

# AHW Syllabus

१. कोशी प्रदेश लोक सेवा आयोगको अ.हे.व. सो सरह पदको पाठ्यक्रम.....
२. मधेश प्रदेश लोक सेवा आयोगको अ.हे.व. सो सरह पदको पाठ्यक्रम.....
३. बागमती प्रदेश लोक सेवा आयोगको अ.हे.व. सो सरह पदको पाठ्यक्रम.....
४. गण्डकी प्रदेश लोक सेवा आयोगको अ.हे.व. सो सरह पदको पाठ्यक्रम.....
५. लुम्बिनी प्रदेश लोक सेवा आयोगको अ.हे.व. वा सो सरह पदको पाठ्यक्रम.....
६. कर्णाली प्रदेश लोक सेवा आयोगको अ.हे.व. वा सो सरह पदको पाठ्यक्रम.....
७. सुदूरपश्चिम प्रदेश लोक सेवा आयोगको अ.हे.व. वा सो सरह पदको पाठ्यक्रम.....
८. केन्द्रीय लोक सेवा आयोगको अ.हे.व. वा सो सरह पदको पाठ्यक्रम.....

## १. कोशी प्रदेश लोक सेवा आयोगको अ.हे.व. सो सरह पदको पाठ्यक्रम

कोशी प्रदेश लोक सेवा आयोग  
कोशी प्रदेश, विराटनगर

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक स्तर चौथो तह अ.हे.व/कोल्डचेन असिष्टेण्ट पदको खुला प्रतियोगितात्मक परीक्षा पाठ्यक्रम

पाठ्यक्रमको रूपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छ :-

क. प्रथम चरण: लिखित परीक्षा (Written examination)

ख. द्वितीय चरण: अन्तर्वार्ता (Interview)

पूर्णाङ्क: २००

पूर्णाङ्क: ३०

### परीक्षा योजना (Examination Scheme)

प्रथम चरण: लिखित परीक्षा

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या × अङ्कभार	समय
प्रथम		१००	४०	वस्तुगत बहुवैकल्पिक (MCQs)	Section A: २० प्रश्न × २ अङ्क = ४० अङ्क Section B: २० प्रश्न × २ अङ्क = ४० अङ्क Section C: १० प्रश्न × २ अङ्क = २० अङ्क	४५ मिनेट
द्वितीय	सेवा सम्बन्धित कार्य-ज्ञान (Job based-knowledge)	१००	४०	विषयगत (Subjective)	Section A: २ प्रश्न × १० अङ्क = २० अङ्क ४ प्रश्न × ५ अङ्क = २० अङ्क Section B: २ प्रश्न × १० अङ्क = २० अङ्क ४ प्रश्न × ५ अङ्क = २० अङ्क Section C: ४ प्रश्न × ५ अङ्क = २० अङ्क	२ घण्टा ३० मिनेट

द्वितीय चरण: अन्तर्वार्ता

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
अन्तर्वार्ता	३०	मौखिक	

### द्रष्टव्य

१. यो पाठ्यक्रमको योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई चरणमा विभाजन गरिएको छ ।
२. लिखित परीक्षाको प्रश्नपत्रको माध्यम भाषा सामान्यतया पाठ्यक्रमको विषयवस्तु जुन भाषामा दिइएको छ, सोही भाषाको आधारमा नेपाली वा अंग्रेजीमध्ये कुनै एक मात्र भाषा हुनेछ । विषयवस्तुका आधारमा कुनै खण्डको नेपाली वा अंग्रेजी भाषा प्रयोग गर्ने वा विषयवस्तुलाई स्पष्ट गर्नुपर्ने अवस्थामा दुवै भाषासमेत प्रयोग गर्न सकिने छ ।
३. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
४. प्रथम पत्र र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । दुवै पत्रको लिखित परीक्षा एकै दिन वा छुट्टाछुट्टै दिनमा लिन सकिनेछ ।
५. वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नको गलत उत्तर दिएमा प्रत्येक गलत उत्तरबापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर, उत्तर नदिएमा त्यसबापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
६. वस्तुगत बहुवैकल्पिक पत्र हुने परीक्षामा OMR उत्तरपुस्तिका प्रयोग भएकोमा निर्देशित स्थानमा निर्देशन बमोजिम चगदबधि लगाउने र OMR बाहेकको उत्तरपुस्तिका प्रयोग भएकोमा परीक्षार्थीले उत्तर लेख्दा अंग्रेजी Capital letters: A, B, C, D मा लेख्नुपर्नेछ । Small letter: a, b, c, d मा लेखेको वा अन्य कुनै सङ्केत गरेको भए त्यस्तो उत्तरपुस्तिका रद्द हुनेछ ।
७. बहुवैकल्पिक प्रश्न हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) वा कुनै पनि प्रकारको विद्युतीय उपकरण साथमा राख्न वा प्रयोग गर्न पाइने छैन ।
८. विषयगत पत्रहरूको इकमा तोकिएको अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुईभन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
९. विषयगत प्रश्न हुने पत्रमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ । एउटै उत्तरपुस्तिकामा एक भन्दा बढी खण्डको उत्तर लेखेमा सम्बन्धित खण्ड बाहेक अन्य खण्डको उत्तर परीक्षण गरिने छैन ।
१०. परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार परीक्षा योजना वा सम्बन्धित पत्र/विषयमा दिइएअनुसार हुनेछ ।
११. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जुनसुकै कुरा लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मितिभन्दा ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
१२. प्रथम चरण (First Phase) अन्तर्गत प्रथम पत्रको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय पत्रको लिखित परीक्षामा सम्मिलित गराउन सकिने छ ।
१३. प्रथम चरणको दुवै पत्रको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।

पाठ्यक्रम लागू मिति: २०७१/१०/२४

## सेवा सम्बन्धित कार्य-ज्ञान (Job-based knowledge)

### खण्ड (Section): A

#### 1. Anatomy and physiology

- 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 statistics
- 3.1.3 Epidemiological investigation
- 3.1.4 Disease prevention
- 3.1.5 Basic principle of disease transmission
- 3.1.6 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 borne 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

#### 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, heat stroke, and Frost bite
- 4.1.2 First aid treatment of electrical injury
- 4.1.3 Drowning, Choking, Febrile seizures and convulsion

##### 4.2 Basic Medical Procedures

- 4.2.1 Vital signs
- 4.2.2 Bandage (Importance, types & application)
- 4.2.3 Techniques of administering injections
- 4.2.4 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

#### 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 Growth and development of baby, Milestone development
- 6.1.3 Definition, causes, signs symptoms and management of Acute Respiratory Infection (ARI), Diarrheal Diseases
- 6.1.4 Six killer disease (Tuberculosis, Tetanus, Polio, Pertussis, Diphtheria, Measles)

##### 6.2 Family Planning

- 6.2.1 Population education
- 6.2.2 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

#### 7. Introduction to Vaccine Management

- 7.1 Overview of immunization and vaccine management, Importance of vaccines in public health
- 7.2 Vaccine Types and Storage, Types of vaccines (live attenuated, inactivated, mRNA, etc.), Vaccine composition and mechanisms of action, Cold chain logistics and vaccine storage requirements, Vaccine shelf life and expiration management
- 7.3 Vaccine Supply Chain Management, Procurement and supply chain fundamentals, Forecasting vaccine needs, Distribution strategies for urban and rural settings, Handling vaccine shortages and surpluses
- 7.4 Vaccine Administration and Recordkeeping, Standard operating procedures (SOPs) for administration, managing vaccination schedules, Digital tools for vaccine tracking and recordkeeping, Adverse event monitoring and reporting
- 7.5 Quality Assurance and Safety, Ensuring vaccine potency through proper handling
- 7.6 Quality control in vaccine production and delivery, Managing vaccine recalls and disposal
- 7.7 Regulatory and Ethical Considerations, Vaccine licensing and approval processes, Ethical concerns in vaccine development and distribution
- 7.8 Legal frameworks for vaccine management
- 7.9 Public Health Campaigns and Communication, designing effective immunization campaigns, Addressing vaccine hesitancy and misinformation
- 7.10 Community engagement strategies
- 7.11 Monitoring and Evaluation, Assessing vaccination coverage, Data collection and analysis tools, Reporting systems for immunization programs
- 7.12 Emergency Preparedness and Response, Planning for disease outbreaks and pandemic, Rapid vaccine deployment strategies

### खण्ड (Section): B

#### 8. Microbiology, Communicable and Non-communicable Diseases

##### 8.1 Microbiology

- 8.1.1 Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)

##### 8.2. Communicable disease, causes, clinical features, treatment, complication and prevention of:

- 8.2.1 Amoebic, bacillary, dysentery, giardiasis
- 8.2.2 Cholera, Tuberculosis, Malaria
- 8.2.3 Parasitic diseases
- 8.2.4 Vaccine preventable diseases.
- 8.2.5 Viral disease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, poliomyelitis, trachoma)
- 8.2.6 Leprosy, pertussis, tetanus, gastro-enteritis
- 8.2.7 Enteric fever, diphtheria, syphilis, gonorrhoea

## 9. Medicine

- 9.1 History taking/physical examination
- 9.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation of:
  - 9.2.1 Deficiency diseases: Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease
  - 9.2.2 Digestive System
    - 9.2.2.1 Gastritis, peptic ulcer, cholecystitis
    - 9.2.2.2 Appendicitis
    - 9.2.2.3 Dysentery
    - 9.2.2.4 Gastroenteritis
  - 9.2.3 Respiratory system
    - 9.2.3.1 Common cold
    - 9.2.3.2 Tonsillitis
    - 9.2.3.3 Pharyngitis
    - 9.2.3.4 Rhinitis
    - 9.2.3.5 Sinusitis
    - 9.2.3.6 Bronchitis
  - 9.2.4 Cardiovascular System
    - 9.2.4.1 Hypertension
    - 9.2.4.2 Rheumatic fever
  - 9.2.5 Genito Urinary System
    - 9.2.5.1 Renal Colic
    - 9.2.5.2 Urinary Tract Infection (UTI)
  - 9.2.6 Endocrine System
    - 9.2.6.1 Diabetes
    - 9.2.6.2 Hypothyroidism
    - 9.2.6.3 Hyperthyroidism
  - 9.2.7 Nervous System
    - 9.2.7.1 CVA (Cerebrovascular Accident)
    - 9.2.7.2 Convulsion
    - 9.2.7.3 Meningitis
    - 9.2.7.4 Unconsciousness
  - 9.2.8 Skin Problems
    - 9.2.8.1 Scabies
    - 9.2.8.2 Ringworm
    - 9.2.8.3 Impetigo
    - 9.2.8.4 Eczema
    - 9.2.8.5 Allergies

## 10. Surgery

### 10.1 Definition Clinical Features and appropriate treatment of:

- 10.1.1 Boils, Carbuncles, Ulcer, Hemorrhoids
- 10.1.2 Wound, Burn and scalds
- 10.1.3 Fracture, Dislocation and sprain
- 10.1.4 Head and spinal cord injuries
- 10.1.5 Bleeding
- 10.1.6 Foreign body in eye, ear, nose and throat
- 10.1.7 Conjunctivitis, iritis, trachoma, cataract, sty, otitis externa
- 10.1.8 Common diseases of oral cavity
- 10.1.9 Acute abdomen
- 10.1.10 Intestinal obstruction
- 10.1.11 Hydrocele
- 10.1.12 Hernia

- 10.1.13 Tumor

## 11. Pharmacy and Pharmacology

### 11.1 Pharmacy

- 11.1.1 Terminology used in pharmacy
- 11.1.2 Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formularies
- 11.1.3 Inventory management
- 11.1.4 Dispensing

### 11.2 Pharmacology

- 11.2.1 Terms used in pharmacology
- 11.2.2 Types of Antibiotics, mechanism of action, uses, side effects
- 11.2.3 Action, use, dose, general side effects and contradiction of the drugs used in Digestive and Respiratory systems
- 11.2.4 Condition
  - 11.2.4.1 Pain, Fever, Inflammation
  - 11.2.4.2 Locally used preparations
  - 11.2.4.3 Antihypertensive drugs
  - 11.2.4.4 Nutritional Supplementary Drugs
  - 11.2.4.5 Vaccines
  - 11.2.4.6 Hormones
  - 11.2.4.7 Oral rehydration therapy
  - 11.2.4.8 Parental solution

## 12. Health Culture and Communication

- 12.1 Changes, process and barrier of changes in community
- 12.2 Traditional belief and health related taboos
- 12.3 Traditional medicine practice in Nepal
- 12.4 Health and disease spectrum

