

प्रदेश लोक सेवा आयोग  
कोशी प्रदेश, विराटनगर, नेपाल  
प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका प्राविधिक तर्फ स्वास्थ्य सेवा, हेल्थ ईन्सपेक्सन समूह,  
सहायकस्तर चौथो तह, अ.हे.व. पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रमलाई निम्नानुसार विभाजन गरिएको छः

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम	लिखित परीक्षा (वस्तुगत)	१००
द्वितीय	लिखित परीक्षा (विषयगत)	१००
अन्तिम	अन्तर्वार्ता	३०

परीक्षा योजना (Examination Scheme)

१. प्रथम चरण (First Phase): लिखित परीक्षा

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या x अङ्क भार	समय
प्रथम	सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न x २ = १०० अङ्क	४५ मिनेट

२. द्वितीय चरण (Second Phase): लिखित परीक्षा

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या x अङ्क भार	समय
द्वितीय	सेवा सम्बन्धी	१००	४०	विषयगत (Subjective)	छोटो उत्तर (Short Answer) १२ प्रश्न x ५ = ६० लामो उत्तर (Long Answer) ४ प्रश्न x १० = ४०	२ घण्टा ३० मिनेट

३. अन्तिम चरण: अन्तर्वार्ता (Interview)

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
व्यक्तिगत अन्तर्वार्ता (Individual Interview)	३०	मौखिक (Interview)	

**द्रष्टव्यः**

- यो पाठ्यक्रम योजनालाई प्रथम चरण (लिखित परीक्षा: वस्तुगत), द्वितीय चरण (लिखित परीक्षा: विषयगत) तथा अन्तिम चरण (अन्तर्वार्ता) गरी तीन चरणमा विभाजन गरिएको छ।
- प्रश्न पत्र नेपाली वा अंग्रेजी 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 संख्या देहाय अनुसार हुनेछ:

प्रथम पत्रका ईकाई	१	२	३	४	५	६	७	८	९	१०	११	१२	जम्मा
प्रश्न संख्या	४	२	२	४	६	४	४	१०	४	४	२	४	५०
अंक भार	८	४	४	८	१२	८	८	२०	८	८	४	८	१००
द्वितीय पत्र खण्ड	क						ख						
लामो उत्तर प्रश्न	२						२						४
छोटो उत्तर प्रश्न	६						६						१२
अंक भार	५०						५०						१००

१०. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, 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 चरण (First Phase) को लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरण (Second Phase) को लिखित परीक्षामा सम्मिलित गराइनेछ।
१२. लिखित परीक्षाको प्रथम चरण (First Phase) मा प्राप्त गरेको प्राप्ताङ्कको शत प्रतिशत अङ्क तथा द्वितीय चरण (Second Phase) को प्राप्ताङ्क जोडी कूल अङ्कको आधारमा लिखित परीक्षाको नतिजा प्रकाशित गरिनेछ।
१३. लिखित परीक्षामा छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।
१४. लिखित परीक्षा र अन्तिम चरणको अन्तर्वार्ताको कूल अङ्क योगका आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।
१५. पाठ्यक्रम लागू मिति:- २०८०/०३/१३

प्रदेश लोक सेवा आयोग  
कोशी प्रदेश, विराटनगर, नेपाल  
प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका प्राविधिक तर्फ स्वास्थ्य सेवा, हेल्थ ईन्सपेक्सन समूह,  
सहायकस्तर चौथो तह, अ.हे.व. पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथम र द्वितीय पत्र: सेवा सम्बन्धी

खण्ड: क

**1. Anatomy and Physiology**

Anatomical structure and function of the following 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) Muscular System
- i) Urinary System
- j) Sense organ system

**2. Health Education and Community Diagnosis**

- a) Health Education
  - i) Health Education, Importance, and Methods
  - ii) Communication & Barriers of Communication
  - iii) Learning process
  - iv) Leadership
- b) School Health
  - i) Purpose and component of School Health Program
  - ii) Activities of the School Health Program.
- c) Community Diagnosis
  - i) Importance and Methods of community diagnosis
- d) Community Development
  - i) Objective
  - ii) Methods of community development
  - iii) Community Mobilization and Engagement

**3. Community Health**

- a) Epidemiology
  - i) Definition and Scope of Epidemiology
  - ii) Vital statistics
  - iii) Epidemiological investigation
  - iv) Epidemiological trends
  - v) Disease prevention
  - vi) Basic Principle of disease transmission
  - vii) Immunity

- b) Environmental sanitation
  - i) Introduction and Scope of environmental sanitation
  - ii) Water (Source, methods of purification)
  - iii) Excreta disposal and fecal-borne diseases
  - iv) Methods of Termination of Solid waste
  - v) Disposal of Wastewater
  - vi) Health & Disease spectrum
  - vii) Food safety
  - viii) Insects and Rodents and their importance in public health
  - ix) Milk hygiene & Milk borne diseases

