

प्रदेश लोक सेवा आयोग
कोशी प्रदेश, विराटनगर, नेपाल
प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका प्राविधिक तर्फ स्वास्थ्य सेवा, हेल्थ ईन्सपेक्सन समूह, सहायकस्तर पाँचौ तह, हेल्थ असिस्टेन्ट 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	१३	१४	१५	१६
प्रश्न संख्या	४	६	४	२	२	४	२	४	४	२	२	४	२	२	४	२
अंक भार	८	१२	८	४	४	८	४	८	८	४	४	८	४	४	८	४
द्वितीय पत्र खण्ड	क								ख							
लामो उत्तर प्रश्न	२								२							
छोटो उत्तर प्रश्न	६								६							
अंक भार	५०								५०							

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

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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:

- Digestive system
- Respiratory system
- Cardiovascular system
- Reproductive system
- Endocrine system
- Nervous system
- Skeletal system
- Muscular System
- Urinary System
- Sense organ system

2. National Policy, Planning, Strategies and implementation status of Public Health Programmes in Nepal

- Family Planning, Safe Motherhood and Newborn Health, Primary Health Care, and Out Reach Clinic
- Control of Diarrhoeal Diseases (CDD), Acute Respiratory Diseases (ARI), Nutrition, National Programme on Immunization & Integrated Management of Neonatal and Childhood Illness (IMNCI), COVID 19 and other epidemic management
- Malaria, Kala-azar, Dengue, Japanese Encephalitis, Filariasis, Scrub Typhus, Leptospirosis
- Human Immuno-deficiency Virus (HIV)/Acquired Immuno-Deficiency Syndrome (AIDS) and Sexually Transmitted Diseases (STD) Control
- Tuberculosis and Leprosy Elimination
- Health Insurance
- Health Education, Information, and Communication
- Nepal Health Sector Strategy
- Health Sector in SDG

3. Planning and Management

- Community Health Diagnosis & Health Profile
- Micro Planning of Health Programmes
- Supervision, Monitoring, and Evaluation of Health Programmes
- Integrated Health Management Information System (IHMS)
- Planning and Management of Camps
- Cold Chain Management
- Health Training Management in different settings
- Logistic Management and Logistic Management Information System

4. Organizational Structure and Functions

- a) Ministry of Health and Population (MoHP), Department of Health Service (DoHS), Provincial Ministry of Health (MoH), Provincial Health Directorate (PHD), Provincial Health Training Centre (PHTC), Provincial Health Logistic Management Center (PHLMC), Provincial Public Health Laboratory (PPHL)
- b) Health Office (HO), health organogram of local level, Different levels of provincial and local hospitals
- c) Primary Health Care Center (PHCC), Health Post (HP), Basic health service Center, Urban Primary Health Center (UPHC), Community Health Unit
- d) Structure of health service in federal context
- e) Job description of Health Assistant

5. Community Mobilization & Local Governance

- a) Female Community Health Volunteers (FCHV) and Mother's Groups
- b) Primary Health Care Outreach Clinic
- c) Mobilization of Local Health Leaders and Committee
- d) Federalization in Health Services

6. Epidemiology and Disease Control

- a) Definition, Scope, Causes of Disease, and Infection
- b) Types and Management of Disasters
- c) Management of Epidemics and recent challenges
- d) Causes, Signs, Symptoms, Management, Prevention and Control of Gastroenteritis, Dysentery, Cholera, Typhoid Fever, Giardiasis, Malaria, Filariasis, Encephalitis, Kala-azar, Dengue, Parasitic Infestation, Scabies, Chicken Pox, Influenza, Mumps, Rabies, Hepatitis, Ring Worm, Leprosy, Tuberculosis, Helminthiasis, Pertussis, Measles, and Diphtheria
- e) Non-communicable Diseases (General Introduction): Heart Diseases, Cancer, Diabetes, Kidney Problems, and Common Mental Health Problems

7. Environmental Sanitation

- a) Water Purification,
- b) Waste Management,
- c) Food Hygiene, Sanitation of public places, Health Hazards,
- d) Sanitary Latrines,
- e) Basic Measures in Controlling Rodents,
- f) Integrated Vector Management,
- g) Medical Importance, and Measures of Controlling Common Vectors and Insects

8. Child Health Problems and Interventions

- a) Common Neo-natal Health Problems
- b) Common Child Health Problems like CDD, ARI, Malaria, and Malnutrition
- c) Nutritional Interventions (Management of SAM/MAM cases), Immunizations Services

