

प्रदेश लोक सेवा आयोग बागमती प्रदेश

स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक पाँचौं तह, हेल्थ असिष्टेण्ट, औलो सुपरभाइजर/भेक्टर कन्ट्रोल सुपरभाइजर, क्षय/कुष्ठ रोग सुपरभाइजर, भेक्टर वर्न डिजिज कन्ट्रोल सुपरभाइजर, परिवार नियोजन सुपरभाइजर, खोप सुपरभाइजर र कोल्ड चेन सुपरभाइजर पदहरूको खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

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

प्रथम चरण:- लिखित परीक्षा

पूर्णाङ्क:- १००

द्वितीय चरण:- अन्तर्वार्ता

पूर्णाङ्क:- २०

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न सङ्ख्या X अङ्कभार	समय
सेवा सम्बन्धी (Service Related)	100	40	वस्तुगत बहुउत्तर (MCQs)	५० X 2 = 100	४५ मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	२०	मौखिक
कम्प्युटर सीप परीक्षण (Computer Skill & Test)	१०	प्रयोगात्मक (Practical)

१. लिखित परीक्षाको माध्यम भाषा अंग्रेजी वा नेपाली अथवा अंग्रेजी र नेपाली दुवै हुन सक्नेछ ।

२. पाठ्यक्रमको एकाइहरूबाट सोधिने प्रश्न सङ्ख्या निम्नानुसार हुनेछ ।

पाठ्यक्रमका एकाइ	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
प्रश्न सङ्ख्या	8	4	2	2	3	2	4	4	2	2	3	2	2	4	2	2	2

३. वस्तुगत बहुवैकल्पिक प्रश्नहरूको सही उत्तर दिएमा प्रत्येक सही उत्तर बापत २ अङ्क प्रदान गरिनेछ भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।

४. लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ ।

५. पाठ्यक्रम लागू मिति:- २०७७।०९।१२

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नियोजन सुपरभाइजर, खोप सुपरभाइजर र कोल्ड चेन सुपरभाइजर पदहरूको खुला र आन्तरिक
प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

Service Related

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

- 1.1 Family Planning, Safe Motherhood,
- 1.2 Control of Diarrhoeal Diseases (CDD), Acute Respiratory Illness (ARI),
Malnutrition, National Nutritional Programme,.National Programme on
Immunization
- 1.3 Malaria, Kala-azar, Japanese Encephalitis, Filaria
- 1.5 Tuberculosis and Leprosy Control.
- 1.6 Health Education, Information and communication

2. Planning and Management

- 2.1 Community Health Diagnosis & Health Profile
- 2.2 Micro Planning of Health Programme
- 2.3 Supervision, Monitoring and Evaluation of Health Programmes
- 2.4 Health Management Information System (HMIS)
- 2.5 Planning and Management of Camps
- 2.6 Cold Chain Management
- 2.7 Health Training Management in different settings
- 2.8 Logistic Management

3. Organizational Structure and Functions

- 3.1 Ministry of Health and Population (MoHP), Ministry of Social
development, Bagamati Province
- 3.2 Provincial Directorate of Health, Bagamati Province, District Health Office
(DHO)
- 3.3 Primary Health Care Center (PHCC), Health Post (HP), Sub Health
Post(SHP)

4. Community Mobilization & Local Governance

- 4.1 Female Community Health volunteers (FCHV) and Mother's Groups
- 4.2 Primary Health Care Outreach Clinic
- 4.3 Community Drug Programme (CDP)
- 4.4 Mobilization of Local Health Leaders and Committees
- 4.5 Decentralized Management of Health Services

5. Epidemiology and Disease Control

- 5.1 Definition, Scope, Causes of Disease and Infection
- 5.2 Disaster, Types and Management
- 5.3 Management of Epidemics outbreak
- 5.4 Causes, Signs, Symptoms, Management, Prevention and Control of Gastroenteritis,
Dysentery, Cholera, Typhoid Fever, Giardiasis, Malaria, Filariasis, Encephalitis,
Kala-azar, Parasitic Infestation, Scabies, Chicken Pox, Influenza, Mumps,
Rabies, Hepatitis, Ring Worm, Leprosy, Tuberculosis, Helmenthiasis, Pertusis,
Measles and Diphtheria

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6. Environmental Sanitation

- 6.1 Water Purification and Food Hygiene
- 6.2 Waste Management, Sanitation of public places, Health Hazards, Sanitary Latrines
- 6.3 Medical Importance and Measures of Controlling Common Vectors, Insects and Rodents

7. Child Health Problems and Interventions

- 7.1 Common Neo-natal Problems
- 7.2 Common Child Health Problems like Diarrhoeal Disease, ARI, Malnutrition and Malaria
- 7.3 Common Vaccine preventable diseases in children, Immunization
- 7.4 Nutritional Interventions
- 7.5 Integrated management of childhood diseases.

