

स्थानीय तह अन्तर्गत प्राविधिक तर्फ हेल्थ इन्स्पेक्सन समूह सहायक स्तर चौथो तह अ.हे.व.पदको प्रतियोगितात्मक परिक्षाको लागि पाठ्यक्रम ।

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

प्रथम चरण :- लिखित परीक्षा पूर्णाङ्क : ५०

द्वितीय चरण :- प्रयोगात्मक परीक्षा पूर्णाङ्क : २०

तृतीय चरण :- अन्तरवार्ता, शैक्षिक योग्यता, अन्य पूर्णाङ्क : ३०

प्रथम चरण :- लिखित परीक्षा योजना (Examination Scheme)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या x	समय
सेवा सम्बन्धी	५०	२०	वस्तुगत बहुबैकल्पिक (Multiple choice)	५० प्रश्न, प्रति प्रश्न १ अङ्क	४५ मिनेट

द्वितीय चरण :- प्रयोगात्मक परीक्षा

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
सेवा सम्बन्धी	२०	(Vital Sign/Medicine/Injection/Client Counselling (FP, Nutrition, ANC)	६० मिनेट

तृतीय चरण :- अन्तरवार्ता, शैक्षिक योग्यता, अन्य

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	१०	मौखिक कागजात
शैक्षिक योग्यता, अनुभव र भौगोलिक	२०	

सि.नं.	किसिम	पाप्ताङ्क	कूल अंक	कैफियत
१	लिखित परीक्षा		५०	
२	प्रयोगात्मक परीक्षा		२०	
३.१	अन्तर्वार्ता		१०	
३.२	क) कार्य अनुभव १ वर्ष भएमा ख) कार्य अनुभव २ वर्ष भएमा ग) कार्य अनुभव ३ वर्ष भएमा	७ ८ ९ १०	१०	

	घ) कार्य अनुभव ४ वर्ष वा सो भन्दा वढी भएमा			
३.३	शैक्षिक योग्यता		५	
क	सम्बन्धित न्यूनतम् शैक्षिक योग्यता प्रथम श्रेणी वापत	५		
ख	द्वितीय श्रेणी वापत	४		
ग	द्वितीय श्रेणी भन्दा कम	३		
३.४	स्थानीय वासिन्दाको लागी		५	
क	सैनामैना नगरपालिकाको स्थानीय	५		
ख	जिल्ला भित्र	४		
ग	प्रदेश भित्र	३		
	जम्मा		१००	

सैनामैना नगरपालिका

नेपाल स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक स्तर चौथो तह अ.हे.व.
पदहरूको प्रतियोगितात्मक लिखित 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

- 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.

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

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, complication and prevention of:

- i. Amoebic, bacillary, dysentery, giardiasis
- ii. Cholera, Tuberculosis, Malaria
- iii. Parasitic Siseases
- iv. Viral Sisease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, polomyelitis, trachoma)
- v. Bacterial Disease
- vii. Leprosy, pertusis, tetanus, gastro-enteritis
- vii. Enteric fever, diphtheria, syphilis, gonorrhoea.

8. Medicine & Surgery:

A. **Medicine:**

1. History taking/physical examination

- 2. Causes, signs and symptoms, type, prevention, treatment, complication and investigation of

a. Deficiency disease

- i. Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease.

b. Digestive System

- i. Gastritis, peptic ulcer, cholecystitis
- ii. Appendicitis
- iii. Dysentery
- iv. Gastroenteritis
- v. Hepato-splenomegaly

c. Respiratory system

- i. Common cold
- ii. Tonsillitis
- iii. Pharyngitis
- iv. Rhinitis
- v. Sinusitis
- vi. Bronchitis
- vii. Pneumothorax

d. Cardiovascular System

- i. Hypertension
- ii. Congestive Cardiac Failure (CCF)
- iii. Rheumatic fever

e. Genito Urinary System

- i. Nephritis
- ii. Renal Colic
- iii. Urinary Tract Infection (UTI)

f. Endocrine System

- 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. Intestinal obstruction
 - xviii. Hydrocele
 - xix. Hernia
 - xx. Tumor

9. Pharmacy and Pharmacology

A. Pharmacy

- i. Terminology used in pharmacy
- ii. Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulary
- 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:
 - 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

0. 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 Auxiliay health Worker (AHW) and Ausiliary Nurse Midwife (ANM)
- iii. Primary Health Care (PHC): definition and components
- iv. Job description of malaria inspector/Vector control Assistent/Malaria Assistent/Cold chain Assistent.

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

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 अध्यारो कोठामा राखी स्याहार गर्नुपर्ने हुन्छ ?
(क) भाडा वान्ता (ख) ढाड भाचिएको
(ग) धनुषटंकार (Tetanus) (घ) दम
४. कालजार रोग सार्ने जिवानु कुन हो ?
(क) भिङ्गा (House Fly) (ख) लामखुट्टे (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