

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत प्राविधिक तर्फ स्वास्थ्य सेवा,सवै समूह,सवै उपसमूह नवौं (९)

तहको खुला, अन्तर तह र आन्तरिक अन्तर सेवा प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

परीक्षा योजना

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

प्रथम चरण (First Phase) : लिखित परीक्षा योजना (Written 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	

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- नेपाल स्वास्थ्य सेवा अन्तर्गतका सवै समूह/सवै उपसमूहहरूको लागि प्रथम पत्रको पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथमपत्र को लिखित परीक्षा समूह/उपसमूहका लागि संयुक्त रुपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । यसैगरी द्वितीय पत्रको परीक्षा पनि 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 जे सुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरू, परीक्षाको मिति भन्दा ३ महिना अगाडी (संशोधन भएका वा संशोधित भई हटाईएका वा थप गरी संशोधित भई कायम रहेका) लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- उल्लेखित पद, सेवा, समूह र तहका पाठ्यक्रम अद्यावधिक भई प्रकाशन नहुदासम्म लागू हुनेछ ।

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Paper I: General Subject
(Management and General Health Issues)

Part I: Management

1. Management: - concept, principles, functions, scope, role, level and skills of managers
2. Hospital management
3. Health manpower recruitment and development
4. Participative management: concept, advantages and disadvantages, techniques of participation
5. Time management: concept, advantages, and disadvantages
6. Conflict management: concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management
7. Stress management: concept, causes and sources of stress, techniques of stress management
8. Appreciative inquiry: concept, basic principles and management
9. Financial management: concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management
10. Human resource management: concept, functions and different aspects
11. Planning: concept, principles, nature, types, instrument and steps
12. Leadership: concept, functions, leadership styles, leadership and management effectiveness
13. Coordination: concept, need, types, techniques, and approaches of effective coordination
14. Communication: concept, communication process and barrier to effective communication, techniques for improving communication

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Part II: General Health Issues

1. Present Constitution of Nepal (health and welfare issues)
2. National Health Policy, 2076
3. Second long term health plan (1997-2017)
4. Health services act 2053, health service regulation, 2055
5. Organizational structure of Ministry of Health at National, Regional and District and Below
6. International health agencies: role and responsibilities of WHO, UNICEF, UNFPA and interagency relationships
7. Professional council and related regulations
8. Medical ethics in general and its application
9. Indigenous and traditional faith healing and health practices
10. Supervision, types and its usage in health sector
11. Monitoring and evaluation system in health
12. Health management information system
13. Health insurance and financing in health care
14. Effects of environment in public health: air pollution, domestic pollution, noise pollution
15. Importance of water, sanitation and hygiene in public health
16. Effects of disaster in public health: deforestation, land slide, flood, earthquake and fire
17. Health volunteers involvement in health service delivery
18. Community involvement in health service delivery
19. Counseling: - concept, type, importance and its application in health service delivery