9. General Medicine

- a) General History Taking, Simple Physical Examination, Systemic Examination
- b) Various Methods of Diagnosis, Complications and Management of Diseases in Respiratory, Digestive, Cardiovascular, Urinary, Endocrine, Hematology, and Central Nervous System with their terminology, Etiology and clinical features

10. First Aid and Emergency Management

Basic Life Support (BLS), 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 cellulitis

11. Skin Diseases

Impetigo, Contagious, Boils, Tinea Infection, Herpes Zoster, Scabies, Eczema, Allergic Conditions, and Acute drug reaction

12. Elementary Surgery

Hemorrhoids, Management of inflammation, Septicemia, Toxemia, Sinus, fistula, Gangrene, Wound, Tetanus, Acute Pain Abdomen, Hernia, Anal Fissure, Acute Retention of Urine, Causes of Frequent Urination and Nocturia, Management of Rupture of Urethra, Haematuria, Phimosis, Paraphimosis, Hydrocele, Head Injury, Clinical features and management of Osteomyelitis, Local Anesthesia, Sterilization of Surgical Instruments

13. Eye, Ear, Nose and Throat Diseases

- a) General Examination procedures of Eye, Ear, Nose, and Throat
- b) Sign and Symptoms and General Management of Eye Lid Complications, Red Eyes, Trachoma, Corneal ulcer, Night Blindness, Cataract, Pterygium, Iridocyclitis, Glaucoma, and foreign body in the eyes
- c) Removal of Wax and Foreign Bodies, Signs and Symptoms, and Management of Otitis Media, Otitis Externa, and referral conditions of hearing problems
- d) Deviated nasal Septum, Nasal polyps, Epistaxis and Sinusitis
- e) Clinical Features, Complications, and Management of Acute Tonsillitis, Pharyngitis, and Laryngitis

14. Oral Health and Mental Health

- a) Dental plaques and calculus, Dental Carries, Periodontitis, Periodontal pockets and Abscess, Importance and Maintenance of Oral Hygiene
- b) Psychosis, Neurosis and Mental Retardation

15. Reproductive Health Problems and Interventions

- a) Male and Female Reproductive System, Menstruation Cycle, Conception, ovulation, Vaginal Discharge, Management of Per Vaginal Bleeding, Post-menopausal Bleeding, Uterine

Prolapsed, Pelvic Inflammatory Diseases; causes, Sign, Symptoms, and Complications of Ectopic pregnancy, Management of Mastitis and Breast Abscess

- b) Normal Labor and Early Diagnosis and referral of Complicated Pregnancy, Puerperium
- c) Safe Abortions
- d) Family Planning and Counselling, Permanent and Temporary Contraceptives

16. Acts and Regulations

- a) Rights and policies related to health in The Constitution of Nepal
- b) Public Health Service Act 2075 and Public Health Service Regulation 2077
- c) Koshi Province Public Health Act 2074
- d) Local government operation Act 2074
- e) Public Procurement Act 2063 and Regulations
- f) The Prevention of Corruption Act 2059
- g) Right to Information Act, 2064 (2007)
- h) Provincial good governance (Management and Operation) Act, 2076 and Regulation 2079
- i) Health Professional Council Act and Regulation
- j) Civil service act (Province and local level)

Model Questions (Multiple Choice Questions)

1. The most sensitive indicator for the health status of the country is:
 - a. IMR
 - b. CDR
 - c. MMR
 - d. TFR
2. The most common treatment for vibrio cholera is:
 - a. Vaccine
 - b. Oral rehydration
 - c. Surgery
 - d. Antibiotics
3. The first dose of Measles-Rubella (MR) is given at months as per National Immunization Schedule.
 - a. 9 months
 - b. 10 months
 - c. 12 months
 - d. 15 months.
4. Vaginal examination is contraindicated in:
 - a. Incomplete abortion
 - b. Placenta previa
 - c. Cervical erosion
 - d. Multiple pregnancy
5. The target group for Vitamin supplementation program is:
 - a. 0-6 months.
 - b. 6months- 59 months.
 - c. 1 year – 3 years
 - d. 0- 5 year

Model Questions (Subjective)

1. Define Malaria with its Cardinal Signs and Symptoms. How do you treat an adult case of Plasmodium vivax malaria in the Health Post Level? (5+5=10)
2. List out the major Nutritional Problems in Nepal. What are the roles of Health Assistant in Nutritional intervention programs? (2+ 3=5)
3. Define Shock? Briefly describe its first aid and emergency management in Health Post level? (1 + 4=5).