

प्रदेश लोक सेवा आयोग
कोशी प्रदेश, विराटनगर, नेपाल
प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका प्राविधिक तर्फ स्वास्थ्य सेवा, हेल्थ ईन्सपेक्सन समूह, सातौं तहका पदको खुला, अन्तर स्थानीय तह तथा अन्तर तह प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

पाठ्यक्रमलाई निम्नानुसार विभाजन गरिएको छ :

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम	लिखित परीक्षा	२००
अन्तिम	सामूहिक परीक्षण र अन्तर्वार्ता	४०

परीक्षा योजना (Examination Scheme)

१. प्रथम चरण (First Phase)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्क	समय
प्रथम	हेल्थ ईन्सपेक्सन सम्बन्धी	१००	४०	वस्तुगत: बहुवैकल्पिक प्रश्न (MCQs)	१०० प्रश्न X १ अंक	१ घण्टा ३० मिनेट
द्वितीय		१००	४०	विषयगत (Subjective)	१० X १० अंक	३ घण्टा

३. अन्तिम चरण:- सामूहिक परीक्षण र अन्तर्वार्ता (Group Test & Interview)

विषय	पूर्णाङ्क	परीक्षण प्रणाली	समय
सामूहिक परीक्षण (Group Test)	१०	सामूहिक छलफल (Group Discussion)	३० मिनेट
व्यक्तिगत अन्तर्वार्ता (Individual Interview)	३०	मौखिक (Oral)	-

द्रष्टव्य:-

- यो पाठ्यक्रम योजनालाई प्रथम चरण (लिखित परीक्षा) तथा अन्तिम चरण (सामूहिक परीक्षण र अन्तर्वार्ता) गरी दुई भागमा विभाजन गरिएको छ।
- प्रश्न पत्र अंग्रेजी वा नेपाली भाषामा हुनेछ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिने छ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन।
- परीक्षा हलमा मोबाइल फोन, स्मार्ट वाच, हेडफोन वा यस्तै प्रकारका विद्युतीय उपकरण, पुस्तक, नोटबुक, झोला लगायतका वस्तुहरू लैजान पाइने छैन।

६. विषयगत प्रश्नका लागि तोकिएका अङ्कका हकमा एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुईभन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिनेछ।
७. परीक्षामा सोधिने प्रश्न संख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिइए अनुसार हुनेछ।
८. द्वितीय पत्र (विषयगत प्रश्न हुने पत्र) का हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तर पुस्तिकामा लेख्नु पर्नेछ।
९. प्रथम र द्वितीय पत्रका पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरूको अङ्क भार र संख्या देहाय अनुसार हुनेछ:

प्रथम पत्रका ईकाई	१	२	३	४	५	६	७	८	९	१०	११	१२	जम्मा
प्रश्न संख्या	५	२०	१०	५	५	२०	५	५	५	१०	५	५	१००
द्वितीय पत्रका खण्ड	A			B			C			D			
पाठ संख्या	१		२		३		४		५				
अंक भार	३०			३०			२०			२०			१००

१०. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानुन, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भइ हटाइएका वा थप गरी संशोधन भएका) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
११. प्रथम चरणको लिखित परीक्षामा छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको सामूहिक परीक्षण र अन्तर्वार्तामा सम्मिलित गराइने छ।
१२. प्रथम चरणको लिखित परीक्षा र अन्तिम चरणको सामूहिक परीक्षण र अन्तर्वार्ताको कूल अङ्क योगका आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।
१३. पाठ्यक्रम लागू हुने मिति:- २०८०/०२/३२

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प्रथम पत्र (Paper I): सामान्य विषय (General Subject)

