, Complication of pregnancy
 - 6.1.4 Abortion, Ectopic pregnancy, Toxemia, Mal Presentations
 - 6.1.5 Ante Partum haemorrhage, Post partum haemorrhage, retained placenta
 - 6.1.6 Definition, signs and symptoms; and management of pelvic infection
 - 6.1.7 Uterine prolapsed, Leucorrhoea, Trichomonosis
 - 6.1.8 Growth and development of baby, Milestone development
 - 6.1.9 Definition, causes, signs symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases
 - 6.1.10 Six killer disease (Tuberculosis, Tetanus, Polio, Pertussis, Diphtheria, Measles)
- 6.2 Family Planning
 - 6.2.1 Population education, Population pyramids
 - 6.2.2 Consequences of population growth

6.2.3 Measures to solve population problem

6.2.4 Family planning methods - Temporary and Permanent methods

6.3 Nutrition

6.3.1 Source of nutrients

6.3.2 Nutritional status measurements

6.3.3 Breast feeding, Weaning and supplementary foods

6.3.4 PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment
6.3.5 Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and management

7. Microbiology, Communicable and Non-communicable Diseases

7.1 Microbiology

7.1.1 Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminths)

7.2 Communicable disease and non-communicable disease, causes, clinical features, treatment, compilation and prevention of:

7.2.1 Amoebic, bacillary, dysentery, giardiasis

7.2.2 Cholera, Tuberculosis, Malaria

7.2.3 Parasitic diseases

7.2.4 Viral disease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, poliomyelitis, trachoma)

7.2.5 Bacterial Disease

7.2.6 Leprosy, pertussis, tetanus, gastro-enteritis

7.2.7 Enteric fever, diphtheria, syphilis, gonorrhoea

8. Medicine

8.1 History taking/physical examination

8.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation of:

8.2.1 Deficiency diseases : Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease

8.2.2 Digestive System

8.2.2.1 Gastritis, peptic ulcer, cholecystitis

8.2.2.2 Appendicitis

8.2.2.3 Dysentery

8.2.2.4 Gastroenteritis

8.2.2.5 Hepato-splenomegaly

8.2.3 Respiratory system

8.2.3.1 Common cold

8.2.3.2 Tonsillitis

8.2.3.3 Pharyngitis

8.2.3.4 Rhinitis

8.2.3.5 Sinusitis

8.2.3.6 Bronchitis

8.2.3.7 Pneumothorax

8.2.4 Cardiovascular System

8.2.4.1 Hyper Tension

8.2.4.2 Congestive Cardiac Failure (CCF)

8.2.4.3 Rheumatic fever

8.2.5 Genito Urinary System

8.2.5.1 Nephritis

8.2.5.2 Renal Colic

8.2.5.3 Urinary Tract Infection (UTI)

8.2.6 Endocrine System

- 8.2.6.1 Diabetes
- 8.2.6.2 Hypothyroidism
- 8.2.6.3 Hyperthyroidism
- 8.2.7 Nervous System
 - 8.2.7.1 CVA (Cerebro Vascular Accident)
 - 8.2.7.2 Convulsion
 - 8.2.7.3 Meningitis
 - 8.2.7.4 Epilepsy
 - 8.2.7.5 Unconsciousness
- 8.2.8 Skin Problems
 - 8.2.8.1 Scabies
 - 8.2.8.2 Ringworm
 - 8.2.8.3 Impetigo
 - 8.2.8.4 Eczema
 - 8.2.8.5 Allergies

9. Surgery

- 9.1 Definition Clinical Features and appropriate treatment of:
 - 9.1.1 Boils, Carbuncles, Ulcer, Piles
 - 9.1.2 Wound, Burn and scales
 - 9.1.3 Fracture, Dislocation and sprain
 - 9.1.4 Head and spinal cord injuries
 - 9.1.5 Bleeding
 - 9.1.6 Foreign body in eye, ear, nose and throat
 - 9.1.7 Conjunctivitis, iritis, trachoma, cataract, style, Otitis externa
 - 9.1.8 Common problem of teeth and mouth
 - 9.1.9 Acute abdominal problem
 - 9.1.10 Acute appendicitis
 - 9.1.11 Acute cholecystitis
 - 9.1.12 Initial obstnection
 - 9.1.13 Hydrocele
 - 9.1.14 Hernia
 - 9.1.15 Tumor

10. Pharmacy and Pharmacology

- 10.1 Pharmacy
 - 10.1.1 Terminology used in pharmacy
 - 10.1.2 Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulator
 - 10.1.3 Inventory management
 - 10.1.4 Dispensing
 - 10.1.5 Narcotic drugs management
 - 10.1.6 Banded drugs
- 10.2 Pharmacology
 - 10.2.1 Terms used in pharmacology
 - 10.2.2 Meaning and types of Antibiotic
 - 10.2.3 Action, use, dose, general side effects and contradiction of the drugs used in Digestive and Respiratory systems
 - 10.2.4 Condition
 - 10.2.4.1 Pain, Fever, Inflammation

- 10.2.4.2 Locally used preparations
- 10.2.4.3 Antihypertensive drugs
- 10.2.4.4 Nutritional Supplementary Drugs
- 10.2.4.5 Vaccines
- 10.2.4.6 Hormones
- 10.2.4.7 Oral rehydration therapy
- 10.2.4.8 Parental solution

11. Health Culture and Communication

- 11.1 Changes, process and barrier of changes in community
- 11.2 Traditional belief and health related taboos
- 11.3 Traditional medicine practice in Nepal
- 11.4 Concept of family health
- 11.5 Health and disease spectrum
- 11.6 Health reporting and recording

12. Health Management

- 12.1 Health care system in Nepal
- 12.2 Job Description of Auxiliary health Worker (AHW) and Auxiliary Nurse Midwife (ANM)
- 12.3 Primary Health Care (PHC): definition and components
- 12.4 Job description of malaria inspector /Vector control Assistant / Malaria Assistant / Cold chain Assistant
- 12.5 Management of:
 - 12.5.1 Health posts, Clinics, Health Camps
 - 12.5.2 In service Training
 - 12.5.3 Inventory, Chart and Diagram
 - 12.5.4 Problem solving, Meeting, Leaves, Recording and reporting
 - 12.5.5 Supervision and monitoring

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