## 13. Health Management

- 13.1 Health care system in Nepal
- 13.2 Job Description of Auxiliary Health Worker (AHW) and Auxiliary Nurse Midwife (ANM)
- 13.3 Primary Health Care (PHC): definition and components
- 13.4 Job description of malaria inspector/Vector control Assistant/Malaria Assistant/Cold chain Assistant
- 13.5 Management of:
  - 13.5.1 Health posts, Clinics, Health Camps
  - 13.5.2 In service Training
  - 13.5.3 Inventory, Chart and Diagram
  - 13.5.4 Problem solving, Meeting, Leaves, Recording and reporting
  - 13.5.5 Supervision and monitoring

### ढण्ड (Section): C

- 14. नेपालको संविधानको भाग १ देखि ५ र भाग १३ देखि २२ सम्म तथा अनुसूचीहरू
- 15. प्रदेश निजामती सेवा ऐन, २०७९ (कोशी प्रदेश) सम्बन्धी सामान्य जानकारी
- 16. प्रदेश निजामती सेवा नियमावली, २०८१ (कोशी प्रदेश) सम्बन्धी सामान्य जानकारी
- 17. स्थानीय सरकारी सेवा (गठन तथा सञ्चालन) ऐन, २०८० (कोशी प्रदेश) सम्बन्धी सामान्य जानकारी
- 18. प्रदेश सुशासन (व्यवस्थापन तथा सञ्चालन) ऐन, २०७६ (कोशी प्रदेश) सम्बन्धी सामान्य जानकारी
- 19. प्रदेश लोक सेवा आयोग ऐन, २०७६ (कोशी प्रदेश) सम्बन्धी सामान्य जानकारी
- 20. प्रदेश आर्थिक कार्यविधि तथा वित्तीय उत्तरदायित्व ऐन, २०७८ (कोशी प्रदेश) को परिच्छेद १ र परिच्छेद ६ सम्बन्धी जानकारी
- 21. कोशी प्रदेशको योजनावद्ध विकास तथा चालु आवधिक योजनासम्बन्धी सामान्य जानकारी
- 22. सेवा समूहको पदको कार्यसंग सम्बद्ध प्रचलित कानूनी व्यवस्था बारे सामान्य जानकारी



**२. मधेश प्रदेश लोक सेवा आयोगको अ.हे.व. सो सरह पदको पाठ्यक्रम**

प्रदेश लोक सेवा आयोग, मधेश प्रदेश

स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तह, अ.हे.व. पदको खुला र अन्तर सेवा प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण : लिखित परीक्षा (Written Examination)

द्वितीय चरण : अन्तर्वार्ता (Interview)

पूर्णाङ्क : २००

पूर्णाङ्क : ३०

**परीक्षा योजना (Examination Scheme)**

प्रथम चरण : लिखित परीक्षा (Written Examination)

पूर्णाङ्क : २००

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	अङ्क भार	समय
प्रथम	सामान्य ज्ञान र सार्वजनिक व्यवस्थापन (General Awareness & Public Management)	१००	४०	वस्तुगत (Objective)	बहुवैकल्पिक प्रश्न (MCQs)	२० प्रश्न × २ अङ्क
	सेवा सम्बन्धित कार्य-ज्ञान (Job Based - knowledge)				३० प्रश्न × २ अङ्क	४५ मिनेट
द्वितीय	सेवा सम्बन्धित कार्य-ज्ञान (Job Based - knowledge)	१००	४०	विषयगत (Subjective)	छोटो उत्तर (Short Answer) लामो उत्तर (Long Answer)	१२ प्रश्न × ५ अङ्क ४ प्रश्न × १० अङ्क

द्वितीय चरण: अन्तर्वार्ता (Interview)

पूर्णाङ्क : ३०

पत्र / विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	समय
अन्तर्वार्ता (Interview)	३०		बोर्ड अन्तर्वार्ता (Board Interview)	-

द्रष्टव्य :

- यो पाठ्यक्रमको योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई भागमा विभाजन गरिएको छ ।
- लिखित परीक्षाको प्रश्नपत्रको माध्यम भाषा पाठ्यक्रमको विषयवस्तु जुन भाषामा दिइएको छ सोही भाषाको आधारमा नेपाली वा अंग्रेजी मध्ये कुनै एक मात्र भाषा हुनेछ । तर विषयवस्तुलाई स्पष्ट गर्नुपर्ने अवस्थामा दुवै भाषा समेत प्रयोग सकिने छ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- प्रथम पत्र र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । तर एकैदिनमा परीक्षा लिइनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कटौत गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कटौत पनि गरिने छैन ।
- वस्तुगत बहुवैकल्पिक हुने परीक्षामा परीक्षार्थीले उत्तर लेख्दा अंग्रेजी ठूलो अक्षरहरू (Capital letters): A, B, C, D मा लेख्नुपर्नेछ । सानो अक्षरहरू (Small letters): a, b, c, d लेखेको वा अन्य कुनै सङ्केत गरेको भए सबै उत्तरपुस्तिका रद्द हुनेछ ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नहरूको हकमा तोकिएको अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
- विषयगत प्रश्न हुनेका हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- परीक्षामा सोधिने प्रश्न संख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिइए अनुसार हुनेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति : २०८१/०८/१४

**प्रथम पत्र (Paper I)**

सामान्य ज्ञान र सार्वजनिक व्यवस्थापन तथा सेवा सम्बन्धित कार्य-ज्ञान

भाग (Part I):

सामान्य ज्ञान र सार्वजनिक व्यवस्थापन  
(General Awareness and Public Management)

खण्ड (Section - A): १० प्रश्न × २ अङ्क = २० अङ्क

**१. सामान्य ज्ञान (General Awareness)**

- नेपाल (विशेषतः मधेश प्रदेश) को भौगोलिक अवस्था, प्राकृतिक स्रोत र साधनहरू
- नेपाल (विशेषतः मधेश प्रदेश) को ऐतिहासिक, सांस्कृतिक र सामाजिक अवस्था सम्बन्धी जानकारी
- नेपालको (विशेषतः मधेश प्रदेश) को आर्थिक अवस्था
- जैविक विविधता, दिगो विकास, वातावरण, प्रदूषण, जलवायु परिवर्तन र जनसंख्या व्यवस्थापन
- मानव जीवनमा प्रत्यक्ष प्रभाव पार्ने विज्ञान र प्रविधिको महत्वपूर्ण उपलब्धिहरू
- जनस्वास्थ्य, रोग, खाद्य र पोषण सम्बन्धी सामान्य जानकारी
- नेपालको संविधान (भाग १ देखि ५ सम्म र अनुसूचीहरू)
- संयुक्त राष्ट्रसंघ र यसका विशिष्टीकृत संस्था सम्बन्धी जानकारी
- क्षेत्रीय संगठन (सार्क, विमस्टेक, आसियान र युरोपियन संघ) सम्बन्धी जानकारी
- राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक गतिविधिहरू

खण्ड (Section - B): १० प्रश्न × २ अङ्क = २० अङ्क

**२. सार्वजनिक व्यवस्थापन (Public Management)**

- कार्यालय व्यवस्थापन (Office Management)
  - कार्यालय (Office): परिचय, महत्व, कार्य र प्रकार
  - सहायक कर्मचारीका कार्य र गुणहरू
  - कार्यालय स्रोत साधन (Office Resources): परिचय र प्रकार
  - कार्यालयमा सञ्चारको महत्व, किसिम र साधन
  - कार्यालय कार्यविधि (Office Procedure): पत्र व्यवहार (Correspondence), दर्ता र चलानी (Registration & Dispatch), परिपत्र (Circular), टोक आदेश (Order), टिप्पणी लेखन र टिप्पणी तयार पार्दा ध्यान दिनुपर्ने कुराहरू
  - अभिलेख व्यवस्थापन (Record Management)
- नेपाल स्वास्थ्य सेवा ऐन, २०५३ र नियमावली, २०५५ / प्रदेश निजामती सेवा ऐन, २०७७ र नियमावली, २०७९ मा भएका देहायका व्यवस्थाहरू
  - निजामती सेवाको गठन, संगठन संरचना, पदपूर्ति गर्ने तरिका र प्रक्रियाहरू

- 2.2.2 कर्मचारीको नियुक्ति, सरुवा, बढुवा, बिदा, विभागीय सजाय र अवकाश
- 2.2.3 कर्मचारीले पालन गर्नुपर्ने आचरण र कर्तव्यहरु
- 2.3 मुख्यमन्त्री तथा मन्त्रिपरिषद्को कार्यालय सम्बन्धी जानकारी/स्वास्थ्य तथा जनसंख्या मन्त्रालय सम्बन्धी जानकारी
- 2.4 संवैधानिक निकाय सम्बन्धी जानकारी
- 2.5 सरकारी बजेट, लेखा र लेखापरीक्षण प्रणाली सम्बन्धी सामान्य जानकारी
- 2.6 सार्वजनिक सेवा प्रवाहको अर्थ, सेवा प्रवाह गर्ने निकाय, तरिका र माध्यमहरु
- 2.7 मानव अधिकार, सुशासन र सूचनाको हक सम्बन्धी सामान्य जानकारी
- 2.8 सार्वजनिक बडापत्र (Public Charter)
- 2.9 व्यवस्थापनको अवधारणा तथा सार्वजनिक व्यवस्थापनमा निर्देशन, नियन्त्रण, समन्वय, निर्णय प्रक्रिया, उत्प्रेरण र नेतृत्व सम्बन्धी जानकारी
- 2.10 मानवीय मूल्य मान्यता (Human Values), नागरिक कर्तव्य र दायित्व तथा अनुशासन

**भाग (Part II): सेवा सम्बन्धित कार्य-ज्ञान  
(Job Based-Knowledge)**

(३० प्रश्न × २ अङ्क = ६० अङ्क)

**1. Anatomy and physiology (3)**

**Anatomical structure and function of the 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. School Health
  - 2.2.1 Purpose of School Health Program
  - 2.2.2 Activities of School Health Program
3. Community Diagnosis
  - 2.3.1 Importance and methods of community diagnosis
4. Community Development
  - 2.4.1 Objective
  - 2.4.2 Methods of community development

**3. Community Health (2)**

- 3.1 Epidemiology
  - 3.1.1 Definition & 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 fecal 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 born disease

**4. First Aid and Basic Medical Procedures (2)**

- 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 Drawing, 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) (4)**

- 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 (BEC)
  - 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 (2)**

- 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 haemorrhage, Post partum haemorrhage, Retained placenta
  - 6.1.6 Definition, signs and symptoms; and management of pelvic infection
  - 6.1.7 Uterine prolapsed, Leucorrhoea, Trichomonosis
  - 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 diseases (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 method
- 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

**7. Communicable Disease and Microbiology (2)**

- 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, Trachoma)
- 7.2.5 Bacterial Disease
- 7.2.6 Leprosy, Pertussis, Tetanus, Gastro-enteritis
- 7.2.7 Enteric fever, Diphtheria, Syphilis, Gonorrhoea

## 8. Medicine (5)

- 8.1 History taking/physical examination
- 8.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation of:
  - 8.2.1 Deficiency disease: 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
    - 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
    - 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 Problem
    - 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 (2)

- 9.1 Definition Clinical Features and appropriate treatment of:
  - 9.1.1 Boils, Carbuncles, Ulcer, Piles
  - 9.1.2 Wound, Burn and scald
  - 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, Stye, 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

## 10. Pharmacy and Pharmacology (2)

- 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 formulary
  - 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 contradiction of the drugs used in digestive systems and respiratory system
  - 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 (2)

- 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 (2)

- 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

प्रथम पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिने छ ।

प्रथम पत्र (वस्तुगत)					
भाग	खण्ड	विषयवस्तु	परीक्षा प्रणाली	अङ्कभार	प्रश्न संख्या × अङ्क
I	(A)	सामान्य ज्ञान (General Awareness)	बहुवैकल्पिक प्रश्न (MCQs)	२०	१० प्रश्न × २ अङ्क = २०
	(B)	सर्वजनिक व्यवस्थापन (Public Management)		२०	१० प्रश्न × २ अङ्क = २०
II	-	सेवा सम्बन्धित कार्य-ज्ञान (Job Based - knowledge)		६०	३० प्रश्न × २ अङ्क = ६०

प्रथम पत्रको भाग (Part II) सेवा सम्बन्धित कार्य-ज्ञान (Job based -knowledge) को पाठ्यक्रमका एकाइबाट परीक्षामा यथासम्भव देहाय बमोजिम प्रश्नहरू सोधिने छ ।

पाठ्यक्रमका एकाइ	1	2	3	4	5	6	7	8	9	10	11	12
प्रश्न संख्या	3	2	2	2	4	2	2	5	2	2	2	2

**1. Anatomy and physiology**

**Anatomical structure and function of the 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**

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. School Health
  - 2.2.1 Purpose of School Health Program
  - 2.2.2 Activities of School Health Program
3. Community Diagnosis
  - 2.3.1 Importance and methods of community diagnosis
4. Community Development
  - 2.4.1 Objective
  - 2.4.2 Methods of community development

