

भद्रपुर नगरपालिका

स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तह अ.हे.ब. पदको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम ।

पाठ्यक्रमको रुपरेखालाई निम्न अनुसार विभाजन गरिएको छ :

भाग १

लिखित परीक्षा (Written Examination):- प्रथम चरण

पूर्णाङ्क : १००

भाग २

अन्तिम चरण (Final Examination):- ख) अन्तर्वार्ता

पूर्णाङ्क : १००

परीक्षा योजना (Examination Scheme)

१. लिखित परीक्षा :- प्रथम चरण (First Phase)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्नसंख्या अंक	समय
प्रथम	सेवा सम्बन्धी	१००	४०	बस्तुगत : बहुवैकल्पिक प्रश्न (MCQs)	५० प्रश्न × २ अंक = १००	४५ मिनेट

२. दोस्रो चरण :- अन्तर्वार्ता

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता (Interview)	३०		मौखिक (Oral)
शैक्षिक योग्यता	६०		
स्थानियता	१०		

द्रष्टव्य :

१. यथासम्भव पाठ्यक्रमको सबै एकाईहरुबाट प्रश्नहरु सोधिनेछ ।

३. बस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरुको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अंक कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अंक दिइने छैन । २ अंक कट्टा पनि गरिने छैन ।

४. पाठ्यक्रम लागू मिति : - २०७६।०५।०९



प्रमुख प्रशासकीय अधिकृत

भद्रपुर नगरपालिका

स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तहमा रहने पदहरूको, (अ.इ.प.)
प्रतियोगितात्मक परीक्षाको
पाठ्यक्रम ।

Anatomy and physiology

1. Anatomical structure and function of the 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. Sense organ system
2. Health education and community Diagnosis
 - (A) Health Education
 - Health Education, importance and method
 - Communication & barrier of communication
 - Learning process
 - Leadership.
 - (B) School Health
 - Purpose of School Health Program
 - Activities of School Health Program.
 - (C) Community Diagnosis
 - Importance and methods of community diagnosis
 - (D) Community Development
 - Objective
 - Methods of community development
3. Community Health
 - (A) Epidemiology
 - i. Definition of Epidemiology
 - ii. Scope of Epidemiology
 - iii. Vital statistic
 - iv. Epidemiological investigation
 - v. Epidemiological trends
 - vi. Disease prevention
 - vii. Basic principle of disease transmission
 - viii. Immunity.
 - (B) Environmental sanitation
 - i. Environmental sanitation
 - ii. Scope of environmental sanitation



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प्रमुख प्रशासकीय अधिकृत

- iii. Water (Source, Water purification)
- iv. Excreta disposal and faecal born disease
- v. Solid waste method of termination
- vi. Disposal of waste water
- vii. Health & Disease spectrum
- viii. Food sanitation
- ix. Insects and rodents and their importance in public health
- x. Milk hygiene & Milk born disease.

4. (A) Basic Medical Procedures and First Aid Treatment

- First aid:- Shock, Bleeding, burn/scalds fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite & Frost bite
- First aid treatment of electrical injury
- Drawing, Choking, High fever fit and convulsion

(B) Basic Medical Procedures

- Vital signs
- Investigation process and Importance of urine, Stool, Blood, Sputum pus and throat swab collection
- Bandage (Importance, types & application)
- Technique of giving injection
- Sterilization process, importance, type and methods.

5. **Vector Borne Disease (VBDs):**

- i. History and Epidemiology of VBDs- Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses.
- ii. Rationale and Tools and techniques for the Prevention and control of VBDs.
- iii. Clinical features, Diagnosis and Case Management of VBDs
- iv. Nepal's National Goal, objectives, prevention and control strategies, approaches, methods and activities, National Treatment Protocol of VBDs. Trends of transmission, geographical distribution, epidemiological situation.
- v. Planning for VBDs Prevention and Control at the district and periphery level:
 - 1. Analysis of the district VBDs situation.
 - 2. Development of District VBDs Profile with the risk areas and population mapped.
 - 3. Preparation of Annual Work Plan
 - 4. Epidemic/Outbreak preparedness and Response
 - 5. Surveillance
 - 6. Behaviour Change Communication (IEC)
 - 7. Recording and Reporting of VBDs
 - 8. Referral and follow-up
 - 9. Supervision, monitoring and evaluation of VBDs control programs.
 - 10. Roles and responsibilities of different level health facilities.
 - 11. Techniques of community mobilization for VBDs.



