

लोक सेवा आयोग  
नेपाल स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह, नवौं (९) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको  
लागि पाठ्यक्रम

एवं परीक्षा योजना

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

प्रथम चरण (First Phase) : लिखित परीक्षा योजना (Written Examination Scheme)

Paper	Subject		Marks	Full Marks	Pass Marks	No. Questions & Weightage	Time Allowed
I	General Subject	Part I: Management	50	100	40	6 × 5 = 30 (Short answer) 2 × 10 = 20 (Long answer)	3.00 hrs
		Part II: General Health Issues	50			4 × 5 = 20 (Short answer) 3 × 10 = 30 (Long answer)	
II	Technical Subject			100	40	4 × 15 = 60 (Critical Analysis) 2 × 20 = 40 (Problem Solving)	3.00 hrs

द्वितीय चरण (Second Phase)

Paper	Subject	Full Marks	Time Allowed
	Interview	30	Oral

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- नेपाल स्वास्थ्य सेवा अन्तर्गतका सबै समूह/सबै उपसमूहहरूको लागि प्रथम पत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथमपत्र को लिखित परीक्षा समूह/उपसमूहका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । यसैगरी द्वितीय पत्रको परीक्षा पनि समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ ।
- प्रथम पत्रको Part I र Part II को लागि छुट्टाछुट्टै (Part I को लागि एउटा र Part II को लागि एउटा) उत्तरपुस्तिका हुनेछ भने द्वितीय पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन् ।
- यस पाठ्यक्रममा जे सुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरू, परीक्षाको मिति भन्दा ३ महिना अगाडी (संशोधन भएका वा संशोधित भई हटाईएका वा थप गरी संशोधित भई कायम रहेका) लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- पाठ्यक्रम लागु मिति: २०७३/०७/०१

**Paper I: General Subject  
(Management and General Health Issues)**

**Part I: Management**

1. Management: - concept, principles, functions, scope, role, level and skills of managers
2. Hospital management
3. Health manpower recruitment and development
4. Participative management: concept, advantages and disadvantages, techniques of participation
5. Time management: concept, advantages, and disadvantages
6. Conflict management: concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
7. Stress management: concept, causes and sources of stress, techniques of stress management
8. Appreciative inquiry: concept, basic principles and management
9. Financial management: concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management
10. Human resource management: concept, functions and different aspects
11. Planning: concept, principles, nature, types, instrument and steps
12. Leadership: concept, functions, leadership styles, leadership and management effectiveness
13. Coordination: concept, need, types, techniques, and approaches of effective coordination
14. Communication: concept, communication process and barrier to effective communication, techniques for improving communication

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## Part II: General Health Issues

1. Present Constitution of Nepal (health and welfare issues)
2. National Health Policy, 2071
3. Second long term health plan (1997-2017)
4. Health services act 2053, health service regulation, 2055
5. Organizational structure of Ministry of Health at National, Regional and District and Below
6. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
7. Professional council and related regulations
8. Medical ethics in general and its application
9. Indigenous and traditional faith healing and health practices
10. Supervision, types and its usage in health sector
11. Monitoring and evaluation system in health
12. Health management information system
13. Health insurance and financing in health care
14. Effects of environment in public health: air pollution, domestic pollution, noise pollution
15. Importance of water, sanitation and hygiene in public health
16. Effects of disaster in public health: deforestation, land slide, flood, earthquake and fire
17. Health volunteers involvement in health service delivery
18. Community involvement in health service delivery
19. Counseling: - concept, type, importance and its application in health service delivery

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**Paper II: Technical Subject**

**A. Epidemiology, Statistics and Research**

1. Epidemiology
  - 1.1. Definition and commonly accepted concepts, approaches, methods, incidence, prevalence, association and causation, disease prevention and control
  - 1.2. Aim and use of epidemiology
  - 1.3. Epidemiology of diseases (Infectious and non-communicable disease)
  - 1.4. Dynamics of disease transmission-source of reservoir, Mode of transmission susceptible host, immunity and immunizing agents.
  - 1.5. Investigation of an epidemic
  - 1.6. Screening of diseases
  - 1.7. Health Indicators.
2. Diseases Control
  - 2.1. Prevention and control of communicable and non-communicable disease.
3. Health Statistics
  - 3.1. Sources of health information; Health Management Information System.
  - 3.2. Tabulation graphic and diagrammatic representation of data.
  - 3.3. Statistical methods: averages, dispersion distribution, sampling and sampling size test significance, correlation and regression.
4. Demography
  - 4.1. National population policy
    - 4.1.1. Population trends – World and Nepal
    - 4.1.2. Measure of population dynamics
    - 4.1.3. Factors affecting fertility, mortality and migration
    - 4.1.4. Urbanization
    - 4.1.5. Life expectancy
5. Research Methodology
  - 5.1. Operational and health system research
  - 5.2. Research proposal development
  - 5.3. Literature review
  - 5.4. Objectives and hypothesis setting
  - 5.5. Priorities in health research
  - 5.6. Nepal Health Research Council
  - 5.7. Budgeting

**B: Health Service Delivery**

1. National Health Programs
  - 1.1. Epidemiology and Disease Control Programme: Malaria Tuberculosis, Leprosy, JE, Zoonosis, sexually Transmitted Diseases, HIV/AIDS etc.
  - 1.2. Reproductive Health- Safe motherhood, new borne care, family planning Adolescent reproductive health, safe abortion, care of elderly women, RTI/STD/HIV/DIS, infertility prevention and treatment.

## लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, नवौं (९) तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 1.3. Child health
  - 1.3.1. Care of the newborn; Integrated Management of childhood illness.
  - 1.3.2. Growth and development
  - 1.3.3. Care of the under fives
  - 1.3.4. Right of the child
  - 1.3.5. Management and control of child illness
  - 1.3.6. Immunization
- 1.4. Nutrition
  - 1.4.1. Food and nutrients with nutritional profiles
  - 1.4.2. Nutritional problems
  - 1.4.3. Nutritional factors in selected diseases
  - 1.4.4. Assessment of nutritional status
  - 1.4.5. Food toxication, additives, fortification
  - 1.4.6. Nutritional programs
2. Environmental Health
  - 2.1. Internal and external and ecological factors responsible for impairing health.
  - 2.2. Management and control of basic and fundamental environmental factors-
    - 2.2.1. Water, Air, Ventilation, Lighting, Noise, Housing
    - 2.2.2. Solid waste disposal and control
    - 2.2.3. Excreta disposal and control
  - 2.3. Medical entomology-mosquito, housefly, sand-fly, lice, fleas, bugs etc. control
  - 2.4. Insecticides-safe use and resistance
  - 2.5. Rodents control
3. Occupational Health
  - 3.1. Occupational Environment
  - 3.2. Occupational hazards
  - 3.3. Health problems due to industrialization
  - 3.4. Management, Prevention (medical, engineering and legislation) and control of
    - 3.4.1. Occupational diseases and conditions like Pneumoconiosis, lead poisoning, cancers, and dermatitis and radiation hazards
    - 3.4.2. Occupational hazards of agricultural workers
    - 3.4.3. Accidents in industries
    - 3.4.4. Measures for the general health protection of workers.
4. School health
  - 4.1. Curriculum, instruction and training
  - 4.2. Health school environment
  - 4.3. School community cooperation for better health
5. Essential Care Services (EHCS)
  - 5.1. EHCS at the district level and below
  - 5.2. Health care services beyond district level-tertiary and specialized care.

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