**3. Community Health**

- 3.1 Epidemiology
  - 3.1.1 Definition & 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 fecal 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 born disease

**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 Drawing, 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 (BEC)
- 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 haemorrhage, Post partum haemorrhage, Retained placenta
- 6.1.6 Definition, signs and symptoms; and management of pelvic infection
- 6.1.7 Uterine prolapsed, Leucorrhoea, Trichomonosis
- 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 diseases (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 method

**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

**7. Communicable Disease and Microbiology**

- 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, Trachoma)
  - 7.2.5 Bacterial Disease
  - 7.2.6 Leprosy, Pertussis, Tetanus, Gastro-enteritis
  - 7.2.7 Enteric fever, Diphtheria, Syphilis, Gonorrhoea

**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 disease: 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
  - 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
  - 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 Problem
  - 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 scald
  - 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, Stye, 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

## 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 formulary
  - 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 contradiction of the drugs used in digestive systems and respiratory system
  - 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

द्वितीय पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

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



### ३. बागमती प्रदेश लोक सेवा आयोगको अ.हे.व. सो सरह पदको पाठ्यक्रम

प्रदेश लोक सेवा आयोग

बागमती प्रदेश स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, चौथो तहका अ.हे.व पदको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा : यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छः

प्रथम चरण : लिखित परीक्षा

द्वितीय चरण : अन्तर्वार्ता

पूर्णाङ्क: १००

पूर्णाङ्क: २०

#### लिखित परीक्षा योजना (Examination Scheme)

प्रथम चरण :-

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या × अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न × २ अङ्क = १००	४५ मिनेट

द्वितीय चरण :-

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	२०	मौखिक

दृष्टव्यः

- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको 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।
- कुनै पनि प्रकारको क्याल्कुलेटर (Calculator) र विद्युतीय उपकरणहरू (Electronic devices) परीक्षा हलमा लैजान र परीक्षामा प्रयोग गर्न पाइने छैन।
- पाठ्यक्रममा रहेका पाठ्यांशहरूबाट देहाय अनुसार प्रश्नहरू सोधिने छः

एकाङ्क	१	२	३	४	५	६	७	८	९	१०	११	१२
प्रश्न	२	२	४	८	४	५	४	५	७	५	२	२

४. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।

५. पाठ्यक्रम लागू मिति : २०७७/८/५

पत्र/विषय : सेवा सम्बन्धी

#### 1. Anatomical structure and function of the different organs of the body system (2)

- Digestive system
- Respiratory system
- Cardiovascular system
- Reproductive system
- Endocrine system
- Nervous system
- Skeletal system
- Sense organ system

#### 2. Health education and community Diagnosis (2)

- Health Education
  - Health Education, importance and method
  - Communication & barrier of communication
  - Learning process
  - Leadership
- School Health
  - Purpose of School Health Program
  - Activities of School Health Program.
- Community Diagnosis
  - Importance and methods of community diagnosis
- Community Development
  - Objective
  - Methods of community development

#### 3. Community Health (4)

- Epidemiology
  - Definition of Epidemiology
  - Scope of Epidemiology
  - Vitalstatistic
  - Epidemiological investigation
  - Epidemiological trends
  - Disease prevention
  - Basic principle of disease transmission
  - Immunity.
- Environmental Health
  - Environmental sanitation
  - Environmental sanitation
  - Scope of environmental sanitation
  - Water (Source, Water purification)
  - Excreta disposal and faecal born disease
  - Solid waste method of termination
  - Disposal of waste water

viii. Health & Disease spectrum

ix. Food sanitation

x. Insects and rodents and their importance in public health

xi. Milk hygiene & Milk born disease.

#### 4. Basic Medical Procedures and First Aid Treatment (8)

##### A. First Aid and Treatment

- First aid: Shock, Bleeding, burn/scalds fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite & Frost bite
- First aid treatment of electrical injury
- Drawing, Choking, High fever fit and convulsion

##### B. Basic Medical Procedures

- Vital signs
- Investigation process and Importance of urine, Stool, Blood, Sputum pus and throat swab collection
- Bandage (Importance, types & application)
- Technique of giving injection
- Sterilization process, importance, type and methods.

#### 5. Vector Borne Disease (VBDs) (4)

- History and Epidemiology of VBDs- Mode of transmission, causative agent, host, vector and environment, Life cycle of vectors and parasites/viruses.
- Rationale and Tools and techniques for the Prevention and control of VBDs.
- Clinical features, Diagnosis and Case Management of VBDs
- 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.
- Planning for VBDs Prevention and Control at the district and periphery level:
  - Analysis of the district VBDs situation.
  - Development of District VBDs Profile with the risk areas and population mapped.
  - Preparation of Annual Work Plan
  - Epidemic/Outbreak preparedness and Response
  - Surveillance
  - Behavior Change Communication (IEC)
  - Recording and Reporting of VBDs
  - Referral and follow-up
  - Supervision, monitoring and evaluation of VBDs control programs.

- x. Roles and responsibilities of different level health facilities.
- xi. Techniques of community mobilization for VBDs.

## 6. Maternal and Child Health, Family Planning and Nutrition (5)

### A. Maternal and Child Health

- i. Antenatal care
- ii. Physiological Change during pregnancy
- iii. Danger signs
- iv. High risk group (mother)
- v. Delivery care
- vi. Stages of labor
- vii. Difference between false and true labour
- viii. Postnatal care
- ix. New born Care
- x. Complication of pregnancy
- xi. Abortion
- xii. Ectopic pregnancy
- xiii. Toxemia
- xiv. Mal Presentations
- xv. Ante Partum hemorrhage
- xvi. Post partum hemorrhage
- xvii. Post partum hemorrhage, retained placenta
- xviii. Definition, signs and symptoms; and management of pelvic infection
- xix. Uterine prolapsed
- xx. Leucorrhoea, Trichomonosis
- xxi. Growth and development of baby
- xxii. Milestone development
- xxiii. Definition, causes, signs symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases
- xxiv. Six killer disease (Tuberculosis, Tetanus, Polio, Pertussis, Diphtheria, Measles)

### B. Family Planning

- i. Population education
- ii. Population pyramids
- iii. Consequences of population growth
- iv. Measures to solve population problem.
- v. Family planning methods
- vi. Temporary method
- vii. Permanent method

### C. Nutrition

- i. Source of nutrients
- ii. Nutritional status measurements
- iii. Breast feeding, Weaning and supplementary foods
- iv. PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment
- v. Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and management

## 7. Communicable Disease and Microbiology (4)

### A. Microbiology

- i. Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)

### B. Communicable Diseases: Communicable disease and non-communicable disease, causes, clinical features, treatment, compilation and prevention of:

- i. Amoebic, bacillary, dysentery, giardiasis
- ii. Cholera, Tuberculosis, Malaria
- iii. Parasitic Diseases
- iv. Viral Disease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, poliomyelitis, trachoma)
- v. Bacterial Disease
- vi. Leprosy, pertussis, tetanus, gastro-enteritis
- vii. Enteric fever, diphtheria, syphilis, gonorrhoea.

## 8. Medicine & Surgery: (5)

### A. Medicine:

- i. History taking/physical examination
- ii. Causes, signs and symptoms, type, prevention, treatment, complication and investigation of
  - a. Deficiency disease
    - Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease.

### b. Digestive System

- Gastritis, peptic ulcer, cholecystitis
- Appendicitis
- Dysentery
- Gastroenteritis
- Hepato-splenomegaly

### c. Respiratory system

- Common cold
- Tonsillitis
- Pharyngitis
- Rhinitis
- Sinusitis
- Bronchitis
- Pneumothorax

### d. Cardiovascular System

- Hyper Tension
- Congestive Cardiac Failure (CCF)
- Rheumatic fever

### e. Genito Urinary System

- Nephritis
- Renal Colic
- Urinary Tract Infection (UTI)

### f. Endocrine System

- Diabetes
- Hypothyroidism
- Hyperthyroidism

### g. Nervous System

- CVA (Cerebro Vascular Accident)
- Convulsion
- Meningitis
- Epilepsy
- Unconsciousness

### h. Skin Problem

- Scabies
- Ringworm
- Impetigo
- Eczema
- Allergies

### B. Surgery:

- i. Definition Clinical Features and appropriate treatment of:
  - a. Boils
  - b. Carbuncles
  - c. Ulcer
  - d. Piles
  - e. Wound
  - f. Burn and scales
  - g. Fracture
  - h. Dislocation and sprain
  - i. Head and spinal cord injuries
  - j. Bleeding
  - k. Foreign body in eye, ear, nose and throat
  - l. Conjunctivitis, iritis, trachoma, cataract, sty. Otitis externa
  - m. Common problem of teeth and mouth
  - n. Acute abdominal problem
  - o. Acute appendicitis
  - p. Acute cholecystitis
  - q. Intestinal obstruction
  - r. Hydrocele
  - s. Hernia
  - t. Tumor

## 9. Pharmacy and Pharmacology (7)

### A. Pharmacy

- i. Terminology used in pharmacy
- ii. Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulary
- iii. Inventory management
- iv. Dispensing
- v. Narcotic drugs management
- vi. Banded drugs

### B. Pharmacology

- i. Terms used in pharmacology
- ii. Meaning and types of Antibiotic
- iii. Action, use, dose, general side effects and contradiction of the drugs used in different systems:

- a. Digestive systems
- b. Respiratory system
- iv. Condition
  - a. Pain
  - b. Fever
  - c. Inflammation
  - d. Locally used preparations
  - e. Antihypertensive drugs
  - f. Nutritional Supplementary Drugs
  - g. Vaccines
  - h. Hormones
  - i. Oral rehydration therapy
  - j. Parental solution

#### 10. Health Culture, Communication, Management and Miscellaneous (5)

##### A. Health Culture and Communication:

- i. Changes, process and barrier of changes in community
- ii. Traditional belief and health related taboos
- iii. Traditional medicine practice in Nepal
- iv. Concept of family health
- v. Health and disease spectrum
- vi. Health reporting and recording Health Management:

##### B. Health care system in Nepal

- i. Job Description of Auxiliary Health Worker (AHW) and Auxiliary Nurse Midwife (ANM)
- ii. Primary Health Care (PHC): definition and components
- iii. Job description of malaria inspector/Vector control Assistant/ Malaria Assistant/ Cold chain Assistant.
- iv. Health posts
- v. Clinics
- vi. Health Camps

##### C. Management:

- i. Planning,
- ii. Organizing,
- iii. Directing
- iv. In service Training
- v. Inventory

- vi. Meeting
- vii. Problem solving
- viii. Recording and reporting
- ix. Supervision and monitoring

##### D. Miscellaneous:

- i. Cooperative and health
- ii. Health provisions in current periodic plan of Bagmati Province
- iii. Tourism development in Nepal. Challenges and Opportunities

#### 11. अंग्रेजी (Knowledge on writing correct English sentence, letter, and report according to English grammar based on the following syntactic functions: (2))

##### A. Parts of Speech:

- i. Noun
- ii. Pronoun
- iii. Adjective
- iv. Determiner
- v. Verb
- vi. Adverb
- vii. Preposition
- viii. Conjunction and
- ix. Interjection

##### B. Infinitive and gerund, reported speech and tense

#### 12. नेपाली : नेपाली भाषामा स्तरीय लेखनको लागि आवश्यक पर्ने व्याकरण अनुरूप शुद्धा शुद्धि बनाउने । (2)

- i. यसका लागि निम्न विषयमा ध्यान केन्द्रित गर्ने : वर्णविन्यास, पदसङ्गति, नाम, सर्वनाम, क्रियापद, विशेषण, काल, वाच्य, पदवर्ग, अनुकरणात्मक शब्द, कारक र विभक्ति, वचन, पुरुष, लिङ्ग, उल्टो अर्थ आउने शब्द, पर्यायवाची शब्द, तत्सम शब्द, तद्भव शब्द, आगन्तुक शब्द, उपसर्ग लागेर निर्मित शब्दहरू, प्रत्यय लागेर निर्मित शब्दहरू, समास भएर निर्मित शब्दहरू, द्वित्व भएर निर्मित शब्दहरू, ह्रस्व दीर्घ, श, ष, स लगायतका व्याकरणगत शुद्ध लेखनशैलीमा केन्द्रित विषयहरू सहितको नेपाली शुद्धाशुद्धिको ज्ञान ।



## ४. गण्डकी प्रदेश लोक सेवा आयोगको अ.हे.व. सो सरह पदको पाठ्यक्रम

प्रदेश लोक सेवा आयोग, गण्डकी प्रदेश

प्रदेश/स्थानीय स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक चौथो तह, अ.हे.व./कोल्डचेन असिस्टेन्ट पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

