

प्रदेश लोक सेवा आयोग

कर्णाली प्रदेश

स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक पाँचौ तह, हेल्थ असिस्टेन्ट वा सो सरहका पदहरूको खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा:— यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छः

लिखित परीक्षा

पूर्णाङ्क:— १००

अन्तर्वार्ता

पूर्णाङ्क:— २०

प्रथम चरण:- लिखित परीक्षा योजना (Examination Scheme)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्क भार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत: बहुवैकल्पिक (Multiple Choice)	७० प्रश्न X १ अङ्क = ७०	१ घण्टा ३० मिनेट
			विषयगत: छोटो उत्तर (Short Answers)	६ प्रश्न X ५ अङ्क = ३०	

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

द्रष्टव्य:

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनसक्नेछ ।
- लिखित परीक्षाको वस्तुगत र विषयगत प्रश्नहरूको लागि छुट्टा छुट्टै उत्तरपुस्तिका परीक्षा सुरु हुनु अगावै दिइनेछ। परीक्षार्थीले वस्तुगत र विषयगत प्रश्नहरूको उत्तर सम्बन्धित उत्तरपुस्तिकामा लेख्नुपर्नेछ।
- पाठ्यक्रमका एकाईवाट निम्नानुसार प्रश्नहरू सोधिनेछन् ।

एकाई	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५
वस्तुगत	४	३	२	३	७	२	५	१२	५	२	८	५	२	८	२
विषयगत	१		१			२		१			१			-	

- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको उत्तर सही दिएका प्रत्येक सही उत्तर बापत १ (एक) 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 ।

५. यस पाठ्यक्रममा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका ऐन, नियमहरु तथा नीतिहरु परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधनभई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
६. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरुलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।
७. पाठ्यक्रम लागू मिति:- २०७८।७।११

## विषय: सेवा सम्बन्धी

1. National Policy, Planning, Strategies and implementation status of Public Health Programmes in Nepal
  - 1.1. Family Planning and Reproductive Health, Safe motherhood and New born Health ( SMNH), Adolosoent and reproductive Health, Primary Health Care and Out Reach clinic)
  - 1.2. Control of Diarrhoeal Diseases (CDD), Acute Respiratory Illness (ARI), Nutrition, National Programme on Immunization and Integrated Management of Neonatal and Childhood Illness (IMNCI)
  - 1.3. Malaria, Kala-azar, Japanese Encephalitis, Filariasis and dengue control
  - 1.4. Human Immuno Deficiency Virus (HIV)/Acquired Immuno Deficiency Syndrome (AIDS) and Sexually Transmitted Diseases (STD) Control
  - 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 Programmes
  - 2.3. Supervision, Monitoring and Evaluation of Health Programmes
  - 2.4. Integrated Health Management Information System (IHMS)
  - 2.5. Planning and Management of Health camps
  - 2.6. Cold Chain Management
  - 2.7. Health Training Management in different settings
3. Organizational Structure and Functions
  - 3.1. Ministry of Health and Population, Department of Health Service, Ministry of social development, Provincial Health Directorate and Health institutions under it
  - 3.2. Primary Hospitals, Primary Health Care Center (PHCC), Health Post (HP), Basic health service center, Urban health clinic, Community health unit
4. Community Mobilization & Local health system
  - 4.1. Female Community Health volunteers (FCHV) and Mother's Groups
  - 4.2. Primary Health Care Outreach Clinic (PHC-ORC)
  - 4.3. Health insurance
  - 4.4. Mobilization of Local Health Leaders and Committees
  - 4.5. Health Service delivery system in local level
5. Epidemiology and Disease Control
  - 5.1. Definition, Scope, Causes of Disease and Infection
  - 5.2. Types and Management of Disasters and Epidemics
  - 5.3. Current health issues
  - 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

6. Environmental Sanitation: 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, Measles, 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
  - 8.3. Common Non communicable diseases: causes, prevention and management
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, High altitude sickness, Road Traffic Accident (RTA)
10. Skin Diseases: Impetigo, Contagious, Boils, Tinea Infection, Herpes Zoster, Scabies, Eczema, Allergic Conditions and Acute drug reaction
11. Elementary Surgery: Haemorrhage, Management of inflammation, Septicemia, Toxemia, Sinus, fistula, Gangrene, Wound, Tetanus, Acute Abdomen, Hernia, Anal Fissure, Piles, Acute Retention of Urine, Causes of Frequent Urination and Nocturia, Management of Rupture of Urethra, Haematuria, Phimosis, Paraphimosis, Hydrocele, Head Injury, Clinical features and management of Osteomyelitis, Abscess, Cellulitis, 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. Eye: Sign and Symptoms and General Managements of Eye Lid conditions, Red Eyes, Trachoma, Corneal ulcer, Night Blindness, Cataract, Pterygium, Iridocyclitis, Glaucoma and foreign body in the eyes
  - 12.3. Ear: Removal of Wax and Foreign Bodies, Sign and Symptoms and Managements of Otitis Media, Otitis Externa and referral conditions of hearing problems
  - 12.4. Nose: Deviated nasal Septum, Nasal polyps, Epistaxis and Sinusitis
  - 12.5. Throat: 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 Mental Retardation
  - 13.3. Suicide prevention and Psychosocial counseling
14. Reproductive Health Problems and Interventions