- | | | |
|-----------|---|------------|
| 1 | Health and Public Health | 5% |
| 1.1. | Meaning of health and disease, Factors that influence health, concept of health and disease, Dimension of health, Measurement of health, disease and well being | |
| 1.2. | Public health: Concept, definition, Historical development and changing concept, Three domains of public health | |
| 2 | Health Planning and Management | 20% |
| 2.1 | Approaches, models, methods, and practices | |
| 2.2 | Need assessment, planning cycle, Planning, monitoring and evaluation | |
| 2.3 | Strategic and operational planning | |
| 2.4 | Health budget, MTEF and Periodic plan (Federal and Provincial) | |
| 2.5 | General information of government planning, budgeting and accounting system | |
| 2.6 | Inventory management | |
| 2.7 | Drug management | |
| 2.8 | Financial management | |
| 2.9 | Health economics, Health care financing: Basic concepts and economic evaluation of health care services | |
| 2.10 | Health care need assessment | |
| 2.11 | Decentralization in health management | |
| 2.12 | Health system in federal context | |
| 2.13 | Quality assurance in health care | |
| 2.14 | Health Emergency | |
| 3 | General Epidemiology | 10% |
| 3.1 | Definition, concepts, approaches, aims, and use of epidemiology | |
| 3.2 | Epidemiological methods, Incidence, Prevalence, association and causation, disease prevention and control | |
| 3.3 | Epidemiology of communicable and non-communicable diseases | |
| 3.4 | Dynamics of disease transmission | |
| 3.5 | Investigation of an epidemics | |
| 3.6 | Case investigation and contact tracing | |
| 3.7 | Screening of diseases | |
| 3.8 | Health indicators | |
| 3.9 | Management of epidemics and recent challenges | |
| 4 | Health Statistics | 5% |
| 4.1 | Sources of health information, Health information system | |
| 4.2 | Evidence based planning, implication of research policy and research design | |
| 4.3 | Tabulation, graphic and diagrammatic presentation of data | |
| 4.4 | Statistical methods: Measures of central tendency, Measures of variability | |
| 4.5 | Sampling size and Sampling methods | |
| 4.6 | Hypothesis testing: Parametric and non-parametric Test (chi square, student t test and z test, non-parametric test, correlation and regression) | |
| 5. | Demography | 5% |
| 5.1 | Population trends-world, national and provincial | |
| 5.2 | Measures of population dynamics | |
| 5.3 | Vital events and vital statistics | |

- 5.4 Factors affecting fertility, mortality and migration
- 5.5 Urbanization
- 5.6 Life expectancy, Ageing
- 6 Applied Epidemiology and Disease Control 20%**
 - 6.1 Epidemiology, Prevention and control of communicable diseases including: Measles, Diphtheria, Whooping cough, Acute respiratory tract infection, Rubella, Mumps, Influenza, Tuberculosis, Viral hepatitis, Food poisoning, Typhoid fever, Intestinal worms, Acute diarrheal diseases, Filariasis, Leishmaniasis, Malaria, Japanese encephalitis, Dengue, Rabies, Tetanus, Trachoma, Leprosy, STD, HIV/AIDS, COVID 19
 - 6.2 Prevention and control of non-communicable diseases and injuries, mental health, Road Traffic Accident
 - 6.3 Concept of Control, elimination and eradication of diseases
- 7 Food and Nutrition 5%**
 - 7.1 Nutritional profiles
 - 7.2 Nutritional problems
 - 7.3 Assessment of nutritional status
 - 7.4 Management of Malnutrition
 - 7.5 Food hygiene, food adulteration, food safety
 - 7.6 Food borne diseases, additives and fortification
 - 7.7 Comprehensive nutrition sensitive interventions
- 8 Environmental Health 5%**
 - 8.1 Management and control of basic and fundamental factors; Water, Air, Lighting, Noise, Housing
 - 8.2 Drinking water quality parameters
 - 8.3 Solid and liquid waste disposal and control, health care waste management
 - 8.4 Water, Sanitation, and Hygiene (WASH) status monitoring
 - 8.5 Excreta disposal and control
 - 8.6 Integrated vector management
 - 8.7 Medical entomology-Mosquito, housefly, sand fly, lice, fleas, bugs etc. control
 - 8.8 Insecticides safe use and resistance
 - 8.9 Rodents control
- 9 Occupational Health 5%**
 - 9.1 Occupational environment and safety
 - 9.2 Occupational hazards
 - 9.3 Management and prevention of occupational hazards
 - 9.4 Concept and importance of Ergonomics
 - 9.5 Measures for general health protection of workers
 - 9.6 Occupational safety and hazards prevention and control related legislations in Nepal
- 10 Health Education and Health Promotion 10%**
 - 10.1 Concept, Objectives and principles and their importance
 - 10.2 Methods of health education
 - 10.3 Health education, media management for health promotion, health communication and production
 - 10.4 Social and Behavior change communication (SBCC)
 - 10.5 Community organization and participation
 - 10.6 Communication and information: concepts and importance
 - 10.7 Health promoting School health program: concepts, areas and importance
 - 10.8 Health literacy: concept and importance
 - 10.9 People centered health care
- 11 Concept, components, status and prospects of Primary Health Care (PHC), Essential Health Care Services (EHCS), Sustainable Development Goals (SDGs), Basic Health Care Services (BHCS), Universal Health Coverage (UHC) One Health, Health in All policy 5%**