भाग १ : लिखित परीक्षा (Written Examination)	प्रथम चरण (First Phase)	पूर्णाङ्क : १००
	द्वितीय चरण (Second Phase)	पूर्णाङ्क : १००
भाग २ : अन्तिम चरण (Final examination)	अन्तर्वार्ता (Interview)	पूर्णाङ्क : ३०

### लिखित परीक्षा योजना (Written Examination Scheme)

#### १. लिखित परीक्षा :- प्रथम चरण: (First Phase)

पत्र	विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्या × अङ्क	समय
प्रथम	सामान्य ज्ञान र सामान्य अभिक्षमता परीक्षण (General Awareness & General Aptitude Test)	१००	४०	वस्तुगत (Objective)	बहुवैकल्पिक प्रश्न (MCQs)	२५ प्रश्न × २ अङ्क	४५ मिनेट
	सेवा सम्बन्धित कार्य-ज्ञान (Job Based - knowledge)					२५ प्रश्न × ५ अङ्क	

#### २. लिखित परीक्षा :- द्वितीय चरण: (Second Phase)

पत्र	विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्या × अङ्क	समय
द्वितीय	सेवा सम्बन्धित कार्य-ज्ञान (Job Based - knowledge)	१००	४०	विषयगत (Subjective)	छोटो उत्तर (Short Answer)	१२ प्रश्न × ५ अङ्क	२ घण्टा १५ मिनेट
					दीर्घ उत्तर (Long Answer)	४ प्रश्न × १० अङ्क	

#### अन्तिम चरण: अन्तर्वार्ता (Interview)

विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली	समय
अन्तर्वार्ता (Interview)	३०		बोर्ड अन्तर्वार्ता (Board Interview)	-

#### दृष्टव्यः

- यो पाठ्यक्रम योजनालाई लिखित परीक्षा (प्रथम चरण र द्वितीय चरण) तथा अन्तिम चरण (अन्तर्वार्ता) गरी दुई भागमा विभाजन गरिएको छ।
- माथि उल्लिखित सेवाका सबै समूहको लागि प्रथम र द्वितीय पत्र विषयको विषयवस्तु एउटै (Common) र अनिवार्य हुनेछ तर तृतीय पत्र सेवा समूह सम्बन्धी विषय सेवा समूह अनुसार फरक फरक हुनेछ।
- लिखित परीक्षाको प्रश्नपत्रको माध्यम भाषा पाठ्यक्रमको विषयवस्तु जुन भाषामा छ सोही भाषाको आधारमा नेपाली वा अंग्रेजी मध्ये कुनै एक मात्र भाषा हुनेछ। तर विषयवस्तुलाई स्पष्ट गर्नुपर्ने अवस्थामा दुवै भाषा समेत प्रयोग गर्न सकिने छ।
- लिखित परीक्षाको माध्यम नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कटौत गरिनेछ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कटौत पनि गरिने छैन।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन।
- परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धितपत्र/विषयमा दिई अनुसार हुनेछ।
- विषयगत प्रश्न हुने पत्र/विषयका प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
- प्रथम चरण (First Phase) को लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरण (Second Phase) को लिखित परीक्षामा सम्मिलित गराइनेछ।
- लिखित परीक्षाको प्रथम चरण (First Phase) मा प्राप्त गरेको प्राप्ताङ्कको शतप्रतिशत अङ्क तथा द्वितीय चरण (Second Phase) को प्राप्ताङ्कहरू जोडी कूल अङ्कको आधारमा लिखित परीक्षाको नतिजा प्रकाशित गरिनेछ।
- लिखित परीक्षामा छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।
- लिखित परीक्षा र अन्तिम चरणको अन्तर्वार्ताको कूल अङ्क योगका आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।
- पाठ्यक्रम लागू मिति: २०८०/०८/१२

#### प्रथम पत्र (Paper I)

सामान्य ज्ञान र सामान्य अभिक्षमता परीक्षण तथा सेवा सम्बन्धित कार्य-ज्ञान

भाग (Part I): सामान्य ज्ञान र सामान्य अभिक्षमता परीक्षण (General Awareness and General Aptitude Test)

खण्ड (Section - A): (१५ प्रश्न × २ अङ्क = ३० अङ्क)

#### १. सामान्य ज्ञान (General Awareness) (१६ अङ्क)

- नेपालको भौगोलिक अवस्था, प्राकृतिक स्रोत र साधनहरू
- नेपालको ऐतिहासिक, सांस्कृतिक र सामाजिक अवस्था सम्बन्धी जानकारी
- नेपालको आर्थिक अवस्था र चालु आवधिक योजना सम्बन्धी जानकारी
- जैविक विविधता, दिगो विकास, वातावरण, प्रदूषण, जलवायु परिवर्तन र जनसंख्या व्यवस्थापन
- मानव जीवनमा प्रत्यक्ष प्रभाव पार्ने विज्ञान र प्रविधिका महत्वपूर्ण उपलब्धिहरू
- जनस्वास्थ्य, रोग, खाद्य र पोषण सम्बन्धी सामान्य जानकारी
- नेपालको संविधान (भाग १ देखि ५ सम्म र अनुसूचीमा भएका व्यवस्थाहरू)
- नेपालमा संघीय लोकतान्त्रिक गणतन्त्रात्मक शासन प्रणाली सम्बन्धी जानकारी
- संयुक्त राष्ट्रसंघ र यसका विशिष्टीकृत संस्था सम्बन्धी जानकारी
- क्षेत्रीय संगठन (सार्क, बिमस्टेक, आसियान र युरोपियन संघ) सम्बन्धी जानकारी
- राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक गतिविधिहरू

#### २. सार्वजनिक व्यवस्थापन (Public Management) (१४ अङ्क)

- कार्यालय व्यवस्थापन (Office Management)
  - कार्यालय (Office): परिचय, महत्व, कार्य र प्रकार
  - सहायक कर्मचारीका कार्य र गुणहरू
  - कार्यालय स्रोत साधन (Office Resources): परिचय र प्रकार
  - कार्यालयमा सञ्चारको महत्व, किसिम र साधन
  - कार्यालय कार्यविधि (Office Procedure): पत्र व्यवहार (Correspondence), दर्ता र चलानी (Registration & Dispatch), परिपत्र (Circular), लोक आदेश (Order), टिप्पणी लेखन र टिप्पणी तयार पार्दा ध्यान दिनुपर्ने कुराहरू
  - अभिलेख व्यवस्थापन (Record Management)
  - सार्वजनिक खरिद व्यवस्थापन (Public Procurement Management) सम्बन्धी सामान्य जानकारी (खरिद योजना,

- लागत अनुमान, र खरिदका विधिका प्रकार)
- 2.1.8 कार्यालयमा सूचना प्रविधिको प्रयोग (Windows, Word, Excel, Presentation System, Email, Internet and Social Media)
- 2.2 गण्डकी प्रदेश निजामती सेवा ऐन र स्थानीय सेवा सम्बन्धी कानूनी व्यवस्थाहरु :
- 2.2.1 गण्डकी प्रदेश निजामती सेवाको गठन, संगठन संरचना, पदपूर्ति गर्ने तरिका र प्रक्रियाहरु
- 2.2.2 कर्मचारीको नियुक्ति, सरुवा, बढुवा, बिदा, विभागीय सजाय र अवकाश
- 2.2.3 कर्मचारीले पालन गर्नुपर्ने आचरण र कर्तव्यहरु
- 2.3 भ्रष्टाचार निवारण ऐन, २०५९
- 2.4 सरकारी बजेट सम्बन्धी सामान्य जानकारी
- 2.5 सार्वजनिक सेवा प्रवाहको अर्थ, सेवा प्रवाह गर्ने निकाय, तरिका र माध्यमहरु
- 2.6 सार्वजनिक बडापत्र (Public Charter): महत्व र आवश्यकता
- 2.7 सार्वजनिक व्यवस्थापनमा निर्देशन, नियन्त्रण, समन्वय, निर्णय प्रक्रिया, उत्प्रेरणा र नेतृत्व सम्बन्धी जानकारी
- 2.8 मानवीय मूल्य मान्यता (Human Values), नागरिक कर्तव्य र दायित्व तथा अनुशासन

**खण्ड (Section - B): (१० प्रश्न × २ अङ्क = २० अङ्क)**

**3. सामान्य अभिक्षमता परीक्षण (General Aptitude Test)**

- 3.1 शाब्दिक अभिक्षमता परीक्षण (Verbal Aptitude Test):** यस परीक्षणमा शब्दज्ञान (vocabulary), अनुक्रम (alphabet series), समरूपता (analogy), वर्गीकरण (classification), कोडिङ-डिकोडिङ (coding-decoding), दिशा र दुरी ज्ञान परीक्षण (direction & distance sense test), तर्क विचार सम्बन्धी (logical reasoning), आगमन र निगमन (Induction and Deduction), रैंकिङ (ranking order) आदि विषयवस्तुबाट प्रश्नहरु समावेश गरिनेछ ।
- 3.2 संख्यात्मक अभिक्षमता परीक्षण (Numerical Aptitude Test):** यस परीक्षणमा अनुक्रम (alphabet series), समरूपता (analogy), वर्गीकरण (classification), कोडिङ (coding), मेट्रिक्स (Metrix), अकर्मण्य तर्क / क्रिया सम्बन्धी (common sense test), प्रतिशत, भिन्न, अनुपात, औसत, समय र काम, छोडिएका अक्षरहरु र संकेतको क्रम मिलाउने (Insert missing number/symbol), आदि विषयवस्तुबाट प्रश्नहरु समावेश गरिनेछ ।
- 3.3 अशाब्दिक अभिक्षमता परीक्षण (Non-Verbal/Abstract Aptitude Test):** यस परीक्षणमा अनुक्रम (series test), समरूपता (analogy), वर्गीकरण (classification), भेन चित्र (Venn diagram), त्रिभुज, वर्ग र बहुभुजहरुको रचना (construction of triangle, square and polygon), चित्र वा आकृति बनाउने र विश्लेषण, (figure formation and describe) आदि विषयवस्तुबाट प्रश्नहरु समावेश गरिनेछ ।
- 3.4 रुजु गर्ने (Verification test) र फाइलिङ अभिरुचि परीक्षण (Filing aptitude test):** रुजु गर्ने (Verification test), परीक्षणमा तथ्यांक (Data on testing), संख्या वा शाब्दिक सूचनालाई जाँच गर्ने वा त्रुटी पत्ता लगाउने अथवा समानता वा भिन्नता पत्ता लगाउने (numerical or verbal information, identifications of errors, similarities and differences) किसिमका प्रश्नहरु समावेश हुनेछन । फाइलिङ अभिरुचि परीक्षण (Filing aptitude test) मा शाब्दिक र संख्यात्मक फाइलिङ (verbal and numerical filing), वस्तु वा प्रक्रियालाई वर्णमालाक्रम, संख्यात्मकक्रम वा कालक्रम (alphabetical, numerical or chronological order of items) अनुसार समाधान गर्ने किसिमका प्रश्नहरु समावेश हुनेछन ।
- 3.5 निर्देशन अनुसरण गर्ने (Follows the instructions) र विश्लेषणात्मक तार्किकता परीक्षण (Analytical reasoning test):** निर्देशन अनुसरण गर्ने (Follows the instructions) परीक्षणमा दिइएको लिखित निर्देशनलाई हुबहु अनुसरण गरी समाधान गर्ने किसिमका प्रश्नहरु समावेश हुनेछन । विश्लेषणात्मक तार्किकता परीक्षण (Analytical reasoning test) मा शाब्दिक वा संख्यात्मक वा अशाब्दिक (चित्रात्मक) (literal or numerical or non-verbal) किसिमका विश्लेषणात्मक तार्किकता (analytical logic) सम्बन्धी प्रश्नहरु समावेश हुनेछन ।

**भाग (Part II):**  
**सेवा सम्बन्धित कार्य-ज्ञान (Job Based - Knowledge)**  
**(२५ प्रश्न × २ अङ्क = ५० अङ्क)**

**1. Anatomy and physiology (2)**

**Anatomical structure and function of the 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 (1)**

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. School Health
  - 2.2.1 Purpose of School Health Program
  - 2.2.2 Activities of School Health Program
3. Community Diagnosis
  - 2.3.1 Importance and methods of community diagnosis
4. Community Development
  - 2.4.1 Objective
  - 2.4.2 Methods of community development

**3. Community Health (1)**

- 3.1 Epidemiology
  - 3.1.1 Definition & 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 fecal 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 born disease

**4. First Aid and Basic Medical Procedures (2)**

- 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 Drawing, Choking, High fever fit and convulsion
  - 4.1.4 Primary Trauma Care, Disaster Management and Triaging
- 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) (3)**

