

प्रदेश लोक सेवा आयोग, मधेश प्रदेश
स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तह, अ.हे.व. पदको खुला र अन्तर सेवा प्रतियोगितात्मक लिखित
परीक्षाको पाठ्यक्रम ।

द्वितीय पत्र (Paper II):-
सेवा सम्बन्धित कार्य-ज्ञान (Job Based - knowledge)

खण्ड (Section) (A): ५० अङ्क

1. Anatomy and Physiology

Anatomical structure and function of different organs of the following body system:

- 1.1 Digestive system
- 1.2 Respiratory system
- 1.3 Cardiovascular system
- 1.4 Reproductive system
- 1.5 Endocrine system.
- 1.6 Nervous system
- 1.7 Skeletal system
- 1.8 Sense organ system

2. Health Education and Community Diagnosis

- 2.1 Health Education
 - 2.1.1 Health Education, importance and method
 - 2.1.2 Communication & barrier of communication
 - 2.1.3 Learning process
 - 2.1.4 Leadership
- 2.2 School Health
 - 2.2.1 Purpose of School Health Program
 - 2.2.2 Activities of School Health Program.
- 2.3 Community Diagnosis
 - 2.3.1 Importance and methods of community diagnosis
- 2.4 Community Development
 - 2.4.1 Objective
 - 2.4.2 Methods of community development

3. Community Health

- 3.1 Epidemiology
 - 3.1.1 Definition and Scope of Epidemiology
 - 3.1.2 Vital statistic
 - 3.1.3 Epidemiological investigation
 - 3.1.4 Epidemiological trends
 - 3.1.5 Disease prevention
 - 3.1.6 Basic principle of disease transmission
 - 3.1.7 Immunity
- 3.2 Environmental sanitation
 - 3.2.1 Introduction and Scope of environmental sanitation
 - 3.2.2 Water (Source, Water purification)
 - 3.2.3 Excreta disposal and faecal born disease
 - 3.2.4 Solid waste method of termination
 - 3.2.5 Disposal of waste water
 - 3.2.6 Health & Disease spectrum
 - 3.2.7 Food sanitation
 - 3.2.8 Insects and rodents and their importance in public health

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3.2.9 Milk hygiene & Milk born diseases

4. First Aid and Basic Medical Procedures

4.1 First Aid

4.1.1 First aid: Shock, Bleeding, burn/scalds, fracture, Ear, Throat, Nose and Eye injuries, Poisoning.

Snake bite, Insect bite and Animal bite & Frostbite

4.1.2 First aid treatment of electrical injury

4.1.3 Drowning, Choking, High fever fit and convulsion

4.2 Basic Medical Procedures

4.2.1 Vital signs

4.2.2 Investigation process and Importance of urine, Stool, Blood, Sputum pus and throat swab collection

4.2.3 Bandage (Importance, types & application)

4.2.4 Technique of giving injection

4.2.5 Sterilization process, importance, type and methods

5. Vector Borne Disease (VBDs)

5.1 History and Epidemiology of VBDs Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses

5.2 Rationale and Tools and techniques for the Prevention and control of VBDs

5.3 Clinical features, Diagnosis and Case Management of VBDs

5.4 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

5.5 Planning for VBDs Prevention and Control at the district and periphery level:

5.5.1 Analysis of the district VBDs situation

5.5.2 Development of District VBDs Profile with the risk areas and population mapped

5.5.3 Preparation of Annual Work Plan

5.5.4 Epidemic/Outbreak preparedness and Response

5.5.5 Surveillance

5.5.6 Behaviour Change Communication (IEC)

5.5.7 Recording and Reporting of VBDs

5.5.8 Referral and follow-up

5.5.9 Supervision, monitoring and evaluation of VBDs control programs

5.5.10 Roles and responsibilities of different level health facilities

5.5.11 Techniques of community mobilization for VBDs

6. Maternal and Child Health, Family Planning and Nutrition

6.1 Maternal and Child Health

6.1.1 Antenatal care, Physiological Change during pregnancy, Danger signs, High risk group (mother), Delivery care

6.1.2 Stages of labor, Difference between false and true labour

6.1.3 Postnatal care, New born Care, Complication of pregnancy

6.1.4 Abortion, Ectopic pregnancy, Toxemia, Mal Presentations

6.1.5 Ante Partum hemorrhage, Post partum hemorrhage, retained placenta

6.1.6 Definition, signs and symptoms; and management of pelvic infection

6.1.7 Uterine prolapsed, Leucorrhoea, Trichomonosis

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- 6.1.8 Growth and development of baby, Milestone development
- 6.1.9 Definition, causes, signs, symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases
- 6.1.10 Six killer disease (Tuberculosis, Tetanus, Polio, Pertusis, Diphtheria, Measles)
- 6.2 Family Planning
 - 6.2.1 Population education, Population pyramids
 - 6.2.2 Consequences of population growth
 - 6.2.3 Measures to solve population problem
 - 6.2.4 Family planning methods - Temporary and Permanent methods
- 6.3 Nutrition
 - 6.3.1 Source of nutrients
 - 6.3.2 Nutritional status measurements.
 - 6.3.3 Breast feeding, Weaning and supplementary foods
 - 6.3.4 PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment
 - 6.3.5 Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and