- 12 International Health, Rural Health, Urban Health, and Global Health 5%**
- 12.1 Health development partners and their priorities
 - 12.2 UN agencies: WHO, UNICEF, UNDP, UNFPA, UNAIDS, UNOPS, and World Bank
 - 12.3 Bilateral agencies working in Nepal: USAID, JICA, DFID, SDC, CIDA, AUSAID, NORAD, FINIDA, KOIKA
 - 12.4 International Non –Government Organizations: ADRA Nepal, Ipas Nepal, BNMT Nepal, CARE Nepal, FHI 360 Nepal, HKI (Helen Keller International, World Vision International, UMN (United Mission to Nepal, One Heart World Wide (OHW), Plan International Nepal, PSI (Population Services International) Nepal, FAIRMED Foundation Nepal.
Non-Governmental Organization: NTAG – Nepal Technical Assistance Group, Nick Simons Institute (NSI), Sunaulo Parivar Nepal, Nepal CRS company, Family Planning Association of Nepal (FPAN), Nepal Red cross Society (NRCS), Karuna Foundation Nepal, Medic Mobile
 - 12.5 Rural and Urban Health
 - 12.6 Global health
 - 12.7 IHR
-

Sample questions

1. Which of the following is the tertiary protection

- A) Health Promotion
- B) Specific Protection
- C) Early Diagnosis and treatment
- D) Disability limitation

Correct answer: (D)

2. Health for all the year 2000 AD was

- A) Targets
- B) Strategy
- C) Goals
- D) Objectives

Correct answer: (C)

3. The type of epidemiology which deals with risk factor of diseases is

- A) Descriptive
- B) Analytical
- C) Experimental
- D) Interventional

Correct answer: (B)

4. Keeping the frequency of disease within acceptable limit is called

- A) Control
- B) Eradication
- C) Surveillance
- D) Treatment

Correct answer: (A)

5. The first person detected as sick during an epidemic is called

- A) Primary case
- B) Secondary case
- C) Contact case
- D) Index case

Correct answer: (D)

6. Prevention of TB infection in a community is estimated by

- A) Tuberculin test
- B) Sputum microscopy
- C) Sputum Culture
- D) Chest X ray

Correct answer: (A)

7. Highest source of vitamin 'C is

- A) Orange
- B) Amla
- C) Lemon
- D) Grapes

Correct answer: (B)

8. WHO formation day is

- A) 5 May
- B) 10 June
- C) 7 April
- D) 10 July

Correct answer: (C)

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समूह, सातौँ तहका पदको खुला, अन्तर स्थानीय तह तथा अन्तर तह प्रतियोगितात्मक लिखित परीक्षाको
पाठ्यक्रम

द्वितीय पत्र (Paper II) : हेल्थ ईन्सपेक्सन सम्बन्धी

Section A- 30 Marks

1. Health and population-related plans and Policies

- 1.1 National Health Policy 2076
- 1.2 Current National Population Policy
- 1.3 Nepal Health Sector Strategy
- 1.4 Health, Nutrition and population in Current National and Provincial Periodic Plans
- 1.5 Sustainable Development Goals and Universal Health Coverage

