

गोलबजार नगरपालिका  
नगर कार्यपालिकाको कार्यालय  
गोलबजार, सिरहा

परीक्षाको पाठ्यक्रम

सेवा : नेपाल स्वास्थ्य

पद: हेल्थ असिस्टेन्ट

तह: पाचौँ

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 उम्मेद्वारहरूलाई 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 ।

स्वास्थ्य सेवा, हेल्थ असिस्टेन्ट पद, पाचाँ तहको प्रथम र द्वितीय पत्र: लिखित परीक्षाको सेवा सम्बन्धी  
विषयवस्तुहरु

**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),

**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 and Regulation

15.2 Health Professional Council Act and

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