- 14.1. Male and Female reproductive System, mechanism of Menstruation, Conception, Evolution, Vaginal Discharge, Management of Per Vaginal Bleeding, Post-Menopausal Bleeding, Uterine Prolapse, Pelvic Inflammatory Diseases; causes, Sign, Symptoms and Complication of Ectopic pregnancy, Management of Engorged Breast, Mastitis and Breast Abscess
- 14.2. Management of Normal Labor and Early Diagnosis and referral of Complicated Pregnancy, Labor, Puerperium including Ante-Partum Hemorrhage (APH) and Post-Partum Hemorrhage (PPH)
- 14.3. Abortion: Definition, cause, type, management, safe abortion, Permanent and Temporary Contraceptive method.
15. Acts and Regulations
  - 15.1. Health Service Act, 2053 and Regulation, 2055
  - 15.2. Health Professional Council Act, 2053 and Regulation, 2056
  - 15.3. Public Health Service Act, 2075 and Public Health Service Rule, 2077

**Details of abbreviation used in this curriculum:**

ARI Acute Respiratory Infection  
 AIDS Acquired Immune Deficiency Syndrome  
 CDD Control of Diarrhoeal Disease  
 DoHS Department of Health Service  
 EPI Expanded Programme on Immunization  
 HIV Human Immunodeficiency Virus  
 IEC Information, Education and Communication  
 HP Health Post  
 HMIS Health management Information System  
 FCHV Female Community Health Volunteers  
 MoHP Ministry of Health and Population  
 IMNCI Integrated Management of Neonatal Childhood illness

**Sample questions:**

**A. Paper: First. Subject: Related to service. Examination system (objective) . Multiple questions. Question No x Number=20x1= 20. Section First.**

1. The first dose of Measles Rubella (MR) is given at ..... months as per National Immunization Schedule.
  - a. 9 months
  - b. 10 months
  - c. 12 months
  - d. 15 months.
2. The target group for Vitamin supplementation program is:
  - a. 0-6 months.
  - b. 6months- 59 months.
  - c. 1year – 3 year
  - d. 0- 5 year
3. The integrated Health information management system does not include:

- a. HMIS (health management information system)
  - b. LMIS (Logistic Management information system)
  - c. HIIS (Health Infrastructure Information System)
  - d. HRIS (Human Resource Information system)
4. Under the current Health insurance program of Government Nepal, having of Family 5 members must pay ..... Nepalese Rupees per year to cover all types of Health Services with maximum limit of 100,000 NRS:
    - a. 1500 NRS.
    - b. 2000 NRS
    - c. 300 NRS.
    - d. 3500 NRS
  5. The most common cause of anemia due to parasitic infestation in Nepal.
    - a. Round worm.
    - b. Hook worm
    - c. Pin worm
    - d. Tape worm.
  6. Which Latrine is suitable for camps with longer duration?
    - a. Water seal type latrine.
    - b. Septic Tank
    - c. Deep trench latrine
    - d. Aqua privy.
  7. Malaria is ..... disease caused by infection with parasite of the genus plasmodium.
    - a. Bacteria.
    - b. Protozoal
    - c. Viral
    - d. Fungal
  8. Commonest virus causing diarrhea is:
    - a. Adeno virus
    - b. Myxo virus
    - c. Rota Virus
    - d. Hepatitis B Virus
  9. Which of the following is not considered to vital sign?
    - a. Pulse
    - b. Weight
    - c. Temperature
    - d. Blood Pressure.
  10. What is the timeline of regular health checkup and follow up to a pre- hypertensive patient?
    - a. 3-3 months.
    - b. 6-6 months
    - c. 7-7 months
    - d. 15-15 months

11. The percentage of burn is calculated by:
  - a. Rule of 3
  - b. Rule of 6
  - c. Rule of 9
  - d. Rule of 12.
12. The most common poisoning in Nepal is:
  - a. Kerosene
  - b. Carbon monoxide
  - c. Organo- phosphorus
  - d. Paracetamol
13. Scabies is:
  - a. Infection
  - b. Infestation
  - c. Itch mite
  - d. Skin allergy
14. Which one is the commonest cause of Abscess?
  - a. Staphylococcus
  - b. Streptococcus
  - c. Clostridium tetany.
  - d. Salmonella
15. How is the Trans-illumination sign in the Hydrocele?
  - a. Absent
  - b. Negative
  - c. Positive
  - d. Rarely Positive
16. Inflammation of the eyelid is called as:
  - a. Chalazion
  - b. Eyeliditis
  - c. Styel
  - d. Blepharitis
17. Suicide is the most common in:
  - a. Anxiety
  - b. Epilepsy
  - c. Depression
  - d. Psychosis
18. The stage of labor until full dilatation of the cervix is called:
  - a. First stage
  - b. Second stage
  - c. Third Stage
  - d. Fourth Stage
19. Vaginal examination is contraindicated in:
  - a. Incomplete abortion
  - b. Placenta previa

- c. Cervical erosion
  - d. Multiple pregnancy
20. Provision of Basic Health Services has been described at Public Health Regulation, 2020 at chapter 2 clause no:
- a. 3
  - b. 4
  - c. 5
  - d. 6

**B. Paper First. Subject: Related to service. Examination system – Subjective short answer. Question No x No = 6 x 5=30. Second paper**

1. Define Malaria with its Cardinal Signs and Symptoms. How do you treat an adult case of Plasmodium vivax malaria in Health Post Level? (1+ 2+3=5).
2. What do you mean by Health Insurance? Describe the characteristics of Health insurance program in Nepal? (1+ 4=5).
3. List out the major Nutritional Problems in Nepal. What are the roles of Health Assistant in Nutritional intervention program? (1+ 4=5)
4. Define Shock? Briefly describe the its first aid and emergency management in Health Post level? (1 + 4=5).
5. What is otitis media and list out its complications? How do you manage it in Health post? (1+2+3= 5)
6. List out the common cause of suicide? briefly describe the its prevention and psychosocial counseling measures? (1+2+3=5)