2. Health Issues and Regulations

- 2.1 The Constitution of Nepal
- 2.2 Health related fundamental rights and related legislation
- 2.3 Civil Service Acts and regulations (Federal, Provincial and Local Level)
- 2.4 Public Health Services Act 2075 and Public Health Service regulation 2077
- 2.5 Koshi Province Public Health Act 2077
- 2.6 Local government operation Act 2074
- 2.7 Public Procurement Act 2063 and regulations
- 2.8 The Prevention of Corruption Act 2059
- 2.9 Right to Information Act, 2064 (2007)
- 2.10 Provincial Good Governance (management and operation) act 2076 and regulations 2079
- 2.11 Health and human right
- 2.12 Health Professional Council Act and related regulations
- 2.13 Legalization of abortion
- 2.14 Ethical issues in health
- 2.15 Current Periodic Plan (National and Provincial)
- 2.16 Health System and its governance in the federal context
- 2.17 Provincial financial procedure and fiscal accountability act 2078
- 2.18 Federation, Province and Local level (Coordination and Interrelation) Act, 2077
- 2.19 Consumer protection act 2075
- 2.20 International Health Regulations (IHR)

Section B- 30 Marks

3. Introduction, Objectives, Strategies, Targets and Current Status of National and Provincial Health programs

- 3.1 Family Planning, Safe Motherhood, Immunization Program, Nutrition, Integrated management of Neonatal and Childhood illness (IMNCI), Adolescent sexual and Reproductive Health, Malaria, Tuberculosis, Leprosy, sexually transmitted Infections (STI) and HIV/AIDS and others
- 3.2 National and Provincial health training center: basic, refresher and other continuous medical education program
- 3.3 National Health Education Information and Communication Center: Critical overview of functions and roles

- 3.4 Development of Health Profile
- 3.5 Female Community Health Volunteers Program (FCHV)
- 3.6 Primary Health Care Out-reach Program (PHC-ORC)
- 3.7 Disaster Management and Early Warning Reporting System (EWARS), HEOC
- 3.8 Health Sector Reform Program: Strategy and planning programs
- 3.9 Health Economics and Financing Unit (HEFU)
- 3.10 Health Management Information System (HMIS)
- 3.11 Logistic Management Information System (LMIS)
- 3.12 Electronic Health Record (HER) and Electronic Medical Record (EMR)
- 3.13 Human Resource Information Center (HURIC)
- 3.14 Non-Communicable Disease and Mental Health Program

Section C- 20 Marks

4 Management of Public Health Program at the provincial and local levels with Special Reference to

- 4.1 Family Planning, Safe Motherhood, Immunization Program, Nutrition, Integrated management of Neonatal and Childhood illness (IMNCI), Malaria, Kala-azar, J.E., Lymphatic Filariasis, Dengue and other Vector borne and zoonotic disease, diseases, Tuberculosis, Leprosy, Sexual transmission diseases (STD) and HIV/AIDS, COVID 19, Non communicable diseases and mental health, Epidemiology and disease outbreak management and Others
- 4.2 Surveillance and research
- 4.3 Early warning and Reporting system
- 4.4 Training activities in the Provincial, district and local level
- 4.5 Health education, information and communication activities in the provincial and local level
- 4.6 Management of Health Camps
- 4.7 Health financing and social health protection Programs in Nepal
- 4.8 Health Insurance Board and National Health Insurance Program
- 4.9 Elderly health

Section D- 20 Marks

5 Health Management in Nepal

- 5.1 Personnel management: Concept, principles, nature
- 5.2 Management and administrative Requirement of the Job Description as drawn up by the Ministry for Public Health Officers
- 5.3 Human resource management: Concept, functions and different aspects
- 5.4 Community organization: Concepts, principles and process
- 5.5 Supervision, monitoring and evaluation of health care system: Principles, practice and importance
- 5.6 Inter and intra-sectoral coordination in health services
- 5.7 Inter-governmental management in health administration
- 5.8 Indigenous and traditional healthcare system including Ayurveda and other system: Concepts, status and their analytical study
- 5.9 Analytical study of organizational structure of Ministry of Health and Population, Provincial and Local level Health Authorities and functions

Sample Questions

1. Discuss briefly the health sector objectives and strategies of current periodic plan of Koshi Province. 10
2. Write the objective, strategy, targets and current status of Tuberculosis program of Nepal. 10
3. What is early warning reporting system (EWARS)? Discuss its importance and applications. 4+6