- 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 (BEC)
- 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 (2)**
- 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 haemorrhage, Post partum haemorrhage, Retained placenta
- 6.1.6 Definition, signs and symptoms; and management of pelvic infection
- 6.1.7 Uterine prolapsed, Leucorrhoea, Trichomonosis
- 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 diseases (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 method
- 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
- 7. Communicable Disease and Microbiology (2)**
- 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 Parasitic diseases: Malaria, Amoebic dysentery, giardiasis
- 7.2.2 Viral disease: (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, poliomyelitis, trachoma) COVID- 19, Monkeypox Dengue fever
- 7.2.3 Bacterial Disease: Leprosy, pertussis, tetanus, gastro-enteritis Enteric fever, diphtheria, syphilis, gonorrhoea Cholera, Tuberculosis bacillary dysentery
- 8. Medicine (5)**
- 8.1 History taking/physical examination
- 8.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation of:
- 8.2.1 Deficiency disease: 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
- 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
- 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 Problem
- 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 (2)**
- 9.1 Definition Clinical Features and appropriate treatment of:
- 9.1.1 Boils, Carbuncles, Ulcer, Piles
- 9.1.2 Wound, Burn and scald
- 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, Styte, 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
- 10. Pharmacy and Pharmacology (2)**
- 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 formularly
- 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 contradiction of the drugs used in digestive systems and respiratory system
- 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 (1)

- 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 (2)

- 12.1 Health care system in Nepal (Federal, Provincial and Local)
- 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
- 12.6 Acts and regulation:
  - 12.6.1 Health Sector Sustainable development goal (SDG3)
  - 12.6.2 Social security scheme and health insurance
  - 12.6.3 Health Professional Council Act 2053 and Regulation 2056
  - 12.6.4 Local government operation act 2074 section 1-4 and 11
  - 12.6.5 Health Policy of Gandaki Province, 2078

प्रथम पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिने छ।

प्रथम पत्र (वस्तुगत)					
भाग	खण्ड	विषयवस्तु	परीक्षा प्रणाली	अङ्कभार	प्रश्न संख्या × अङ्क
I	(A)	सामान्य ज्ञान (General Awareness)	बहुवैकल्पिक प्रश्न (MCQs)	२०	१५ प्रश्न × २ अङ्क = ३०
	(B)	सामान्य अभिक्षमता परीक्षण (General Aptitude Test)		२०	१० प्रश्न × २ अङ्क = २०
II	-	सेवा सम्बन्धित कार्य-ज्ञान (Job Based - knowledge)		५०	२५ प्रश्न × २ अङ्क = ५०

प्रथम पत्रको भाग (Part II) सेवा सम्बन्धित कार्य-ज्ञान (Job based -knowledge) को पाठ्यक्रमका एकाइबाट परीक्षामा यथासम्भव देहाय बमोजिम प्रश्नहरू सोधिने छ।

पाठ्यक्रमका एकाइ	1	2	3	4	5	6	7	8	9	10	11	12
प्रश्न संख्या	2	1	1	2	3	2	2	5	2	2	1	2

### 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 the 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

- 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. School Health
  - 2.2.1 Purpose of School Health Program
  - 2.2.2 Activities of School Health Program
- 3. Community Diagnosis
  - 2.3.1 Importance and methods of community diagnosis
- 4. Community Development
  - 2.4.1 Objective
  - 2.4.2 Methods of community development

#### 3. Community Health

- 3.1 Epidemiology
  - 3.1.1 Definition & 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 fecal 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 born disease

#### 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 Drawing, Choking, High fever fit and convulsion
  - 4.1.4 Primary Trauma Care, Disaster Management and Triaging
- 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 (BEC)
  - 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.

#### 7. 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 haemorrhage, Post partum haemorrhage, Retained placenta
- 6.1.6 Definition, signs and symptoms; and management of pelvic infection
- 6.1.7 Uterine prolapsed, Leucorrhoea, Trichomonosis
- 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 diseases (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 method

## 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

### खण्ड (Section) (B): ५० अङ्क

## 7. Communicable Disease and Microbiology

- 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 Parasitic diseases: Malaria, Amoebic dysentery, giardiasis
  - 7.2.2 Viral disease: (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, poliomyelitis, trachoma) COVID- 19, Monkeypox Dengue fever
  - 7.2.3 Bacterial Disease: Leprosy, pertussis, tetanus, gastro-enteritis Enteric fever, diphtheria, syphilis, gonorrhoea Cholera, Tuberculosis bacillary dysentery

## 9. Medicine

- 8.1 History taking/physical examination
- 8.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation of:
  - 8.2.1 Deficiency disease: 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
    - 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
- 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 Problem

- 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 scald
- 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, Stye, 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

## 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 formulary
  - 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 contradiction of the drugs used in digestive systems and respiratory system
  - 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 (Federal, Provincial and Local)

- 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
- 12.6 Acts and regulation:
- 12.6.1 Health Sector Sustainable development goal (SDG3)
- 12.6.2 Social security scheme and health insurance
- 12.6.3 Health Professional Council Act 2053 and Regulation 2056
- 12.6.4 Local government operation act 2074 section 1-4 and 11
- 12.6.5 Health Policy of Gandaki Province, 2078

द्वितीय पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

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

द्वितीय पत्रको भाग (Part II) सेवा सम्बन्धित कार्य-ज्ञान (Job based - knowledge) को पाठ्यक्रमका एकाइबाट परीक्षामा यथासम्भव देहाय बमोजिम प्रश्नहरू सोधिने छ ।

खण्ड	छोटो उत्तर Section A												छोटो उत्तर Section B												लामो उत्तर खण्ड	
पाठ्यक्रमका एकाइ	1	2	3	4	5	6	7	8	9	10	11	12	A	B	A	B	A	B								
प्रश्न संख्या	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2										



AHW MENTOR

## ५. लुम्बिनी प्रदेश लोक सेवा आयोगको अ.हे.व. वा सो सरह पदको पाठ्यक्रम

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश

प्रदेश निजामती तथा स्थानीय सरकारी सेवा अन्तर्गत स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक चौथो तह, कोल्ड चैन असिष्टेण्ट तथा अ.हे.व. पदको खुला तथा आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छ:

क. प्रथम चरण: लिखित परीक्षा

पूर्णाङ्क: १००

ख. द्वितीय चरण: अन्तर्वार्ता

पूर्णाङ्क: २०

प्रथम चरण :- लिखित परीक्षा (Written Examination)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या × अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक	५० प्रश्न × २ अङ्क = १००	४५ मिनेट

द्वितीय चरण:

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	२०	बोर्ड अन्तर्वार्ता (Board Interview)

द्रष्टव्य:

१. वस्तुगत वैकल्पिक परीक्षामा यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ।

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

- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कटौत गरिनेछ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कटौत पनि गरिने छैन।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जसुकै लेखिएको भएतापनि पाठ्यक्रममा प्ररका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको विज्ञापन हुदाँका वखत (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा प्ररको सम्मन पर्दछ।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्यालकुलेटर (Calculator) प्रयोग गर्न पाइने छैन।
- परीक्षामा परीक्षार्थीले मोबाइल वा यस्तै प्रकारका विद्युतीय उपकरण परीक्षा हलमा लैजान पाइने छैन।
- पाठ्यक्रम लागू हुने मिति: २०७९।०८।१५

### 1. Anatomy and Physiology (5)

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

- Digestive system
- Respiratory system
- Cardiovascular system
- Reproductive system
- Endocrine system
- Nervous system
- Skeletal system
- Sense organ system

### 2. Health Education and Community Diagnosis (3)

- Health Education
  - Health Education, importance and method
  - Communication & barrier of communication
  - Learning process
  - Leadership
- School Health
  - Purpose of School Health Program
  - Activities of School Health Program.
- Community Diagnosis
  - Importance and methods of community diagnosis
- Community Development
  - Objective
  - Methods of community development

### 3. Community Health (3)

- Epidemiology
  - Definition and Scope of Epidemiology
  - Vital statistic
  - Epidemiological investigation
  - Epidemiological trends
  - Disease prevention
  - Basic principle of disease transmission
  - Immunity
- Environmental sanitation
  - Introduction and Scope of environmental sanitation
  - Water (Source, Water purification)
  - Excreta disposal and faecal born disease
  - 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)

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

### 5. Vector Borne Disease (VBDs) (5)

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, Preeclampsia, antepartum Hemorrhage)
  - 6.1.5 Gynecological Disease: -
    - Vaginal Discharge syndrome
    - Uterovaginal prolapsed
    - 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, Diphtherial 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
- 7. Microbiology, Communicable and Non-communicable Diseases (4)**
- 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 (6)**
- 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-splnomegaly

- 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
  - 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)**
- 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
  - 9.1.7 Conjunctivitis, iritis, trachoma, cataract, sty. 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 (Hydrocele)
- 10. Pharmacy and Pharmacology (4)**
- 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

**11. Health Culture and Communication (2)**

- 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 (4)**

- 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



AHW Mentor



**६. कर्णाली प्रदेश लोक सेवा आयोगको अ.हे.व. वा सो सरह पदको पाठ्यक्रम**

प्रदेश लोक सेवा आयोग  
कर्णाली प्रदेश

नेपाल स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक चौथो तह (अ.हे.व. वा सो सरह) का पदहरूको प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छ ।

प्रथम चरण: लिखित परीक्षा

द्वितीय चरण: अन्तर्वार्ता

प्रथम चरण: लिखित परीक्षा योजना (Examination Scheme)

पूर्णाङ्क: १००

पूर्णाङ्क: २०

विषय	पूर्णाङ्क	उत्तीर्णङ्क	परीक्षा प्रणाली	प्रश्न संख्या × अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत: बहुवैकल्पिक (Multiple Choice)	७० प्रश्न × १ अङ्क = ७०	१ घण्टा ३० मिनेट
			विषयगत: बहुवैकल्पिक (Short Answers)	६ प्रश्न × ५ अङ्क = ३०	

द्वितीय चरण:

विषय	पूर्णाङ्क	परीक्षा प्रणाली
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 एकाईबाट निम्नानुसार प्रश्नहरू सोधिनेछन् ।

एकाई	१	२	३	४	५	६	७	८	९	१०	११	
वस्तुगत	४	३	६	७	४	९	७	१५	७	२	६	
विषयगत	१			१			१			१		
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा 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 ।
- यस पाठ्यक्रममा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका ऐन, नियमहरू तथा नीतिहरू परीक्षाको मिति भन्दा ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकोलाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाईमात्र मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम लागू मिति: २०७८।०७।११

**विषय : सेवा सम्बन्धी**

**1. Anatomy and physiology**

- Digestive system
- Respiratory system
- Cardiovascular system
- Reproductive system
- Endocrine system
- Nervous system
- Skeletal system
- Sense organ system

**2. Health Education and Community Diagnosis**

**2.1 Health Education**

- Health Education: importance and method
- Communication and barrier of communication
- Learning process
- Leadership

**2.2 School Health**

- Purpose and component of School Health Program
- Activities of School Health Program

**2.3. Community Diagnosis: Importance and methods of community diagnosis**

**2.4 Community Development**

- Objective
- Methods of community development
- Community mobilization and engagement

**3. Community Health**

**3.1 Epidemiology and Major Epidemics**

- Definition of Epidemiology
- Scope of Epidemiology
- Vital statistic
- Epidemiological investigation

3.1.5 Epidemiological trends

3.1.6 Disease prevention

3.1.7 Basic principle of disease transmission

3.1.8 Vaccine, immunization and Immunity

3.1.9 Major Epidemics in Karnali province: Influenza, Diarrhea, Cholera and COVID

3.1.10 Current health issues

**3.2 Environmental sanitation**

3.2.1 Environmental sanitation

3.2.2 Scope of environmental sanitation

3.2.3 Water (Source and methods of purification)

3.2.4 Excreta disposal and fecal borne disease

3.2.5 Method of Solid and liquid waste disposal

3.2.6 Health and Disease spectrum

3.2.7 Food hygiene and sanitation

3.2.8 Insects, rodents and their importance in public health

3.2.9 Milk hygiene and Milk borne disease

**4. First Aid and Basic Medical Procedures**

**4.1 First Aid Treatment**

- First aid: Airway Breathing Circulation (ABC) Management, Shock, Bleeding, burn and scalds, fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite, Frost bite, Road Traffic Accident (RTA) & High altitude sickness

4.1.2 First aid treatment of electrical injury

4.1.3 Drowning, Choking, febrile convulsion and convulsion

**4.2 Basic Medical Procedures**

4.2.1 Vital signs

- Investigation process and its importance, basic knowledge of urine, stool, blood, sputum, pus and throat swab collection, transportation and storage

