

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत प्राविधिक तर्फ स्वास्थ्य सेवा, सबै समूह, सबै उपसमूह नवौं (९) तहको खुला, अन्तर स्थानीय तह र आन्तरिक अन्तर सेवा प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छः

प्रथम चरण:- लिखित परीक्षा (Written Examination)

पूर्णाङ्क:- २००

द्वितीय चरण:- अन्तर्वार्ता (Interview)

पूर्णाङ्क:- ३०

### परीक्षा योजना (Examination Scheme)

Paper	Subject		Marks	Full Marks	Pass Marks	No. Questions & Weightage	Time Allowed
I	General Subject	Part I: Management	50	100	40	6 × 5 = 30 (Short Answer) 2 × 10 = 20 (Long Answer)	3.00 hrs
		Part II: General Health Issues	50			4 × 5 = 20 (Short Answer) 3 × 10 = 30 (Long Answer)	
II	Technical Subject			100	40	4 × 15 = 60 (Critical Analysis) 2 × 20 = 40 (Problem Solving)	3.00 hrs

### द्वितीय चरण (Second Phase)

Paper	Subject		Full Marks			Time Allowed
Interview			30		Oral	

### द्रष्टव्यः

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुबै हुन सक्नेछ।
- प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत प्राविधिक तर्फ स्वास्थ्य सेवा, सबै समूह/ सबै उपसमूहहरूको लागि प्रथम पत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ। तर द्वितीय पत्र Technical Subject को पाठ्यक्रम समूह/ उपसमूह अनुरूप फरक फरक हुनेछ।
- प्रथम पत्रको Part I को विषयवस्तुको प्रश्नपत्र नेपालीमा भाषामा तथा Part II र द्वितीय पत्र (Technical Subject) को प्रश्नपत्र अंग्रेजी भाषामा सोधिने छ।
- प्रथम पत्रको लिखित परीक्षा समूह/उपसमूहका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ।
- द्वितीय पत्रको परीक्षा समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ।
- प्रथम पत्रको Part I र Part II को लागि छुट्टाछुट्टै (Part I को लागि एउटा र Part II को लागि एउटा) उत्तरपुस्तिका हुनेछ भने द्वितीय पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन्।
- यस पाठ्यक्रममा जुनसुकै कुरा लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधित भई हटाइएका वा थप गरी संशोधित भई कायम रहेका) लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
- पाठ्यक्रम लागू मिति: २०८१/०५/१३

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत प्राविधिक तर्फ स्वास्थ्य सेवा,सवै समूह,सवै उपसमूह नवौं (९)  
तहको खुला, अन्तर स्थानीय तह र आन्तरिक अन्तर सेवा प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

## **Paper I: General Subject**

### **Part I: Management**

#### **A. Management**

1. Management: - concept, principles, functions, level, and role of managers
2. Planning: concept, principles, quarterly / annual plan
3. Leadership: concept, leadership styles, Qualities of leaders
4. Human resource management
5. Hospital management
6. Conflict management: concept, causes, levels of conflict and strategies for conflict management.
7. Supervision, monitoring and evaluation
8. Performance appraisal
9. Time management
10. Stress management
11. Motivation and appreciative inquiry
12. Quality assurance on health care services
13. Co-ordination and communication
14. Financial management and budget formulation process
15. Inventory management
16. Good Governance:-definition, principles, dimensions, preconditions and challenges

#### **B. Relevant Legislations and Cross Cutting Issues**

1. Nepal Health Service Act, 2053 and Nepal Health Service Regulation, 2055
2. प्रदेश निजामती सेवा ऐन, २०७९
3. स्थानीय सरकारी सेवा (गठन तथा सञ्चालन) ऐन, २०८०
4. The Constitution of Nepal (health and welfare issues)
5. Current periodic plan (Federal and Koshi Province)
6. The Public Procurement Act, 2063 and Public Procurement regulation, 2064
7. Right to Information Act, 2064
8. Sustainable Development Goals
9. Citizen Charter, Social Audit, Public Hearing, Grievance Handling
10. Public Health Service Act, 2075
11. Gender and social inclusion

### **Sample Questions:**

1. What are the key challenges in Human Resource Management in Nepal. [ 10]
2. Discuss the appreciative inquiry in the context of health. [5]
3. Write short note on:
  - A) Stress Management [5]
  - B) Time Management [5]

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत प्राविधिक तर्फ स्वास्थ्य सेवा,सवै समूह,सवै उपसमूह नवौं (९)  
तहको खुला, अन्तर स्थानीय तह र आन्तरिक अन्तर सेवा प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

## **Part II: General Health Issues**

1. National Health Policy, 2076
2. Sector wide approach (SWAp)
3. Professional Councils and related Acts and Regulations
4. Roles and responsibilities of Bilateral and multilateral organization: UKAID, USAID, WHO, UNFPA, UNICEF, UNFPA, etc.
5. Code of Ethics and Professional Conducts of Health Professional
6. Health insurance and financing in health care
7. National health account
8. Disaster preparedness and disaster management and rapid response team
9. Community engagement
10. Impact of pandemics
11. Health in all policies
12. One health concept
13. Health Issues of current five years Plan (federal and provincial)
14. Nepal Health Sector Strategic Plan 2023-2030
15. Antimicrobial resistance
16. International health regulations
17. Climate change and health impacts

## **Sample Questions:**

1. Discuss the antimicrobial resistance problem in Nepal. [5]
2. Why national health account is important in the National context. [5]
3. What are the health issues associated with climate change in Nepal. Please suggest the preventive measures. [5+5]

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत प्राविधिक तर्फ स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, नवौं (९) तहको खुला, अन्तर स्थानीय तह र आन्तरिक अन्तर सेवा प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