Paper II: Technical Subject

A. Introduction to public health medicine

1. **Epidemiology:** Propose of epidemiology, epidemiological methods, measurements of health and disease, source of information, sample and sampling techniques, clinical and field trail techniques, investigation of epidemic- communicable and non-communicable, diseases surveillance, analysis of findings, evaluation of health services.
2. **Public Health:** Introduction to public health, importance and primary health care system in Nepal.
3. **Immunization:** Types of immunity, types of vaccines, national immunization strategies in Nepal, vaccines against diphtheria, polio, tetanus, tuberculosis, measles and hepatitis B. Other vaccines such as typhoid, smallpox, rubella, meningococcal meningitis, mumps, yellow fever, cholera and hepatitis A.
4. **Epidemiology, prevention and management of communicable diseases:** Cholera, brucellosis, enteric fever, sexually transmitted diseases including HIV/AIDS, Meningococcal meningitis, viral hepatitis, tuberculosis, leprosy, malaria, kalaazar, shigellosis, trachoma, Japanese B encephalitis, food poisoning and scabies.
5. **Epidemiology of non-communicable disease:** Childhood and adult cancer, hypertension, congenital heart diseases, rheumatic heart diseases, ischaemic heart diseases, cerebrovascular accidents, chronic obstructive airways diseases, cirrhosis of liver, diabetes mellitus, gall stone, renal stone, peptic ulcer, dental caries, suicide, homicide, mental retardation, substance abuse, cataract, snake bite, trauma and disability, epilepsy, poisoning including mushroom poisoning, dropsy, lathyrism, high mountain sickness, animals and insect bites, physical and sexual abuse.
6. **Family planning:** Temporary and permanent methods in Nepal, side effects and complications.
7. **Women health:** Reproductive health and life cycle approach, adolescent pregnancy, importance of antenatal examination, postnatal examination, prevention of maternal mortality, menopause, infertility.
8. **Neonatal and pediatric health:** Major neonatal problems and their management, breastfeeding and supplementary feeding, child health in community, well baby clinic, child abuse.
9. **Adolescent health:** Adolescent friendly services and accessibility to health care, prevention of substance abuse.
10. **Health of the elderly:** Major problems in elderly, accessibility to health care.
11. **Health and nutrition:** Concept of nutritional disorders, prevalence of nutritional disorders, prevention and management of macro and micro nutrient disorders, effects of obesity on health.
12. **School health:** Scope of school health, school health service components.
13. **Environmental health**
 - 13.1. **Safe drinking water:** Water supply, methods of making water safe for drinking.
 - 13.2. **Sanitation:** Waster disposal including medical waste disposal.
 - 13.3. **Food hygiene**
 - 13.4. **Control of vectors and rodents**
14. **Occupational health:** Occupational hazards, screening and monitoring, occupational medical service.
15. **Disaster management:** Concept, types prevention and management.

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16. **Aviation and health:** Effects of aviation on health

17. **Bio terrorism:** Potential agents and diseases produced and post exposure prophylaxis

B. Health Program Management and population science

1. Family Health

- 1.1. Family planning
- 1.2. Safe Motherhood
- 1.3. Volunteer Mobilization (FCHV)
- 1.4. PHC outreach clinic

2. Child Health

- 2.1. Expanded program in Immunization and cold chain maintenance
- 2.2. Integrated Management of childhood illnesses
- 2.3. Polio Eradication
- 2.4. Neonatal Tetanus Elimination
- 2.5. Nutritional Programs

3. Epidemiology and disease control

- 3.1. Outbreak response and reporting system
- 3.2. Vector Borne Diseases
 - 3.2.1. Malaria
 - 3.2.2. Kalazar
 - 3.2.3. Japanese Encephalitis and DF/DHF
- 3.3. Dog Bite – Rabies
- 3.4. Snake bite
- 3.5. Arsenic Poisoning
- 3.6. Disaster Management
- 3.7. Non-communicable diseases
- 3.8. Mental Health
- 3.9. Drug Addiction
- 3.10. Prevention of Blindness and Trachoma Prevention Program
- 3.11. Food Safety
- 3.12. Research and priority research
- 3.13. HMIS
- 3.14. Hospital Management
- 3.15. Trachoma Eradication
- 3.16. Water supply and sanitation
- 3.17. Community based rehabilitation

4. Tuberculosis, Leprosy, HIV/AIDS

- 4.1. National Tuberculosis, control program and management of tuberculosis cases
- 4.2. National Leprosy elimination program and management of leprosy cases
- 4.3. HIV/AIDS program and management of STD and HIV/AIDS.

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5. Logistic supply program

- 5.1. Commodity supply
- 5.2. Community drug program

6. Health Care Management

- 6.1. Quality of Health care
- 6.2. Referral system
- 6.3. I/NGO activities in Health in Nepal
- 6.4. Health planning at district

7. Population

- 7.1. National population policy
- 7.2. Population information collection methods
- 7.3. Indicators of morbidity, mortality, fertility and life expectancy