- 4.2.3 Bandage (Importance, types & application)
- 4.2.4 Technique of giving injections
- 4.2.5 Sterilization process, its 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 major vectors and parasites prevalent in Nepal
- 5.2 Clinical features, diagnosis and case management of VBDs
- 5.3 Nepal's National Goal, objectives and strategies of VBDs control and National treatment protocol of VBDs
- 5.4 Trends of transmission, geographical distribution, epidemiological situation
- 5.5 Planning for VBDs Prevention and Control at the province and local 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 of VBDs
  - 5.5.4 Epidemic, outbreak preparedness and response
  - 5.5.5 Surveillance
  - 5.5.6 Behavior Change Communication and Information Education and Communication
  - 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 in VBDs control
  - 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
- 6.1.2 Physiological changes during pregnancy
- 6.1.3 Danger signs
- 6.1.4 High risk group (mother)
- 6.1.5 Delivery care
- 6.1.6 Stages of labor
- 6.1.7 Difference between false and true labor
- 6.1.8 Postnatal care
- 6.1.9 New born care
- 6.1.10 Complications of pregnancy
  - 6.1.10.1 Abortion
  - 6.1.10.2 Ectopic pregnancy
  - 6.1.10.3 Toxemia
  - 6.1.10.4 Malpresentations
  - 6.1.10.5 Ante-Partum haemorrhage (APH)
  - 6.1.10.6 Post-Partum Haemorrhage (PPH)
  - 6.1.10.7 Pregnancy induced hypertension (PIH)
- 6.1.11 Definition, signs and symptoms and management of pelvic infection
- 6.1.12 Uterine prolapsed
- 6.1.13 Leucorrhoea and Trichomoniasis
- 6.1.14 Growth and development of baby
- 6.1.15 Developmental milestone
- 6.1.16 Definition, causes, signs symptoms and management of Acute Respiratory Infection (ARI), Acute Diarrheal Diseases (ADD)
- 6.1.17 Integrated Management of Neonatal and Childhood Illness (IMNCI) Program
- 6.1.18 Vaccine preventable disease (Tuberculosis, Tetanus, Polio, Pertussis, Diphtheria, Measles and Rubella)
- 6.2 Family Planning**
- 6.2.1 Population education
- 6.2.2 Population pyramids
- 6.2.3 Consequences of population growth
- 6.2.4 Measures to solve population problem
- 6.2.5 Family planning methods
  - 6.2.5.1 Temporary
  - 6.2.5.2 Permanent
- 6.3 Nutrition**
- 6.3.1 Source of nutrients

- 6.3.2 Nutritional status measurements
- 6.3.3 Breast feeding, Weaning and supplementary feeding
- 6.3.4 PEM (Protein Energy Malnutrition) sign, symptoms, prevention and treatment
- 6.3.5 Vitamins and Minerals: sources, major deficiency disease in Nepal, signs, symptoms of deficiency disease and management
- 7. Microbiology, Communicable and Non Communicable Disease**
- 7.1 Microbiology:** Micro-organisms (Virus, Bacteria, Parasites, Fungus, Protozoa, Helminthes)
- 7.2 Communicable disease:** causes, clinical features, treatment, compilation and prevention
  - 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 and rubella)
  - 7.2.5 Bacterial Diseases (leprosy, pertussis, tetanus, gastro-enteritis, enteric fever, diphtheria, syphilis, gonorrhoea, trachoma)
- 7.3 Non-Communicable disease:** causes, clinical features, treatment, complication and prevention
  - 7.3.1 Hypertension
  - 7.3.2 Diabetes
  - 7.3.3 Coronary Artery Diseases
  - 7.3.4 Cancer
  - 7.3.5 Basic mental health problem
- 8. Medicine & Surgery**
- 8.1 Medicine**
- 8.1.1 History taking and physical examination
- 8.1.2 Cause, sign, symptom, type, prevention, treatment, complication and investigation
  - 8.1.2.1 Deficiency disease:** Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease
  - 8.1.2.2 Digestive System**
    - Gastritis, peptic ulcer disease
    - Dysentery
    - Gastroenteritis
    - Hepatitis
  - 8.1.2.3 Respiratory System**
    - Common cold
    - Tonsillitis
    - Pharyngitis
    - Rhinitis
    - Sinusitis
    - Bronchitis
    - Pneumonia
  - 8.1.2.4 Cardiovascular System**
    - Hypertension
    - Congestive Cardiac Failure (CCF)
    - Rheumatic fever
  - 8.1.2.5 Genitourinary System**
    - Nephritis
    - Renal Colic
    - Urinary Tract Infection (UTI)
  - 8.1.2.6 Endocrine System**
    - Diabetes
    - Hypothyroidism
    - Hyperthyroidism
  - 8.1.2.7 Nervous System**
    - CVA (Cerebro Vascular Accident)
    - Convulsion
    - Meningitis
    - Epilepsy
    - Unconsciousness
  - 8.1.2.8 Skin Problem**
    - Scabies
    - Ringworm
    - Impetigo
    - Eczema

- Allergies

## 8.2 Surgery

### 8.2.1 Definition, Clinical feature and appropriate treatment

- 8.2.1.1 Boils and Abscess
- 8.2.1.2 Carbuncles
- 8.2.1.3 Ulcer
- 8.2.1.4 Piles
- 8.2.1.5 Wound
- 8.2.1.6 Burn and scalds
- 8.2.1.7 Fracture
- 8.2.1.8 Dislocation and sprain
- 8.2.1.9 Head and spinal cord injuries
- 8.2.1.10 Bleeding
- 8.2.1.11 Foreign body in eye, ear, nose and throat
- 8.2.1.12 Acute abdominal problem (Acute appendicitis, Acute cholecystitis, Intestinal obstruction)
- 8.2.1.13 Hydrocele
- 8.2.1.14 Hernia
- 8.2.1.15 Tumor

### 8.2.2 Common eye and ENT problem

- 8.2.2.1 Conjunctivitis, Iritis, Trachoma, Stye
- 8.2.2.2 Otitis Externa, Otitis Media

## 9. Pharmacy and Pharmacology

### 9.1 Pharmacy

- 9.1.1 Terminology used in pharmacy
- 9.1.2 Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulary
- 9.1.3 Inventory management
- 9.1.4 Dispensing
- 9.1.5 Narcotic drugs management
- 9.1.6 Banned drugs

### 9.2 Pharmacology

- 9.2.1 Terms used in pharmacology
- 9.2.2 Meaning and types of Antibiotics commonly used in Nepal
- 9.2.3 Action, use, dose, general side effects and contradiction of common drugs used in digestive and respiratory system
- 9.2.4 Condition
  - 9.2.4.1 Pain
  - 9.2.4.2 Fever
  - 9.2.4.3 Inflammation
  - 9.2.4.4 Locally used preparations
  - 9.2.4.5 Antihypertensive drugs
  - 9.2.4.6 Nutritional Supplementary Drugs
  - 9.2.4.7 Vaccines
  - 9.2.4.8 Hormones
  - 9.2.4.9 Oral rehydration therapy
  - 9.2.4.10 Parental solution

## 10. Health Culture and Communication

- 10.1 Changes, process and barrier of changes in community
- 10.2 Traditional belief and health related taboos
- 10.3 Traditional medicine practice in Nepal
- 10.4 Concept of family health
- 10.5 Cultural interpretation of health and disease spectrum

## 11. Management

### 11.1 Health Management

- 11.1.1 Health care system in Nepal
- 11.1.2 Basic health service center, Urban health clinic, Community health unit, Health posts
- 11.1.3 Clinics (EPI and PHC-ORC)
- 11.1.4 Provincial and Local level health organogram (Karnali Province)
- 11.1.5 Job Description of Auxiliary Health Worker (AHW) and Cold Chain Assistant.
- 11.1.6 Primary Health Care (PHC): definition and components

### 11.2 General Management

- 11.2.1 Health Camps
- 11.2.2 In service Training and Mentoring
- 11.2.3 Inventory
- 11.2.4 Meeting

- 11.2.5 Problem solving
- 11.2.6 Health recording, reporting, Chart and Diagram
- 11.2.7 Supportive supervision and monitoring
- 11.2.8 Health Service Act, 2053 and Rules, 2055 (conduct, punishment, promotion and leave)

## Model Questions

### Multiple Choice Questions

#### Choose the Single Best Answer

1. How much sodium contains in a sachet of Oral Rehydration Solution?
  - a. 2.4 gm
  - b. 2.5 gm
  - c. 2.6 gm
  - d. 2.7 gm
2. What is the full form of AEFI?
  - a. After effect following immunization
  - b. Adverse event following immunization
  - c. After event following immunization
  - d. Adverse effect following immunization
3. What is the primary drug for treatment of childhood pneumonia?
  - a. Gentamicin
  - b. Cotrimoxazole
  - c. Amoxycillin
  - d. Ciprofloxacin
4. What method of study to be used for community diagnosis?
  - a. Quantitative
  - b. Qualitative
  - c. Observation
  - d. Quantitative and qualitative
5. What training approach being used in CBNCP training?
  - a. Competency-based
  - b. Clinical based
  - c. Theory based
  - d. Practical based
6. In which program Nepal extensively using Micro Planning?
  - a. CBMCI
  - b. Family Planning
  - c. Safe motherhood
  - d. EPI
7. In which management system EOP is included?
  - a. Logistics management
  - b. Health management
  - c. Infrastructure management
  - d. Hospital management
8. When the Female Community Health Program started in Nepal?
  - a. 1978 AD
  - b. 1958 AD
  - c. 1991 AD
  - d. 1988 AD
9. When an event called disaster?
  - a. Physical disruption
  - b. Disease outbreak
  - c. Human casualty
  - d. Loss of property
10. What is the causative agent of scabies?
  - a. Sarcoptes
  - b. Scabie
  - c. Sarcoptes scabie
  - d. Sand fly
11. Which of the following disease is at the elimination program in Nepal?
  - a. Tuberculosis
  - b. Measles
  - c. Childhood pneumonia
  - d. Marasmus
12. Which of the following disease transmitted from unhygienic milk (not pasteurized or not boiled)?
  - a. Peptic ulcer
  - b. Gland TB
  - c. UTI
  - d. Hookworm
13. What is the standard treatment of Vitamin A deficiency in children?
  - a. Vitamin A 2 lakh stat and repeat in 2 weeks
  - b. Vitamin A 2 lakh
  - c. Vitamin A 1 lakh and repeat in 2 weeks

- d. Vitamin A 1 lakh stat and repeat in 1 week
- 14. Which neonatal condition is managed by Kangaroo method?**
- Neonatal tetanus
  - Neonatal sepsis
  - Underweight baby
  - Congenital anomalies
- 15. Where is liver located in abdomen?**
- Right lower quadrant
  - Left lower quadrant
  - Right upper quadrant
  - Left upper quadrant
- 16. What is the most common cause of anemia among women?**
- Calcium deficiency
  - Iron deficiency
  - Vitamin B<sub>12</sub> deficiency
  - Vitamin D deficiency
- 17. What is the immediate treatment of anaphylaxis reaction?**
- Corticosteroid injection
  - Antihistamine injection
  - Adrenaline injection
  - Antibiotic injection
- 18. Which of the following best describes sterilization?**
- Complete destruction of all microorganisms
  - Destruction of all microorganisms
  - Destruction of all microorganisms except spores
  - Destruction of all microorganisms except cyst
- 19. What is the denominator of maternal mortality ratio?**
- Total Number of mother

- Total Number women
  - Total number of live births
  - Total number of births
- 20. What is the major role of Nepal Health Professional Council?**
- Regulate public health workers
  - Regulate paramedical workers
  - Regulate health professionals
  - Regulate health services

**Answers**

1.c 2.b 3.c 4.d 5.a 6.d 7.a 8.d 9.a 10.c 11.b 12.b 13.a 14.c 15.c 16.b  
17.c 18.a 19.c 20.c

**Short answer questions**

- What is school health program? Briefly mention components of school health program in Nepal. (1+4=5)
- What is sterilization? List the methods of sterilization and discuss most suitable method for peripheral health facility. (1+2+2=5)
- What is post-partum hemorrhage? What are the management steps at peripheral health facility? (1+4=5)
- What are the modes of transmission of communicable diseases? Briefly discuss droplets and airborne transmission with an example. (3+2=5)
- What is convulsion? How do you manage febrile convulsion of a child at health post level? (1+4=5)
- What is antibiotic? What are the types of antibiotics available in the free drug list of Ministry of health for a district level health system? (1+4=5)



AHNMA

## ७. सुदूरपश्चिम प्रदेश लोक सेवा आयोगको अ.हे.व. वा सो सरह पदको पाठ्यक्रम

प्रदेश लोकसेवा आयोग, सुदूरपश्चिम प्रदेश

प्रदेश तथा स्थानीय तह तर्फको नेपाल स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक स्तर चौथो तह अ.हे.व, मलेरिया इन्स्पेक्टर र कोल्डचेन असिस्टेन्ट पदको लिखित प्रतियोगितात्मक परीक्षा पाठ्यक्रम एवं योजना