#### **4. First Aid and Basic Medical Procedures**

- a) First Aid
  - i) First aid: Basic Life support (BLS), Shock, Bleeding, burn/scalds fracture, Ear, Throat, Nose, and Eye injuries, Poisoning, Snakebite, Insect bite, and Animal bite & Frostbite
  - ii) First aid treatment of the electrical injury
  - iii) Drawing, Choking, High fever fit, and convulsions
- b) Basic Medical Procedures
  - i) Vital signs
  - ii) Investigation Process and Importance of Urine, Stool, Blood, Sputum, pus, and throat swab collection
  - iii) Bandage (Importance, types & Application)
  - iv) Technique of giving injection
  - v) Sterilization Process, importance, type, and Methods

#### **5. Vector Borne Diseases (VBDs)**

- a) History and Epidemiology of VBDs - Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses
- b) Rationale and Tools and Techniques for the Prevention and Control of VBDs
- c) Clinical features, Diagnosis and Case Management of VBDs, Integrated Vector Management, Nepal's National Goal, objectives, prevention and control strategies, approaches, methods and activities, National Treatment Protocol of VBDs; Trends of transmission, geographical distribution, the epidemiological situation
- d) Planning for VBDs Prevention and Control at the District and periphery level:
  - (i) Analysis of the District VBDs Situation
  - (ii) Development of District VBDs Profile with the risk areas and population mapped
  - (iii) Preparation of Annual Work Plan
  - (iv) Epidemic/Outbreak Preparedness and Response
  - (v) Surveillance
  - (vi) Behavior Change Communication (BCC)
  - (vii) Recording and Reporting
  - (viii) Referral and follow-up
  - (ix) Supervision, monitoring and evaluation of VBDs control programs
  - (x) Roles and Responsibilities of different level health facilities
  - (xi) Techniques of community mobilization for VBDs

## **6. Maternal and Child Health, Family Planning, and Nutrition**

- a) Maternal and Child Health
  - i) Antenatal care, Physiological changes during pregnancy, Danger signs, High-risk group (mother), Delivery care
  - ii) Stages of labor, Difference between false and true labor
  - iii) Postnatal Care, Newborn Care, Complications of Pregnancy
  - iv) Abortion, Ectopic pregnancy, Toxemia, Malpresentation
  - v) Ante Partum hemorrhage, Post-Partum hemorrhage, retained placenta, and pregnancy-induced hypertension (pre-eclampsia, eclampsia)
  - vi) Definition, signs, and symptoms; and management of pelvic infection
  - vii) Uterine prolapse, Leucorrhoea, Trichomoniasis
  - viii) Growth and Development of Baby, Developmental Milestones
  - ix) Definition, causes, signs symptoms, and management of Ante Respiratory Infection (ARI), Diarrheal Diseases
  - x) Six killer diseases (Tuberculosis, Tetanus, Polio, Pertussis, Diphtheria, Measles)
- b) Demography and Family Planning
  - i) Demographic Cycle, Population Pyramids
  - ii) Consequences of population growth
  - iii) Measures to solve the population problem
  - iv) Family planning methods - Temporary and Permanent Methods
  - v) Indicators of Family Planning
- c) Nutrition
  - i) Sources of nutrients (micro and macro nutrients)
  - ii) Nutritional status measurements
  - iii) Breastfeeding, Weaning, and supplementary foods
  - iv) Acute Malnutrition (SAM/MAM) prevention, identification, and treatment
  - v) Chronic Malnutrition: Identification and prevention
  - vi) Vitamins, Minerals, sources, deficiency disease, signs/symptoms and management of deficiency

**खण्ड: ख**

## **7. Microbiology, Communicable and Non-communicable Diseases**

- a) Microbiology
  - i) Introduction of Micro-organisms (Bacteria, viruses, parasites fungi, protozoa, helminths)
- b) Communicable disease, causes, clinical features, treatment, complications, and prevention of:
  - i) Amoebic, bacillary, dysentery, giardiasis
  - ii) Cholera, Tuberculosis, Malaria
  - iii) Parasitic diseases
  - iv) Viral disease (AIDS, Chicken pox, measles, influenza, common cold, COVID-19, mumps, Rabies, viral hepatitis, poliomyelitis, trachoma)
  - v) Bacterial Diseases: Leprosy, pertussis, tetanus, gastro-enteritis, enteric fever, diphtheria
  - vi) STI (HIV/AIDS, syphilis, gonorrhoea)

- c) Non-communicable disease: causes, clinical features, treatment, complications, and prevention of
  - i) Hypertension, Diabetes, Coronary Artery Diseases, Cancer, Basic mental health problems

