

शंखरापुर नगरपालिका
स्वास्थ्य/हे.ई. समूह, सहायक चौथो तह, अ.हे.व पदको प्रतियोगितात्मक परिक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा:- यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छ:-

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- १००

द्वितीय चरण:- अन्तर्वार्ता

पूर्णाङ्क:- ३५

लिखित परीक्षा योजना (Examination Scheme)

प्रथम चरण:-

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

द्वितीय चरण:-

| विषय | पूर्णाङ्क | परीक्षा प्रणाली |
|--------------|-----------|-----------------|
| अन्तर्वार्ता | ३५ | मौखिक |

पत्र/विषय: सेवा सम्बन्धी

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

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
- ii. First aid treatment of electrical injury
- iii. Drawing, Choking, High fever fit and convulsion

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 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.
 - 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 (IEC)
 - vii. Recording and Reporting of VBDs
 - 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
- 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

शंखरापुर नगरपालिका
स्वास्थ्य/हे.ई. समूह, सहायक चौथो तह, अ.हे.व पदको प्रतियोगितात्मक परिक्षाको पाठ्यक्रम

- 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
- 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

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

- 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
- ii. Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulatory
- iii. Inventory management
- iv. Dispensing
- 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:
 - a. Digestive systems
 - b. Respiratory system
- iv. 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

शंखरापुर नगरपालिका
स्वास्थ्य/हे.ई. समूह, सहायक चौथो तह, अ.हे.व पदको प्रतियोगितात्मक परिक्षाको पाठ्यक्रम

- v. Health and disease spectrum
- vi. 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