पाठ्यक्रमको रूपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइने छ :-

क. प्रथम चरण: लिखित परीक्षा (Written examination)

पूर्णाङ्क: १००

ख. द्वितीय चरण: अन्तर्वार्ता (Interview)

पूर्णाङ्क: १५

### परीक्षा योजना (Examination Scheme)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या × अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न × २ अङ्कभार	४५ मिनेट

### द्वितीय चरण: अन्तर्वार्ता (Interview)

विषय	पूर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	१५	मौखिक

### द्रष्टव्य

१. यथासम्भव पाठ्यक्रमको सबै इकाईबाट प्रश्न सोधिने छन्

इकाई	A	B	C	D	E	F	G	H	I	J	K
प्रश्न संख्या	3	3	5	8	3	4	6	8	4	3	3

२. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली वा अंग्रेजी दुवै हुन सक्नेछ।

३. लिखित परीक्षामा गल्ती गरेको प्रश्नहरूका लागि २० प्रतिशत अङ्क कटौत गरिने छ। तर उतर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कटौत पनि गरिने छैन।

४. यस पाठ्यक्रममा जसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा तीन महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ।

५. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारलाई मात्रा द्वितीय चरणको अन्तर्वार्ता सम्मिलित गराइने छ।

६. पाठ्यक्रम लागू हुने मिति: २०७८/०८/१०

### A. Anatomy and physiology (3)

#### 1. Anatomical structure and function of the different organs of the body system

- 1.1 Cell, Tissue and Cavity
- 1.2 Digestive system
- 1.3 Respiratory system
- 1.4 Cardiovascular system
- 1.5 Reproductive system
- 1.6 Endocrine system
- 1.7 Nervous system
- 1.8 Skeletal system
- 1.9 Muscle system
- 1.10 Urinary system
- 1.11 Sense organ system/Sensory nervous system

### B. Health promotion & education and community diagnosis (3)

#### 1. Health Promotion and Education

- 1.1 Health promotion and education definition, objective, importance and methods & media
- 1.2 Elements of Health education: Communication, perception, Learning process, leadership, Change process, people participation and group dynamics
- 1.3 Health education program planning, implementation and evaluation

#### 2. School Health

- 2.1 Purpose and importance of school health program
- 2.2 Activities of school health program
- 2.3 Health promotion activities on school

#### 3. Community Diagnosis

- 3.1 Importance and methods of community diagnosis
- 3.2 Community profile

#### 4. Community Development

- 4.1 Objective
- 4.2 Methods of community development

### C. Community Health (5)

#### 1. Epidemiology

- 1.1 Definition and aims of epidemiology
- 1.2 Scope of epidemiology
- 1.3 Vital statistic
- 1.4 Epidemiological investigation
- 1.5 Disease prevention and control

1.6 Basic principle of disease transmission

1.7 Immunity

1.8 Disaster management

### 2. Environmental Sanitation

- 2.1 Environmental sanitation
- 2.2 Scope of environmental sanitation
- 2.3 Water (source, pollution & purification)
- 2.4 Excreta disposal and faecal born disease
- 2.5 Solid waste method of termination
- 2.6 Disposal of waste water
- 2.7 Health care waste management
- 2.8 Food sanitation
- 2.9 Climate change and its impact on health
- 2.10 Sanitation barrier

### D. Basic Medical Procedures and First Aid Treatment (8)

#### 1. Basic Medical Procedures and First Aid Treatment

- 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
- 1.2 First aid treatment of electrical injury
- 1.3 Drawing choking, high fever fit and convulsion
- 1.4 Road traffic accident
- 1.5 Cardiopulmonary resuscitation
- 1.6 Triage

#### 2. Basic Medical Procedures

- 2.1 Vital signs
- 2.2 Investigation process and importance of urine, stool, blood, sputum pus and throat swab collection
- 2.3 Bandage (importance, types & application)
- 2.4 Technique of giving injection
- 2.5 Infection prevention and Sterilization process, importance, type and methods.

### E. Vector Borne Disease (VBDs) (3)

1. Mode of transmission, causative agent, host, vector and environment, life cycle of vectors and parasites/viruses.
2. Tools and techniques for the prevention and control of VBDs
3. Clinical features, diagnosis and case management VBDs
4. Nepal's national goal, objectives, prevention and control strategies, approaches, methods and activities, national treatment protocol of VBDs.

5. Trends of transmission, geographical distribution, epidemiological situation.
6. Planning for VBDs prevention and control at the district and periphery level:
7. Analysis of the district VBDs situation
8. Development of district VBDs profile with the risk areas and population mapped
9. Preparation of annual work plan
10. Epidemic/ outbreak preparedness and response
11. Surveillance
12. Techniques of community mobilization for VBDs

#### **F. Maternal and Child Health, Family Planning and Nutrition (4)**

##### **1. Maternal and Child Health**

- 1.1 Antenatal care
  - a. Physiological change during pregnancy
  - b. Danger signs
  - c. High risk groups (mother)
- 1.2 Intranatal care
  - a. Stages of labour
  - b. Difference between false and true labour
- 1.3 Postnatal care
  - a. New born care
  - b. Complication of pregnancy
    - i. Early and late bleeding in pregnancy (Abortion)
    - ii. Ectopic pregnancy
  - c. Toxaemia
  - d. Mal presentations
  - e. Ante partum haemorrhage
  - f. Post-partum haemorrhage, retained placenta
  - g. Definition, signs and symptoms; and management of pelvic infection
  - h. Uterine prolapse
  - i. Milestone development (growth and development) under 5 years children
  - j. Community base integrated management of neonatal & child illness (CBIMNCI)
  - k. Vaccine preventable disease
  - l. Changes on adolescent period
  - m. Adolescent friendly health service
  - n. Cold chain management

##### **2. Family Planning**

- 2.1 Population education
- 2.2 Population pyramids
- 2.3 Consequences of population growth
- 2.4 Measures to solve population problem
- 2.5 Family planning methods: Temporary and permanent
- 2.6 Counselling and Good counsellor skill
- 2.7 Informed choice
- 2.8 Indicators of family planning

##### **3. Nutrition**

- 3.1 Source of nutrients
- 3.2 Nutritional status measurements
- 3.3 Breast feeding, weaning and supplementary foods
- 3.4 PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment
- 3.5 Vitamins, minerals, sources, deficiency disease, sign/symptom of deficiency disease and management
- 3.6 Food adulteration and fortification
- 3.7 Milk hygiene
- 3.8 1000 golden days

#### **G. Communicable Disease and Microbiology (6)**

##### **1. Microbiology**

- 1.1 Micro-organisms (bacteria, virus, parasites fungus, protozoa, helminths)

##### **2. Communicable Disease**

Communicable disease and non-communicable disease, causes, clinical features, treatment, complication and prevention of:

- 2.1. Amoebic, bacillary, dysentery, giardiasis
- 2.2 Cholera, tuberculosis, malaria
- 2.3 Parasite diseases

- 2.4 Viral disease (HIV-AIDS, chicken pox, measles, influenza and common cold, mumps, rabies, infective, hepatitis, poliomyelitis, trachoma, Dengue, Covid 19 etc)
- 2.5 Bacterial disease
- 2.6 Leprosy, pertussis, gastro-enteritis
- 2.7 Enteric fever, diphtheria, syphilis, gonorrhoea
- 2.8 Scrub typhus
- 2.9 Sexually transmitted disease
- 2.10 Outbreak investigation and management

#### **H. Medicine & surgery (8)**

##### **1. Medicine**

- 1.1 History taking/physical examination
- 1.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation
  - a. Deficiency disease
    - i. Anaemia, protein energy malnutrition (PEM), vitamin deficiency disease.
  - b. Digestive system
    - i. Gastritis, peptic ulcer, cholecystitis
    - ii. Appendicitis, Peritonitis
    - iii. Dysentery
    - iv. Gastroenteritis
    - v. Hepatitis, Cirrhosis of liver
    - vi. Irritable bowel syndrome
    - vii. Haemorrhoids
  - c. Respiratory system
    - i. Common cold
    - ii. Tonsillitis
    - iii. Pharyngitis
    - iv. Rhinitis
    - v. Sinusitis
    - vi. Bronchitis, Asthma, COPD
    - vii. Pneumonia
  - d. Cardiovascular system
    - i. Hyper tension
    - ii. Congestive cardiac failure (CCF)
    - iii. Rheumatic Fever
  - e. Genito urinary System
    - i. Nephritis
    - ii. Renal Colic
    - iii. Urinary Tract Infection (UTI)
  - f. Endocrine system
    - i. Diabetes
    - ii. Hypothyroidism
    - iii. Hyperthyroidism
  - g. Nervous system
    - i. CVA (Cerebro Vascular Accident)
    - ii. Meningitis
    - iii. Epilepsy
    - iv. Seizure disorder
    - v. Peripheral neuritis
  - h. Skin problem: Scabies, Ringworm, Impetigo, Eczema and Allergies
    - i. Cancer: Cause, prevention and control
    - j. Haemolytic disease: Sickle cell disease and thalassemia

##### **2. Surgery**

- 2.1 Definition clinical features and appropriate treatment of:
  - a. Boils,
  - b. Carbuncles,
  - c. Wound,
  - d. Burn and scales,
  - e. Dislocation, sprain and Fracture
  - f. Head and spinal cord injuries
  - g. Bleeding
  - h. Foreign body in ear, eye, nose and throat
  - i. Conjunctivites, iritis, trachoma, cataracte, stye, otitis externa
  - j. Common problem of teeth and mouth
  - k. Intestinal obstruction
  - l. Hydrocele
  - m. Hernia

## I. Pharmacy and Pharmacology (4)

### 1. Pharmacy

- 1.1 Terminology used in pharmacy
- 1.2 Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulary
- 1.3 Inventory management
- 1.4 Dispensing
- 1.5 Narcotic drugs management
- 1.6 Banded drugs
- 1.7 Rational use of drugs
- 1.8 Dose and its calculation

### 2. Pharmacology

- 2.1 Terms used in pharmacology
- 2.2 Meaning and types of antibiotics
- 2.3 Action, use, dose, general side effects and contradiction of the drugs used in different systems
  - a. Condition
  - b. Pain
  - c. Fever
  - d. Inflammation
  - e. Locally used preparations
  - f. Nutritional supplementary drugs
  - g. Vaccines
  - h. Oral rehydration therapy
  - i. Parental solution

## J. Health culture and communication, Health care system, Management (3)

### 1. Health Culture

- 1.1 Changes, process and barrier of changes in community
- 1.2 Traditional belief and health related taboos
- 1.3 Traditional medicine practice in Nepal

- 1.4 Health and disease spectrum

### 2. Communication

- 2.1 Process of Communication
- 2.2 Barriers of Communication
- 2.3 Effective Communication
- 2.4 Risk Communication
- 2.5 Behaviour change and communication

### 3. Health Care system in Nepal

- 3.1 Role and responsibility of provincial and local level government on health sector
- 3.2 Organisational structure of Health system in Sudurpashchim province
- 3.3 Job description of Auxiliary Health Worker (AHW)
- 3.4 Primary Health Care (PHC): definition and components
- 3.5 Job description of malaria inspector/vector assistant/malaria assistant/cold chain assistant

### 4. Management: Planning, Organizing, Directing, Training, Team work, Inventory, Meeting, Recording and reporting, Supervision and monitoring

## K. Miscellaneous (3)

1. Health Sector Sustainable development goal (SDG3)
2. Gender based violence
3. Social security scheme and health insurance
4. Psychosocial Counselling
5. नेपाल स्वास्थ्य व्यवसायी ऐन, २०५३ र नियमवाली २०५६
6. स्थानीय सरकार संचालन ऐन, २०७४ (परिच्छेद-३)
7. सुदूरपश्चिम जनस्वास्थ्य ऐन, २०७६

.....END.....