खण्ड (Section) (B):- ५० अङ्क

7. Microbiology, Communicable and Non-communicable Diseases

- 7.1 Microbiology
 - 7.1.1 Micro-organisms (Bacteria, virus, parasites, fungus, protozoa, helminthes)
- 7.2 Communicable disease and non-communicable disease, causes, clinical features. Treatment, Compilation and prevention of:
 - 7.2.1 Amoebic bacillary dysentery, giardiasis
 - 7.2.2 Cholera, Tuberculosis, Malaria
 - 7.2.3 Parasitic diseases
 - 7.2.4 Viral disease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, poliomyelitis, trachoma)
 - 7.2.5 Bacterial Disease
 - 7.2.6 Leprosy, pertussis, tetanus, gastro-enteritis
 - 7.2.7 Enteric fever, diphtheria, syphilis, gonorrhea

8. Medicine

- 8.1 History taking/physical examination
- 8.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation of:
 - 8.2.1 Deficiency diseases: Anaemia, Protein Energy Malnutrition(PEM), Vitamin deficiency disease
 - 8.2.2 Digestive System
 - 8.2.2.1 Gastritis, peptic ulcer, cholecystitis
 - 8.2.2.2 Appendicitis
 - 8.2.2.3 Dysentery
 - 8.2.2.4 Gastroenteritis
 - 8.2.2.5 Hepato-splenomegaly
 - 8.2.3 Respiratory system
 - 8.2.3.1 Common cold
 - 8.2.3.2 Tonsillitis
 - 8.2.3.3 Pharyngitis

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- 8.2.3.4 Rhinitis
- 8.2.3.5 Sinusitis
- 8.2.3.6 Bronchitis
- 8.2.3.7 Pneumothorax
- 8.2.4 Cardiovascular System
 - 8.2.4.1 Hypertension
 - 8.2.4.2 Congestive Cardiac Failure (CCF)
 - 8.2.4.3 Rheumatic fever
- 8.2.5 Genito Urinary System
 - 8.2.5.1 Nephritis
 - 8.2.5.2 Renal Colic
 - 8.2.5.3 Urinary Tract Infection (UTI)
- 8.2.6 Endocrine System
 - 8.2.6.1 Diabetes
 - 8.2.6.2 Hypothyroidism
 - 8.2.6.3 Hyperthyroidism
- 8.2.7 Nervous System
 - 8.2.7.1 CVA (Cerebro Vascular Accident)
 - 8.2.7.2 Convulsion
 - 8.2.7.3 Meningitis.
 - 8.2.7.4 Epilepsy
 - 8.2.7.5 Unconsciousness
- 8.2.8 Skin Problems
 - 8.2.8.1 Scabies
 - 8.2.8.2 Ringworm
 - 8.2.8.3 Impetigo
 - 8.2.8.4 Eczema
 - 8.2.8.5 Allergies

9. Surgery

- 9.1 Definition Clinical Features and appropriate treatment of:
 - 9.1.1 Boils, Carbuncles, Ulcer, Piles
 - 9.1.2 Wound, Burn and scales
 - 9.1.3 Fracture, Dislocation and sprain
 - 9.1.4 Head and spinal cord injuries
 - 9.1.5 Bleeding
 - 9.1.6 Foreign body in eye, ear, nose and throat
 - 9.1.7 Conjunctivitis, iritis, trachoma, cataract, sty. Otitis externa
 - 9.1.8 Common problem of teeth and mouth
 - 9.1.9 Acute abdominal problem
 - 9.1.10 Acute appendicitis
 - 9.1.11 Acute cholecystitis
 - 9.1.12 Intestinal obstruction
 - 9.1.13 Hydrocele
 - 9.1.14 Hernia
 - 9.1.15 Tumor

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10. Pharmacy and Pharmacology

10.1 Pharmacy

10.1.1 Terminology used in pharmacy

10.1.2 Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulatory

10.1.3 Inventory management

10.1.4 Dispensing

10.1.5 Narcotic drugs management

10.1.6 Banded drugs

10.2 Pharmacology

10.2.1 Terms used in pharmacology

10.2.2 Meaning and types of Antibiotic

10.2.3 Action, use, dose, general side effects and contraindication of the drugs used in Digestive and Respiratory systems

10.2.4 Condition

10.2.4.1 Pain, Fever, Inflammation

10.2.4.2 Locally used preparations

10.2.4.3 Antihypertensive drugs.

10.2.4.4 Nutritional Supplementary Drugs

10.2.4.5 Vaccines

10.2.4.6 Hormones

10.2.4.7 Oral rehydration therapy

10.2.4.8 Parental solution

11. Health Culture and Communication

11.1 Changes, process and barrier of changes in community

11.2 Traditional belief and health related taboos

11.3 Traditional medicine practice in Nepal

11.4 Concept of family health

11.5 Health and disease spectrum

11.6 Health reporting and recording

12. Health Management

12.1 Health care system in Nepal

12.2 Job Description of Auxiliary health Worker (AHW) and Auxiliary Nurse Midwife (ANM)

12.3 Primary Health Care (PHC): definition and components

12.4 Job description of malaria inspector Vector control Assistant / Malaria Assistant / Cold chain Assistant

12.5 Management of:

12.5.1 Health posts, Clinics, Health Camps

12.5.2 In service Training

12.5.3 Inventory, Chart and Diagram

12.5.4 Problem solving, Meeting, Leaves, Recording and reporting

12.5.5 Supervision and monitoring

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द्वितीय पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

द्वितीय पत्र (विषयगत)					
पत्र	विषय	खण्ड	अङ्क भार	छोटो उत्तर	लामो उत्तर
द्वितीय	सेवा सम्बन्धित कार्य- ज्ञान (Job Based- Knowledge)	(A)	५०	६ प्रश्न X ५ अङ्क = ३०	२ प्रश्न X १० अङ्क = २०
		(B)	५०	६ प्रश्न X ५ अङ्क = ३०	२ प्रश्न X १० अङ्क = २०