## **8. Medicine**

- a) History taking/physical examination
- b) Causes, signs and symptoms, types, prevention, treatment, complications, and investigation of:
  - i) Deficiency diseases: Anemia, Acute malnutrition (SAM/MAM), Vitamin deficiency diseases
  - ii) Digestive System
    - (1) Gastritis, peptic ulcer
    - (2) Dysentery
    - (3) Gastroenteritis
    - (4) Hepato-splenomegaly
  - iii) Respiratory system
    - (1) Common cold
    - (2) Tonsillitis
    - (3) Pharyngitis
    - (4) Rhinitis
    - (5) Sinusitis
    - (6) Bronchitis
    - (7) Pneumothorax
  - iv) Cardiovascular System
    - (1) Hypertension
    - (2) Congestive Cardiac Failure (CCF)
    - (3) Rheumatic fever
  - v) Genito-Urinary System
    - (1) Nephritis
    - (2) Renal Colic
    - (3) Urinary Tract Infection (UTI)
  - vi) Endocrine System
    - (1) Diabetes
    - (2) Hypothyroidism
    - (3) Hyperthyroidism
  - vii) Nervous System
    - (1) CVA (Cerebro-Vascular Accident)
    - (2) Convulsion
    - (3) Meningitis
    - (4) Epilepsy
    - (5) Unconsciousness
  - viii) Skin Problems
    - (1) Scabies
    - (2) Ringworm
    - (3) Impetigo

- (4) Eczema
- (5) Allergies

## **9. Surgery**

Definition, Clinical Features, and appropriate treatment of:

- i) Boils, Carbuncles, Ulcer, Piles
- ii) Wound, Burn, and Scalds
- iii) Fracture, Dislocation and Sprain
- iv) Head and spinal cord injuries
- v) Bleeding
- vi) Foreign body in eye, ear, nose, and throat
- vii) Common Problems of Teeth and Mouth
- viii) Acute abdominal problem (Acute cholecystitis, Acute appendicitis, Intestinal obstruction)
- ix) Hydrocele
- x) Hernia
- xi) Tumor
- xii) Common eye and ear problems: Conjunctivitis, iritis, trachoma, cataract, stye, otitis externa, Otitis media

## **10. Pharmacy and Pharmacology**

- a) Pharmacy
  - i) Terminology Used in Pharmacy
  - ii) Simple pharmaceutical calculation according to Indian Pharmacopeia (IP) and British Pharmacopeia (BP) and formulary
  - iii) Inventory management
  - iv) Dispensing
  - v) Narcotic drugs management
- b) Pharmacology
  - i) Terms Used in Pharmacology
  - ii) Meaning and Types of Antibiotics
  - iii) Action, use, dose, general side effects, and contraindication of the drugs used in Digestive and Respiratory systems
  - iv) Conditions:
    - (1) Pain, Fever, Inflammation
    - (2) Locally used preparations
    - (3) Antihypertensive drugs
    - (4) Vaccines
    - (5) Hormones
    - (6) Oral rehydration therapy
    - (7) Parental solution

## **11. Health, Culture and Communication**

- a) Changes, process and Barriers of changes in Community
- b) Traditional Beliefs and health-related taboos
- c) Traditional medicine practice in Nepal

- d) Concept of family health
- e) Health and Disease spectrum
- f) Recording and Reporting

## **12. Health Management**

- a) Health care system in Nepal
- b) Job Description of Auxiliary Health Worker (AHW)
- c) Primary Health Care (PHC): definition and Components
- d) Management of:
  - i) Health Posts, Urban Health Center, Basic Health Service Center
  - ii) In-service Training
  - iii) Inventory
  - iv) Problem-solving, Meeting, Leaves
  - v) Supervision and Monitoring of the Healthcare Delivery System
- e) Rights and policies related to health in The Constitution of Nepal
- f) Local government operation Act 2074 (health related provisions)
- g) Health Professional Council Act and Regulation
- h) General information on civil service act (province and local level)



### Model Questions (Multiple choice questions)

1. What is the full form of AEFI?
  - a. After effect following immunization
  - b. Adverse event following immunization
  - c. After event following immunization
  - d. Adverse effect following immunization
2. Koplik's spot is seen in?
  - a. Mumps
  - b. Measles
  - c. Chicken pox
  - d. Diphtheria
3. What is the primary drug for treatment of childhood pneumonia?
  - a. Gentamicin
  - b. Cotrimoxazole
  - c. Amoxicillin
  - d. Ciprofloxacin
4. Reddish discoloration of body secretion is due to side effect of?
  - a. Chloroquine
  - b. Tetracycline
  - c. Rifampicin
  - d. Ampicillin
5. The constant presence of disease in a country is called:
  - a. Endemic
  - b. Epidemic
  - c. Pandemic
  - d. Sporadic

### Model Question (Subjective)

1. What is School Health Program? Briefly mention components of School Health Program. (1+4 = 5)
2. What are the modes of transmission of communicable disease? Briefly discuss droplets and airborne transmission with an example. (3+2 = 5)
3. What are the major causes of maternal mortality in Nepal? Discuss the approaches that has been taken by government of Nepal in order to reduce the maternal mortality in Nepal. (4+6 = 10)