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6. Maternal and Child Health, Family Planning and Nutrition

A. Maternal and Child Health

- i. Antenatal care
- ii. Physiological Change during pregnancy
- iii. Danger signs
- iv. High risk group (mother)
- v. Delivery care
- vi. Stages of labor
- vii. Difference between false and true labour
- viii. Postnatal care
- ix. New born Care
- x. Complication of pregnancy
- xi. Abortion
- xii. Ectopic pregnancy
- xiii. Toxemia
- xiv. Mal Presentations
- xv. Ante Partum haemorrhage
- xvi. Post partum haemorrhage
- xvii. Post partum haemorrhage, retained placenta
- xviii. Definition, signs and symptoms; and management of pelvic infection
- xix. Uterine prolapsed
- xx. Leucorrhoea, Trichomonosis
- xxi. Growth and development of baby
- xxii. Milestone development
- xxiii. Definition, causes, signs symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases
- xxiv. Six killer disease (Tuberculosis, Tetanus, Polio, Pertussis, Diphtheria, Measles)

(B) Family Planning

- i. Population education
- ii. Population pyramids
- iii. Consequences of population growth
- iv. Measures to solve population problem.
- v. Family planning methods
- vi. Temporary method
- vii. Permanent method

(C) Nutrition

- i. Source of nutrients
- ii. Nutritional status measurements
- iii. Breast feeding, Weaning and supplementary foods
- iv. PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment
- v. Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and management



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7. **Communicable Disease and Microbiology**
- A. Microbiology
- Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)
- B. Communicable Diseases
- Communicable disease and non communicable disease, causes, clinical features, treatment, compliation and prevention of:
- Amoebic, bacillary, dysentery, giardiasis
 - Cholera, Tuberculosis, Malaria
 - Parasitic Siseases
 - Viral Sisease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, polomyelitis, trachoma)
 - Bacterial Disease
 - Leprosy, pertusis, tetanus, gastro-enteritis
 - Enteric fever, diphtheria, syphilis, gonorrhea.
8. Medicine & Surgery:
- A. Medicine:
- Hitory taking/physical examination
 - Causes, signs and symptoms, type, prevention, treatement, complication and investigation of
 - Deficiency disease
 - Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease.
 - Digestive System
 - Gastritis, peptic ulcer, cholecystitis
 - Appendicitis
 - Dysentery
 - Gastroenteritis
 - Hepato-splenomegaly
 - Respiratory system
 - Common cold
 - Tonsillitis
 - Pharyngitis
 - Rhinitis
 - Sinusitis
 - Bronchitis
 - Pheumothorax
 - Cardiovascular System
 - Hyper Tension
 - Congestive Cardiac Failure (CCF)
 - Rheumatic fever
 - Genito Urinary System
 - Nephritis
 - Renal Colic
 - Urinary Tract Infection (UTI)
 - Endocrine System



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प्रमुख प्रशासकीय अधिकृत

- i. Diabetes
- ii. Hypothyroidism
- iii. Hyperthyroidism
- g. Nervous System
 - i. CVA (Cerebro Vascular Accident)
 - ii. Convulsion
 - iii. Meningitis
 - iv. Epilepsy
 - v. Unconsciousness
- h. Skin Problem
 - i. Scabies
 - ii. Ringworm
 - iii. Impetigo
 - iv. Eczema
 - v. Allergies

B Surgery:

1. Definition Clinical Features and appropriate treatment of:
 - i. Boils
 - ii. Carbuncles
 - iii. Ulcer
 - iv. Piles
 - v. Wound
 - vi. Burn and scales
 - vii. Fracture
 - viii. Dislocation and sprain
 - ix. Head and spinal cord injuries
 - x. Bleeding
 - xi. Foreign body in eye, ear, nose and throat
 - xii. Conjunctivitis, iritis, trachoma, cataract, sty. Otitis externa
 - xiii. Common problem of teeth and mouth
 - xiv. Acute abdominal problem
 - xv. Acute appendicitis
 - xvi. Acute cholecystitis
 - xvii. Instinal obstnection
 - xviii. Hydrocele
 - xix. Hernia
 - xx. Tumor

9. Pharmacy and Pharmacology

A. Pharmacy

- i. Terminology used inn pharmacy
- ii. Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulatory
- iii. Inventory management
- iv. Dispensing



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प्रमुख प्रशासकीय अधिकृत

- v. Narcotic drugs management
- vi. Banded drugs

B. Pharmacology

- i. Terms used in pharmacology
- ii. Meaning and types of Antibiotic
- iii. Action, use, dose, general side effects and contradiction of the drugs used in different systems:
 - 1. Digestive systems
 - 2. Respiratory system
- iv. Condition
 - 1. Pain
 - 2. Fever
 - 3. Inflammation
 - 4. Locally used preparations
 - 5. Antihypertensive drugs
 - 6. Nutritional Supplementary Drugs
 - 7. Vaccines
 - 8. Hormones
 - 9. Oral rehydration therapy
 - 10. Parental solution

10. Health Culture and Communication:

- i. Changes, process and barrier of changes in community
- ii. Traditional belief and health related taboos
- iii. Traditional medicine practice in Nepal
- iv. Concept of family health
- v. Health and disease spectrum
- vi. Health reporting and recording

Health Management:

- i. Health care system in Nepal
- ii. Job Description of Auxiliary health Worker (AHW) and Auxiliary Nurse Midwife (ANM)
- iii. Primary Health Care (PHC): definition and components
- iv. Job description of malaria inspector/Vector control Assistant/Malaria Assistant/Cold chain Assistant.

Management of:

- i. Health posts
- ii. Clinics
- iii. Health Camps
- iv. In service Training
- v. Inventory
- vi. Chart and Diagram
- vii. Meeting
- viii. Problem solving
- ix. Leaves
- x. Recording and reporting
- xi. Supervision and monitoring



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 प्रमुख प्रशासकीय अधिकारी

Model Question (नमूना प्रश्न)

१. प्राथमिक स्वास्थ्य सेवाको तत्वहरू (Elements) भित्र नपर्ने तत्व कुन हो ?
(क) दन्त सेवा (ख) पौष्टिक आहार सेवा
(ग) परिवार नियोजन सेवा (ग) आई.सि.यू. सेवा (ICU)
२. एउटा साधारण वयस्क (Normal Adult) को साधारण रक्तचाप (Normal Blood Pressure) कति हुनु पर्छ ?
(क) ८०/४०-१००/५० (ख) ११०/७०-१२०/८०
(ग) १२०/८०-१३०/९० (ग) १४०/१००-१५०/१००
३. कुन रोगको विरामीलाई आवाज कम आउने र अघ्यारो कोठामा राखी स्याहार गर्नुपर्ने हुन्छ ?
(क) भाडा वान्ता (ख) ढाड भाँचिएको
(ग) धनुषटंकार (Tetanus) (घ) दम
४. कालजार रोग सार्ने जिवानु कुन हो ?
(क) भ्रिङ्गा (House Fly) (ख) लामखुटे (Mosquito)
(ग) साण्ड फ्लाई (Sand fly) (घ) उपियाँ (Flee)
५. टाइफाइड रोगको संक्रमण अवधि (Incubation period) कति दिनको हुन्छ ?
(क) ३-७ दिन (ख) ५-१४ दिन
(ख) १०-१५ दिन (घ) १५-२० दिन



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