

भजनी नगरपालिका
स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समुह चौथो तह, अ. हे. व. पदको खुल्ला लिखित परिक्षाको
पाठ्यक्रम

प्रथम चरण : छोटो सुची :-

पूर्णाङ्क ८०

द्वितीय चरण :- लिखित परीक्षा

पूर्णाङ्क १००

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

तृतीय चरण :- अन्तर्वार्ता

पूर्णाङ्क २०

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	२०	मौखिक

द्रष्टव्य:

- यो पाठ्यक्रम योजनालाई छोटो सुची, लिखित परिक्षा र अन्तर्वार्ता गरि तिन चरणमा बिभाजन गरिएको छ ।
- वस्तुगत बहुवैकल्पिक प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २०% अंक कट्टा गरिने छ, तर उत्तर नदिएमा त्यस बापत अंक दिइने छैन र अंक कट्टा पनि गरिने छैन ।
- परीक्षामा कुनै प्रकारको क्याल्कुलेटर प्रयोग गर्न पाइने छैन ।
- दोश्रो चरणको लिखित परिक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र तृतीय चरणको अन्तर्वार्तामा सम्मिलित गराइने छ ।
- पाठ्यक्रममा रहेका पाठ्यांशहरूबाट देहाय अनुसार प्रश्नहरू सोधिने छन् ।

ईकाई	१	२	३	४	५	६	७	८	९	१०	११	१२
प्रश्न	२	२	४	८	४	५	४	५	७	५	२	२


निमित्त प्रमुख प्रशासकीय अधिकृत

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पाठ्यक्रम
पत्र/विषय :- सेवा सम्बन्धि

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
 - i Health Education, importance and method
 - i Communication & barrier of communication
 - i Learning process
 - ii Leadership.
 - B. School Health
 - i Purpose of School Health Program
 - i Activities of School Health Program.
 - C. Community Diagnosis
 - i Importance and methods of community diagnosis
 - D. Community Development
 - i Objective
 - i Methods of community development
3. Community Health
 - A. Epidemiology
 - i Definition of Epidemiology
 - i Scope of Epidemiology
 - ii Vitalstatistic
 - iii Epidemiological investigation
 - iv Epidemiological trends
 - v Disease prevention
 - vi Basic principle of disease transmission
 - vii Immunity.
 - viii Environmental sanitation
 - ix Environmental sanitation
 - x Scope of environmental sanitation
 - xi Water (Source, Water purification)
 - xii Excreta disposal and faecal born disease
 - xiii Solid waste method of termination
 - xiv Disposal of waste water
 - xv Health & Disease spectrum
 - xvi Food sanitation
 - xvii Insects and rodents and their importance in public health
 - xviii Milk hygiene & Milk born disease.



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पाठ्यक्रम

4. Basic Medical Procedures and First Aid Treatment

A. First Aid and Treatment

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

B. Basic Medical Procedures

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

5. Vector Borne Disease (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
- D. 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.
- E. Planning for VBDs Prevention and Control at the district and periphery level:
 - i Analysis of the district VBDs situation.
 - i Development of District VBDs Profile with the risk areas and population mapped.
 - i Preparation of Annual Work Plan
 - i Epidemic/Outbreak preparedness and Response
 - i Surveillance
 - i Behavior Change Communication (IEC)
 - i Recording and Reporting of VBDs
 - i Referral and follow-up
 - i Supervision, monitoring and evaluation of VBDs control programs.
 - i Roles and responsibilities of different level health facilities.
 - i Techniques of community mobilization for VBDs.

6. Maternal and Child Health, Family Planning and Nutrition

A. Maternal and Child Health

- i Antenatal care
- i Physiological Change during pregnancy
- i Danger signs
- i High risk group (mother)
- i Delivery care
- i Stages of labor
- i Difference between false and true labour
- i Postnatal care
- i New born Care
- i Complication of pregnancy
- i Abortion



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पाठ्यक्रम

- i Ectopic pregnancy
- ii Toxemia
- iii Mal Presentations
- iv Ante Partum haemorrhage
- v Post partum haemorrhage
- vi Post partum haemorrhage, retained placenta
- vii Definition, signs and symptoms; and management of pelvic infection
- viii Uterine prolapsed
- ix Leucorrhoea, Trichomonosis
- x Growth and development of baby
- xi Milestone development
- xii Definition, causes, signs symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases
- xiii 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
- 7. Communicable Disease and Microbiology
 - A. Microbiology
 - i Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)
 - B. Communicable Diseases
 - Communicable disease and non-communicable disease, causes, clinical features, treatment, compilation and prevention of:
 - i Amoebic, bacillary, dysentery, giardiasis
 - ii Cholera, Tuberculosis, Malaria
 - iii Parasitic Diseases
 - iv Viral Disease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, polomyelitis, trachoma)
 - v Bacterial Disease
 - vi Leprosy, pertussis, tetanus, gastro-enteritis
 - vii Enteric fever, diphtheria, syphilis, gonorrhea.
- 8. Medicine & Surgery:
 - A. Medicine:
 - i History taking/physical examination
 - ii Causes, signs and symptoms, type, prevention, treatment, complication and


