

प्रदेश लोक सेवा आयोग, बागमती प्रदेश
प्राविधिक तर्फ स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, पाँचौं तहका हे.अ. पदको आन्तरिक प्रतियोगितात्मक
परीक्षाको पाठ्यक्रम

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

प्रथम चरण:- लिखित परीक्षा पूर्णाङ्क:- १००

द्वितीय चरण:- अन्तर्वार्ता पूर्णाङ्क:- २०

प्रथम चरण- लिखित परीक्षा (Examination Scheme)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न सङ्ख्याxअङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुउत्तर (Multiple Choice)	५०x२=१००	४५ मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

- लिखित परीक्षाको माध्यम भाषा अंग्रेजी वा नेपाली अथवा अंग्रेजी र नेपाली दुवै हुन सक्नेछ ।
- पाठ्यक्रमको एकाइहरूबाट सोधिने प्रश्न सङ्ख्या निम्नानुसार हुनेछ ।

पाठ्यक्रमका एकाइ	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५	१६	१७	१८
प्रश्न सङ्ख्या	६	४	२	२	३	२	४	४	२	२	३	२	२	४	२	२	२	२

- वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत २ (दुई) अङ्क प्रदान गरिनेछ भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अर्थात ०.४ अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति:-

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1. **Introduction, Bagamati Province Policy, National Policy, Planning, Strategies and implementation status of Public Health Programmes in Nepal**
 - 1.1 Family Planning, Safe Motherhood and Reproductive Health
 - 1.2 National Nutrition Program, National Programme on Immunization, & Integrated Management of Neonatal and Childhood Illness (IMNCI)
 - 1.3 Malaria, Kala-azar, Japanese Encephalitis, Filaria, Dengue
 - 1.4 Human Immuno Deficiency Virus (HIV)/Acquired Immuno Deficiency Syndrome (AIDS) and Sexually Transmitted Infections (STD)
 - 1.5 Tuberculosis and Leprosy Control. Programme
 - 1.6 Zoonotic diseases control
 - 1.7 Non Communicable Diseases and Mental Health
 - 1.8 Health Education, Information and communication
 - 1.9 Social Health Security, School Health Nurse, National Health Insurance
 - 1.10 Curative Services in Health Facility, Laboratory services
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
 - 2.9 Health Provisions on Bagamati Province current Periodic Plan
3. **Organizational Structure and Functions**
 - 3.1 Federal Level: Ministry of Health and Population (MoHP), DoHS and Central Level agencies
 - 3.2 Provincial Level: Ministry of Social Development, Health Directorate, Health Logistics Management Center, Health Training Center, Public Health Lab , Bagamati Province, Health Office (HO), Provincial Hospitals
 - 3.3 Local Level: Primary Hospitals ,Primary Health Care Center (PHCC), Health Post (HP), Urban Health Center, Basic Health Center
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 Mobilization of Local Health Leaders and Committees
 - 4.4 Provincial/ Local Management of Health Services

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5. **Epidemiology and Disease Control**

- 5.1 Definition, Scope, Causes of Disease and Infection, Surveillance
- 5.2 Types and Management of Disasters
- 5.3 Management of Epidemics
- 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, Covid-19 and other pandemic diseases.

6. **Environmental Sanitation**

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

7. **Child Health Problems and Interventions**

- 7.1 Common Neo-natal Problems
- 7.2 Common Child Health Problems like CDD, ARI, Malaria and Malnutrition.
- 7.3 Nutritional Interventions, Immunizations Services

8. **General Medicine**

- 8.1 General History Taking, Simple Physical Examination, Systemic Examination.
- 8.2 Various Methods of Diagnosis, Complication and Management of Diseases in Respiratory, Digestive, Cardiovascular, Urinary, Endocrine, Hematology and Central Nervous System with its terminology, Etiology and clinical features