8. General Medicine

- 8.1 History Taking and Physical Examination
- 8.2 Etiology, Clinical Features, Diagnosis, Management and Complication of Diseases in Respiratory, Cardiovascular, Digestive, Nervous System, Urinary, Endocrine and Hematology.

9. First Aid and Emergency Management

- 9.1 Breathing difficulties, Chest Pain and Loss of Consciousness.
- 9.2 Trauma; Injuries, bleeding, Fracture, Dislocation, Burn, Frost bite, Drowning
- 9.3 Shock, types and management
- 9.4 Animal, Insect and Snake bite.
- 9.5 Common Poisoning and emergency management.
- 9.6 Abscess and Cellulites

10. Skin Diseases

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

11. Elementary Surgery

- 11.1 Haemorrhage, Management of inflammation, Septicemia, Toxemia, Sinus, fistula, Gangrene and Infected Wound, Tetanus, Acute Pain Abdomen, Obstructed Hernia, Anal Fissure, Hemorrhoids(Piles), Acute Retention of Urine, Causes of Frequent Urination and Nocturia, Management of Rupture of Urethra, Haematuria, Phymosis, Paraphymosis, Hydrocele
- 11.2 Head Injury, Spinal injury, chest and abdominal injury.
- 11.3 Clinical features and management of Osteomyelitis
- 11.4 Local Anesthesia, Sterilization of Surgical Instruments

12. Eye, Ear, Nose and Throat Diseases

- 12.1 General Examination procedures of Eye, Ear, Nose and Throat
- 12.2 Sign and Symptoms and General Managements of Red Eye, Foreign body in the eye, Eye Lid problems, Trachoma, Corneal ulcer, Night Blindness, Cataract, Pterygium, Iridocyclitis and Glaucoma.
- 12.3 Removal of Impacted Wax and Foreign bodies in ear, Sign and Symptoms and Managements of Otitis Externa, Otitis Media and referral conditions of hearing problems
- 12.4 Deviated nasal Septum, Nasal polyps, Epistaxis and Sinusitis

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12.5 Clinical Features, Complications and management of Acute Tonsillitis, Pharyngitis and Laryngitis

13. Oral Health and Mental Health

13.1 Dental plaques and calculus, Dental Carries, Periodontitis, Peridonal pockets and Abscess, Importance and Maintenance of Oral Hygiene

13.2 Psychosis, Neurosis and Mental Retardation

14. Reproductive Health Problems and Interventions

14.1 Male and Female reproductive System, mechanism of Menstruation, Conception, Evolution

14.2 Vaginal Discharge, Pelvic Inflammatory Diseases; causes, Sign, Symptoms, Management of Vaginal Bleeding, Post Menopausal Bleeding, Uterine Prolapse, Complication of Entopic pregnancy, Management of Engorgement of Breast, Breast Abscess

Human Immune Deficiency Virus (HIV)/Acquired Immune Deficiency Syndrome (AIDS) and Sexually Transmitted Diseases (STD) Control

14.3 Management of Normal Labor and Early Diagnosis and referral of Complicated Pregnancy, Labor, Puerperium

14.4 Safe Abortions, Permanent and Temporary Contraceptives

15. Acts and Regulations

15.1 Health Service Act, 2053 and Regulation, 2055

15.2 Health Professional Council Act, 2053 and Regulation, 2056

16. अङ्ग्रेजी: Knowledge on writing correct English sentence, letter, and report according to English grammar based on the following syntactic functions:

a. Parts of Speech:

1. Noun
2. Pronoun
3. Adjective
4. Determiner
5. Verb
6. Adverb
7. Preposition
8. Conjunction and
9. Interjection

b. Infinitive and gerund, reported speech and tense

17. नेपाली: नेपाली भाषामा स्तरीय लेखनको लागि आवश्यक पर्ने व्याकरण अनुरूप शुद्धा शुद्धि बनाउने । यसका लागि निम्न विषयमा ध्यान केन्द्रित गर्ने:

वर्णविन्यास, पदसङ्गति, नाम, सर्वनाम, क्रियापद, विशेषण, काल, वाच्य, पदवर्ग, अनुकरणात्मक शब्द, कारक र विभक्ति, वचन, पुरुष, लिङ्ग, उल्टो अर्थ आउने शब्द, पर्यायवाची शब्द, तत्सम शब्द, तद्भव 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 विषयहरू सहितको नेपाली शुद्धाशुद्धिको ज्ञान ।