## Paper II: Technical Subject

पूर्णाङ्क १००

### A. Epidemiology, demography and research

- 1. Epidemiology:** Propose of epidemiology, epidemiological designs, measurements of health and disease, source of information, sample size and sampling techniques, investigation of epidemic and causation, diseases surveillance, data analysis, confounding and measures to control of confounding, evaluation of health services.
- 2. Public Health: Introduction to public health, importance and primary and basic health care in Nepal.**
- 3. Research methodology:**
  - Health system research: concept, application, overview, steps
  - Study designs
  - Operational research
  - Hypothesis testing
  - Statistical methods: data presentation, parametric and non- parametric statistics
- 4. Demography:**
  - Introduction among vital Statistics, Demography and Population study, Scope of Population Study, Population Theory:
    - ❖ Malthusian theory of population,
    - ❖ Optimum theory of population,
    - ❖ Theory of Demographic transition
  - National population policy of Nepal and population prospective plan (PPP) of Nepal
  - Measures of fertility, Mortality and Migration in population study.
  - Urbanization and health
- 5. Epidemiology, prevention and management of communicable diseases:** Cholera, brucellosis, enteric fever, sexually transmitted diseases including HIV/AIDS, Meningococcal meningitis, viral hepatitis, tuberculosis, leprosy, malaria, Dengue, Scrub typhus, shigellosis, trachoma, Japanese B encephalitis, food poisoning and scabies. COVID-19 and Influenza and Neglected Tropical Diseases (NTDS), Early Warning and Reporting System (EWARS), outbreak management, control of Endemics, epidemic and pandemic diseases.
- 6. Epidemiology of non-communicable disease:** Childhood and adult cancer, hypertension, congenital heart diseases, rheumatic heart diseases, ischemic heart diseases, cerebrovascular accidents, chronic obstructive airways diseases, cirrhosis of liver, diabetes mellitus, suicide, homicide, mental retardation, substance abuse, depression, chronic kidney diseases (CKD).

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत प्राविधिक तर्फ स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, नवौं (९) तहको खुला, अन्तर स्थानीय तह र आन्तरिक अन्तर सेवा प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

## B. Health Service delivery:

1. **Immunization:** Types of immunity, types of vaccines, national immunization strategies and programs in Nepal, vaccines against diphtheria, polio, tetanus, tuberculosis, measles, rubella, typhoid, human papilloma virus and hepatitis B. Other vaccines such as meningococcal meningitis, mumps, yellow fever, cholera and hepatitis A etc.
2. **Family planning:** Concept and methods of family Planning. Temporary and permanent methods, side effects and complications. Family planning Integration. Unmet need of family planning. Family planning-Country Implementation Plan.
3. **Women health:** Reproductive health and life cycle approach, adolescent pregnancy, importance of antenatal examination, postnatal examination, maternal and perinatal death surveillance and response, menopause, and infertility.
4. **Neonatal and child health:** Major neonatal problems and their management, breastfeeding and supplementary feeding, child health in community, well baby clinic, child abuse. Integrated Management of newborn and childhood illnesses: CB –IMNCI, Facility Based IMNCI, Comprehensive Newborn Care, and Free Newborn care services in Nepal.
5. **Adolescent health:** Adolescent friendly services and prevention of substance abuse.
6. **Health of the elderly:** Major problems in elderly, accessibility to health care, social security, Geriatric and Gender Based Violence (GBV)
7. **Nutrition:** National policies, strategies and plans on Nutrition, Nutrition system Strengthening in Health sector, Community Nutrition, Gender Equity and social inclusion, Emergency nutrition. Nutrition in life cycle approach, Integrated Management of Acute Malnutrition, Integrated Infant and young child feeding (IYCF), Micronutrient powder (MNP).
8. **School health:** Scope of school health, school health service components, roles and responsibilities of school health nurse.
9. **Environmental health**
  - Safe drinking water: Water pollution and water related diseases, purification of water, water quality criteria and standards.
  - Sanitation: Waste disposal including Health care waste management, Swimming pool sanitation. Health care waste management standards and operating procedures
  - Food hygiene: Food, milk, meat, Egg, Vegetables hygiene, Sanitation of eating places, food handlers, Food borne diseases, Food adulteration and food fortification.
  - Air quality and air pollution, and its public health significance
  - Noise pollution
10. **Occupational health:** Occupational hazards, screening and monitoring, occupational medical services, Occupational Diseases, prevention of occupational diseases.
11. **Disaster management:** Concept, types, prevention and management. Epidemiologic surveillance and disease control in disaster situation. Personal protection in different types of emergencies.
12. Logistic management (Logistics planning, procurement, supply and distribution)
13. Health Sector Information System (Health Management Information System and Logistic Management Information System)
14. Safe motherhood program

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत प्राविधिक तर्फ स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, नवौं (९) तहको खुला, अन्तर स्थानीय तह र आन्तरिक अन्तर सेवा प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

15. FCHV program
16. National Tuberculosis control and management program
17. National Leprosy elimination program
18. HIV/AIDS and STI control and management program
19. Vector borne disease control program
20. Non-communicable disease prevention and treatment program
21. Mental Health program

### Sample Questions:

1. Critically analyze the connections between epidemiology, research, and statistics. What are the consequences for failing to adhere to standards in epidemiological research? [5+10]
2. Discuss the issues and challenges of the Malaria control program in Nepal within the context of federalism. [15]
3. Discuss the current situation of major non-communicable diseases (NCDs) in Nepal. Identify the key barriers to NCD prevention. How can the targets for NCD reduction be achieved by the end of 2025? [5+5+10]