9. **First Aid and Emergency Management**

- 9.1 Shock, Poisoning, Injuries, Haemorrhage, External bleeding, Thermal and Chemical Burns, Fracture and Dislocation, Frost Bite, Insect bite, Animal bite, Snake bite and Drowning, Abscess and Cellulites

10. **Skin Diseases**

- 10.1 Common skin infections (Bacterial, Viral, Fungal and Parasitic)Acute drug reaction

11. **Elementary Surgery**

- 11.1 Haemorrhage, Management of inflammation, Septicemia, Toxemia, Sinus, fistula, Gangrene, Wound, Tetanus, Acute Pain Abdomen, , Hernia, Anal Fissure, Piles, Acute Retention of Urine, Causes of Frequent Urination and Nocturia, Management of Rupture of Urethra, Haematuria, Phimosis, Paraphymosis, Hydrocele, Head Injury, Clinical features and management of Osteomyelitis, Local Anesthesia, Sterilization of Surgical Instruments

12. **Eye, Ear, Nose and Throat Diseases**

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- 12.1 General Examination procedures of Eye, Ear, Nose and Throat
 - 12.2 General Managements of Eye Lid diseases and it's complications, Red Eyes, Trachoma, Corneal ulcer, Night Blindness, Cataract, Pterygium, Iridocyclitis, Glaucoma and foreign body in eyes
 - 12.3 Removal of Wax and Foreign Bodies, Sign and Symptoms and Managements of Otitis Media, Otitis Externa and referral conditions of hearing problems
 - 12.4 Epistaxis and Sinusitis
 - 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, Periodontal pockets and Abscess, Importance and Maintenance of Oral Hygiene
 - 13.2 Psychosis, Neurosis and Common Mental Health Problem
14. **Reproductive Health Problems and Interventions**
- 14.1 Male and Female reproductive System, mechanism of Menstruation, Conception, ovulation Vaginal Discharge, Management of PerVaginal Bleeding and Post Abortion complication Menopausal Bleeding, Uterine Prolapse, Pelvic Inflammatory Diseases; causes, Sign, Symptoms and Complication of Ectopic pregnancy, Management of Mastitis. and Breast Abscess
 - 14.2 Management of Normal Labor and Early Diagnosis and referral of Complicated Pregnancy, Labor, Puerperium
 - 14.3 Safe Abortions, Permanent and Temporary methods
15. **Pharmacy and Pharmacology**
- 15.1 Rational Uses of Drugs
16. **सान्दर्भिक कानून तथा सम्बद्ध विविध विषय**
१. नेपाल स्वास्थ्य सेवा ऐन, २०५३ र नेपाल स्वास्थ्य सेवा नियमावली, २०५५
 २. स्थानीय सरकार सञ्चालन ऐन, २०७४ को परिच्छेद - १ देखि ४, र परिच्छेद - ११
 ३. नेपालको संविधान (भाग १ देखि ५ र १३ देखि २० तथा अनुसूचीहरू)
 ४. स्वास्थ्य बीमा ऐन, २०७४
 ५. भ्रष्टाचार निवारण ऐन, २०५९
 ६. प्रदेश लोक सेवा आयोग, बागमती प्रदेश सम्बन्धी जानकारी।
 ७. बागमती प्रदेश सरकार अन्तर्गतका निकायहरू मन्त्रालय, विभाग र कार्यालयहरू, ।
17. **अंग्रेजी: Knowledge on writing correct English sentences, letters, and reports according to English grammar based on the following syntactic functions:**
- क. Part of Speech:
 - अ. Noun

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- आ. Pronoun
 - इ. Adjective
 - ई. Determiner
 - उ. Verb
 - ऊ. Adverb
 - ऋ. Preposition
 - ऌ. Conjunction and
 - ँ. Interjection
 - ख. Infinitives and gerunds, reported speech and tenses
18. नेपाली: नेपाली भाषामा स्तरीय लेखनको लागि आवश्यक पर्ने व्याकरण अनुरूप नेपाली भाषाको शुद्धशुद्धिको ज्ञान