## ८. केन्द्रीय लोक सेवा आयोगको अ.हे.व. वा सो सरह पदको पाठ्यक्रम

### लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तह, अ.हे.व. लगायतका पदहरूको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण : लिखित परीक्षा (Written Examination)

द्वितीय चरण : अन्तर्वार्ता (Interview)

पूर्णाङ्क : २००

पूर्णाङ्क : ३०

### परीक्षा योजना (Examination Scheme)

प्रथम चरण : लिखित परीक्षा (Written Examination)

पूर्णाङ्क : २००

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्या × अङ्क	समय
प्रथम	सामान्य ज्ञान र सार्वजनिक व्यवस्थापन (General Awareness & Public Management)	१००	४०	वस्तुगत (Objective)	बहुवैकल्पिक प्रश्न (MCQs)	२० प्रश्न × २ अङ्क	४५ मिनेट
	सेवा सम्बन्धित कार्य-ज्ञान (Job Based - knowledge)					३० प्रश्न × २ अङ्क	
द्वितीय	सेवा सम्बन्धित कार्य-ज्ञान (Job Based - knowledge)	१००	४०	विषयगत (Subjective)	छोटो उत्तर (Short Answer) लामो उत्तर (Long Answer)	१२ प्रश्न × ५ अङ्क ४ प्रश्न × १० अङ्क	२ घण्टा १५ मिनेट

द्वितीय चरण: अन्तर्वार्ता (Interview)

पूर्णाङ्क : ३०

पत्र / विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	समय
अन्तर्वार्ता (Interview)	३०		बोर्ड अन्तर्वार्ता (Board Interview)	-

### द्रष्टव्य :

- यो पाठ्यक्रमको योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई भागमा विभाजन गरिएको छ ।
- लिखित परीक्षाको प्रश्नपत्रको माध्यम भाषा पाठ्यक्रमको विषयवस्तु जुन भाषामा दिइएको छ सोही भाषाको आधारमा नेपाली वा अंग्रेजी मध्ये कुनै एक मात्र भाषा हुनेछ । तर विषयवस्तुलाई स्पष्ट गर्नुपर्ने अवस्थामा दुवै भाषा समेत प्रयोग सकिने छ ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ ।
- प्रथम पत्र र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ । तर एकैदिनमा परीक्षा लिइनेछ ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कटौत गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कटौत पनि गरिने छैन ।
- वस्तुगत बहुवैकल्पिक हुने परीक्षामा परीक्षार्थीले उत्तर लेख्दा अंग्रेजी ठूलो अक्षरहरू (Capital letters): A, B, C, D मा लेख्नुपर्नेछ । सानो अक्षरहरू (Small letters): a, b, c, d लेखेको वा अन्य कुनै सङ्केत गरेको भए सबै उत्तरपुस्तिका रद्द हुनेछ ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नहरूको हकमा तोकिएको अंकको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
- विषयगत प्रश्न हुनेका हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- परीक्षामा सोधिने प्रश्न संख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिइए अनुसार हुनेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- यस भन्दा अगाडि लागू भएका माथि उल्लेखित सेवा, समूहको पाठ्यक्रम खारेज गरिएको छ ।
- पाठ्यक्रम लागू मिति : २०८०/१०/२२

### प्रथम पत्र (Paper I)

#### सामान्य ज्ञान र सार्वजनिक व्यवस्थापन तथा सेवा सम्बन्धित कार्य-ज्ञान

#### भाग (Part I):

#### सामान्य ज्ञान र सार्वजनिक व्यवस्थापन (General Awareness and Public Management)

#### खण्ड (Section - A): १० प्रश्न × २ अङ्क = २० अङ्क

#### १. सामान्य ज्ञान (General Awareness)

- नेपालको भौगोलिक अवस्था, प्राकृतिक स्रोत र साधनहरू
- नेपालको ऐतिहासिक, सांस्कृतिक र सामाजिक अवस्था सम्बन्धी जानकारी
- नेपालको आर्थिक अवस्था र चालु आर्थिक योजना सम्बन्धी जानकारी
- जैविक विविधता, दिगो विकास, वातावरण, प्रदूषण, जलवायु परिवर्तन र जनसंख्या व्यवस्थापन
- मानव जीवनमा प्रत्यक्ष प्रभाव पार्ने विज्ञान र प्रविधिको महत्वपूर्ण उपलब्धिहरू
- जनस्वास्थ्य, रोग, खाद्य र पोषण सम्बन्धी सामान्य जानकारी
- नेपालको संविधान (भाग १ देखि ५ सम्म र अनुसूचीहरू)
- संयुक्त राष्ट्रसंघ र यसका विशिष्टीकृत संस्था सम्बन्धी जानकारी
- क्षेत्रीय संगठन (सार्क, बिमस्टेक, आसियान र युरोपियन संघ) सम्बन्धी जानकारी
- राष्ट्रिय र अन्तर्राष्ट्रिय महत्वका समसामयिक गतिविधिहरू

#### खण्ड (Section - B): १० प्रश्न × २ अङ्क = २० अङ्क

#### २. सार्वजनिक व्यवस्थापन (Public Management)

- कार्यालय व्यवस्थापन (Office Management)
  - कार्यालय (Office): परिचय, महत्व, कार्य र प्रकार
  - सहायक कर्मचारीका कार्य र गुणहरू
  - कार्यालय स्रोत साधन (Office Resources): परिचय र प्रकार
  - कार्यालयमा सञ्चारको महत्व, किसिम र साधन
  - कार्यालय कार्यविधि (Office Procedure): पत्र व्यवहार (Correspondence), दर्ता र चलानी (Registration & Dispatch), परिपत्र (Circular), टोक आदेश (Order), टिप्पणी लेखन र टिप्पणी तयार पार्दा ध्यान दिनुपर्ने कुराहरू
  - अभिलेख व्यवस्थापन (Record Management)
- निजामती सेवा ऐन र नियमावलीमा भएका देहायका व्यवस्थाहरू
  - निजामती सेवाको गठन, संगठन संरचना, पदपूर्ति गर्ने तरिका र प्रक्रियाहरू

- 2.2.2 कर्मचारीको नियुक्ति, सरुवा, बढुवा, विदा, विभागीय सजाय र अवकाश
- 2.2.3 कर्मचारीले पालन गर्नुपर्ने आचरण र कर्तव्यहरु
- 2.3 संघीय मामिला तथा सामान्य प्रशासन मन्त्रालय सम्बन्धी जानकारी
- 2.4 संवैधानिक निकाय सम्बन्धी जानकारी
- 2.5 सरकारी बजेट, लेखा र लेखापरीक्षण प्रणाली सम्बन्धी सामान्य जानकारी
- 2.6 सार्वजनिक सेवा प्रवाहको अर्थ, सेवा प्रवाह गर्ने निकाय, तरिका र माध्यमहरु
- 2.7 मानव अधिकार, सुशासन र सूचनाको हक सम्बन्धी सामान्य जानकारी
- 2.8 सार्वजनिक बझापत्र (Public Charter)
- 2.9 व्यवस्थापनको अवधारणा तथा सार्वजनिक व्यवस्थापनमा निर्देशन, नियन्त्रण, समन्वय, नियम प्रक्रिया, उत्प्रेरणा र नेतृत्व सम्बन्धी जानकारी
- 2.10 मानवीय मूल्य मान्यता (Human Values), नागरिक कर्तव्य र दायित्व तथा अनुशासन

**भाग (Part II): सेवा सम्बन्धित कार्य-ज्ञान  
(Job Based-Knowledge)**

**(३० प्रश्न × २ अङ्क = ६० अङ्क)**

**1. Anatomy and physiology (3)**

**Anatomical structure and function of the 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. School Health
  - 2.2.1 Purpose of School Health Program
  - 2.2.2 Activities of School Health Program
3. Community Diagnosis
  - 2.3.1 Importance and methods of community diagnosis
4. Community Development
  - 2.4.1 Objective
  - 2.4.2 Methods of community development

**3. Community Health (2)**

- 3.1 Epidemiology
  - 3.1.1 Definition & 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 fecal 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 born disease

**4. First Aid and Basic Medical Procedures (2)**

- 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 Drawing, 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) (4)**

- 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 (BEC)
  - 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 (2)**

**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 haemorrhage, Post partum haemorrhage, Retained placenta
- 6.1.6 Definition, signs and symptoms; and management of pelvic infection
- 6.1.7 Uterine prolapsed, Leucorrhoea, Trichomonosis
- 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 Top killer diseases (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 method

**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

**7. Communicable Disease and Microbiology (2)**

- 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, Trachoma)  
7.2.5 Bacterial Disease  
7.2.6 Leprosy, Pertussis, Tetanus, Gastro-enteritis  
7.2.7 Enteric fever, Diphtheria, Syphilis, Gonorrhoea

## 8. Medicine (5)

- 8.1 History taking/physical examination  
8.2 Causes, signs and symptoms, type, prevention, treatment, complication and investigation of:  
8.2.1 Deficiency disease: 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  
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  
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 Problem  
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 (2)

- 9.1 Definition Clinical Features and appropriate treatment of:  
9.1.1 Boils, Carbuncles, Ulcer, Piles  
9.1.2 Wound, Burn and scald  
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, Stye, 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

## 10. Pharmacy and Pharmacology (2)

- 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 formulary  
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 contradiction of the drugs used in digestive systems and respiratory system  
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 (2)

- 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 (2)

- 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

प्रथम पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिने छ ।

प्रथम पत्र (वस्तुगत)					
भाग	खण्ड	विषयवस्तु	परीक्षा प्रणाली	अङ्कभार	प्रश्न संख्या × अङ्क
I	(A)	सामान्य ज्ञान (General Awareness)	बहुवैकल्पिक प्रश्न (MCQs)	२०	१० प्रश्न × २ अङ्क = २०
	(B)	सर्वजनिक व्यवस्थापन (Public Management)		२०	१० प्रश्न × २ अङ्क = २०
II	-	सेवा सम्बन्धित कार्य-ज्ञान (Job Based - knowledge)		६०	३० प्रश्न × २ अङ्क = ६०

प्रथम पत्रको भाग (Part II) सेवा सम्बन्धित कार्य-ज्ञान (Job based -knowledge) को पाठ्यक्रमका एकाइबाट परीक्षामा यथासम्भव देहाय बमोजिम प्रश्नहरू सोधिने छ ।

पाठ्यक्रमका एकाइ	1	2	3	4	5	6	7	8	9	10	11	12
प्रश्न संख्या	3	2	2	2	4	2	2	5	2	2	2	2

## 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 the 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**
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. School Health
  - 2.2.1 Purpose of School Health Program
  - 2.2.2 Activities of School Health Program
3. Community Diagnosis
  - 2.3.1 Importance and methods of community diagnosis
4. Community Development
  - 2.4.1 Objective
  - 2.4.2 Methods of community development
- 3. Community Health**
- 3.1 Epidemiology
  - 3.1.1 Definition & 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 fecal 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 born disease
- 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 Drawing, 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 (BEC)
- 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 haemorrhage, Post partum haemorrhage, Retained placenta
- 6.1.6 Definition, signs and symptoms; and management of pelvic infection
- 6.1.7 Uterine prolapsed, Leucorrhoea, Trichomonosis
- 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 diseases (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 method
- 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

**खण्ड (Section) (B): ५० अङ्क**

- 7. Communicable Disease and Microbiology**
- 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, Trachoma)
  - 7.2.5 Bacterial Disease
  - 7.2.6 Leprosy, Pertussis, Tetanus, Gastro-enteritis
  - 7.2.7 Enteric fever, Diphtheria, Syphilis, Gonorrhoea
- 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 disease: 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
  - 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
  - 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 Problem
  - 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 scald
  - 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, Stye, 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

## 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 formulary
  - 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 contradiction of the drugs used in digestive systems and respiratory system
  - 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

द्वितीय पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

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



## AHW Syllabus

संघ र प्रदेश लोक सेवा आयोगको छुट्टाछुट्टै परिमार्जित पाठ्यक्रम डाउनलोड गर्न तल राखिएको लिंक वा QR Code लाई Scan गरी आउने लिंकमा क्लिक गर्नुहोला ।

<b>Koshi AHW Syllabus</b>  <a href="https://shisiradhikari.com.np/4/20/83/305/56">https://shisiradhikari.com.np/4/20/83/305/56</a>	<b>Madhesh AHW Syllabus</b>  <a href="https://shisiradhikari.com.np/4/21/245/317/170">https://shisiradhikari.com.np/4/21/245/317/170</a>	<b>Bagamati AHW Syllabus</b>  <a href="https://shisiradhikari.com.np/4/22/276/345/179">https://shisiradhikari.com.np/4/22/276/345/179</a>	<b>Gandaki AHW Syllabus</b>  <a href="https://shisiradhikari.com.np/4/23/165/218/92">https://shisiradhikari.com.np/4/23/165/218/92</a>
<b>Lumbini AHW Syllabus</b>  <a href="https://shisiradhikari.com.np/4/24/272/338/99">https://shisiradhikari.com.np/4/24/272/338/99</a>	<b>Karnali AHW Syllabus</b>  <a href="https://shisiradhikari.com.np/4/25/239/308/144">https://shisiradhikari.com.np/4/25/239/308/144</a>	<b>Su. Pa. AHW Syllabus</b>  <a href="https://shisiradhikari.com.np/4/26/61/221/46">https://shisiradhikari.com.np/4/26/61/221/46</a>	<b>Central PSC AHW Syllabus</b>  <a href="https://shisiradhikari.com.np/4/19/56/124/2">https://shisiradhikari.com.np/4/19/56/124/2</a>