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पाठ्यक्रम
पुनर्पश्चिम प्रदेश, नेपाल
२०७३

investigation of

- a. Deficiency disease
 - Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease.
- b. Digestive System
 - Gastritis, peptic ulcer, cholecystitis
 - Appendicitis
 - Dysentery
 - Gastroenteritis
 - Hepato-splenomegaly
- c. Respiratory system
 - Common cold
 - Tonsillitis
 - Pharyngitis
 - Rhinitis
 - Sinusitis
 - Bronchitis
 - Pneumothorax
- d. Cardiovascular System
 - Hyper Tension
 - Congestive Cardiac Failure (CCF)
 - Rheumatic fever
- e. Genito Urinary System
 - Nephritis
 - Renal Colic
 - Urinary Tract Infection (UTI)
- f. Endocrine System
 - Diabetes
 - Hypothyroidism
 - Hyperthyroidism
- g. Nervous System
 - CVA (Cerebro Vascular Accident)
 - Convulsion
 - Meningitis
 - Epilepsy
 - Unconsciousness
- h. Skin Problem
 - Scabies
 - Ringworm
 - Impetigo
 - Eczema
 - Allergies

B. Surgery:

i. Definition Clinical Features and appropriate treatment of:

- a. Boils
- b. Carbuncles
- c. Ulcer
- d. Piles
- e. Wound



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पाठ्यक्रम
भजनी, कैलाली
पश्चिमाञ्चल प्रदेश, नेपाल
२०७३

- f. Burn and scales
- g. Fracture
- h. Dislocation and sprain
- i. Head and spinal cord injuries
- j. Bleeding
- k. Foreign body in eye, ear, nose and throat
- l. Conjunctivitis, iritis, trachoma, cataract, sty. Otitis externa
- m. Common problem of teeth and mouth
- n. Acute abdominal problem
- o. Acute appendicitis
- p. Acute cholecystitis
- q. Instinal obstnection
- r. Hydrocele
- s. Hernia
- t. Tumor

9. Pharmacy and Pharmacology

A. Pharmacy

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

B. Pharmacology

- i. Terms used in pharmacology
- i. Meaning and types of Antibiotic
- ii. Action, use, dose, general side effects and contradiction of the drugs used in different systems:
 - a. Digestive systems
 - b. Respiratory system
- iii. Condition
 - a. Pain
 - b. Fever
 - c. Inflammation
 - d. Locally used preparations
 - e. Antihypertensive drugs
 - f. Nutritional Supplementary Drugs
 - g. Vaccines
 - h. Hormones
 - i. Oral rehydration therapy
 - j. Parental solution

10. Health Culture, Communication, Management and Miscellaneous:

C. 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



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पाठ्यक्रम, कैलाली प्रदेश, नेपाल
२०७३

- i. Health and disease spectrum
 - ii. Health reporting and recording Health Management:
 - D. Health care system in Nepal
 - i. Job Description of Auxiliary Health Worker (AHW) and Auxiliary Nurse Midwife (ANM)
 - ii. Primary Health Care (PHC): definition and components
 - iii. Job description of malaria inspector/Vector control Assistant/Malaria Assistant/Cold chain Assistant.
 - iv. Health posts
 - v. Clinics
 - vi. Health Camps
 - E. Management:
 - i. Planning,
 - ii. Organizing,
 - iii. Directing
 - iv. In service Training
 - v. Inventory
 - vi. Meeting
 - vii. Problem solving
 - viii. Recording and reporting
 - ix. Supervision and monitoring
 - F. Miscellaneous:
 - i. Cooperative and health
 - ii. Health provisions in current periodic plan of Bagmati Province
 - iii. Tourism Health in Nepal
11. अंग्रेजी :- Knowledge on writing correct English sentence, letter, and report according to English grammar based on the following syntactic functions:
- A. Parts of Speech:
- i. Noun
 - ii. Pronoun
 - iii. Adjective
 - iv. Determiner
 - v. Verb
 - vi. Adverb
 - vii. Preposition
 - viii. Conjunction and
 - ix. Interjection
- B. Infinitive and gerund, reported speech and tense
12. नेपाली : नेपाली भाषाको स्तरीय लेखनको लागि आवश्यक पर्ने व्याकरण अनुरूप शुद्धा शुद्धि बनाउने । यसका लागि निम्न बिषयमा ध्यान केन्द्रित गर्ने :
- A. बर्णविन्यास, पदसङ्गति, नाम, सर्वनाम, क्रियापद, विशेषण, काल, बाच्य, पदबर्ग, अनुकरणात्मक शब्द, कारक र विभक्ति, बचन पुरुष, लिङ्ग, उल्टो अर्थ आउने शब्द, पर्यावाची शब्द, तत्सम शब्द, तद्वब शब्द, आगन्तुक शब्द, उपसर्ग लागेर निर्मित शब्दहरू, प्रत्यय लागेर निर्मित शब्दहरू, समास भएर निर्मित शब्दहरू, द्वित्व भएर निर्मित शब्दहरू, ह्रस्व दीर्घ, श, ष, स लगायतका व्याकरणगत शुद्ध लेखनशैलीमा केन्द्रित बिषयहरू सहितको नेपाली शुद्धा शुद्धिको ज्ञान ।

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निम्न पत्र पठासकीय अधिकत