

  
 चन्द्रकोट गाउँपालिका  
 गाउँ कार्यपालिकाको कार्यालय  
 शान्तिपुर, गुल्मी

स्वास्थ्य सेवा, अ.हे.व समुहको सहायक चौथो तह पदको खुला प्रतियोगितात्मक लिखित परीक्षाको  
पाठ्यक्रम

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छः  
 प्रथम चरण :- लिखित परीक्षा वस्तुगत बहुवैकल्पिक  
 द्वितीय चरण :- अन्तर्वार्ता

प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)

विषय	पूर्णागङ्क	उत्तीणागङ्क	परीक्षा प्रणाली	प्रश्न संख्या × अङ्कभार	समय
सेवा सबिन्धी	६०	२४	वस्तुगत बहुवैकल्पिक (MCQs)	३० प्रश्न × २ अङ्क = ६०	३० मिनेट

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- प्रथम पत्रका पाठ्यक्रमका एकाइहरूबाट सोधिने प्रश्नहरूको संख्या निम्नानुसार हुनेछ ।

एकाइ	१	२	३	४	५	६	७	८	९	१०	११	१२
प्रश्न संख्या	४	१	१	२	३	४	२	४	३	३	१	२
A						B						

- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्यालकुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- प्रथम चरणको लिखित परीक्षाबाट उत्तीर्ण भएका उम्मेदारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।

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(Section – A)

### 1. Anatomy and Physiology

Anatomical structure and function of the following different organs of the 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

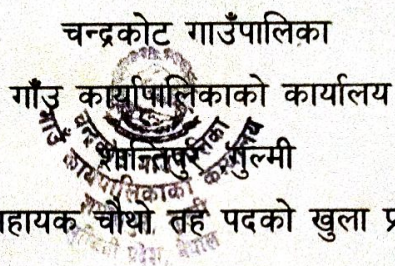
#### 2.4 Community Development

- 2.4.1 Objective
- 2.4.2 Methods of community development

### 3. Community Health

- 3.1 Epidemiology





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- 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
- 3.2.9 Milk hygiene & Milk borne 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 & Frost bite
- 4.1.2 First aid treatment of electrical injury
- 4.1.3 Drowning, Choking, High fever fits 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 and disinfection process, importance, types and methods

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## 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 Integrated Vector Management

5.5.6 Surveillance

5.5.7 Behaviour Change Communication (IEC)

5.5.8 Recording and Reporting of VBDs

5.5.9 Referral and follow-up

5.5.10 Supervision, monitoring and evaluation of VBDs control programs

5.5.11 Roles and responsibilities of different level health facilities

5.5.12 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: - Antenatal care, Physiological Change during pregnancy, High risk pregnancy

6.1.2 Intrapartum: - Stages of labor, False and true labour pain complication during labour

6.1.3 Postpartum: - Postpartum care, post-partum complication (PPH, Puerperal sepsis etc.)

6.1.4 Medical and surgical complication in pregnancy (abortion Ectopic, Pre eclampsia, antepartum Hemorrhage)

6.1.5 Gynecological Disease: -



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- Vaginal Discharge syndrome
- Uterovaginal prolapse
- Fistula

6.1.6 Postnatal care new born care

6.1.7 Growth and development of baby, Milestone development

6.1.8 Definition, causes, signs symptoms and management of: - Ante Respiratory Infection (ARI), Diarrheal Diseases

6.1.9 Six killer disease (Tuberculosis, Tetanus, Polio, Pertussis, 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 management

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**(Section-B)**

**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, complication 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)

7.2.5 Bacterial Disease

7.2.6 Leprosy, Pertussis, tetanus, gastro-enteritis

7.2.7 Enteric fever, diphtheria, syphilis, gonorrhoea

7.2.8 Cancer, psychiatric disorder

**8. Medicine**

8.1 History taking and physical examination of:

8.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation of:

8.2.1 Deficiency diseases: Anemia, 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

8.2.3.4 Rhinitis



## पाठ्यक्रम

### 8.2.3.5 Sinusitis

8.2.3.6 Bronchitis

8.2.3.7 Pneumothorax

### 8.2.4 Cardiovascular System

8.2.4.1 Hyper Tension

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 and Nephrotic syndrome

8.2.5.2 Renal Colic

8.2.5.3 Urinary Tract Infection (UTI)

### 8.2.6 Endocrine System

8.2.6.1 Diabetes Mellitus

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, Cellulitis

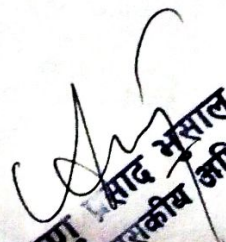
9.1.2 Wound, Burn

9.1.3 Fracture, Dislocation and sprain

9.1.4 Head and spinal cord injuries

9.1.5 Bleeding (upper GI, Lower GI, Injury)

9.1.6 Foreign body in eye, ear, nose and throat

  
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9.1.7 Conjunctivitis, iritis, trachoma, cataract, Stye. Otitis externa,  
CSOM

9.1.8 Common problem of teeth and mouth

9.1.9 Acute abdominal problem: -

Acute appendicitis

Acute cholecystitis

Intestinal obstruction: - Hernia, Direct, Indirect, strangulated,  
Tumor

9.1.10 Swelling (Hydrocoele)

## 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 Antibiotics

10.2.3 Action, use, dose, general side effects and contradiction 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



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**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

\*\*\*\*\*GOOD LUCK\*\*\*\*\*

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