लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक पाँचौ तह, हेल्थ असिस्टेन्ट, सि.अ.हे.व, औलो सुपरभाइजर/भेक्टर कन्ट्रोल सुपरभाइजर, क्षय/कुष्ठ सुपरभाइजर, भेक्टर वर्न डिजिज कन्ट्रोल सुपरभाइजर, परिवार नियोजन सुपरभाइजर, खोप सुपरभाइजर र कोल्ड चेन सुपरभाइजर पदहरुको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

द्वितीय पत्र (Paper II) :-

सेवा सम्बन्धित कार्य-ज्ञान (Job based -knowledge)

खण्ड (Section) (A) : - ५० अङ्क

1. **Introduction, National Policy, Planning , Strategies and implementation status of Public Health Programmes in Nepal**
   - 1.1 Family Planning, Safe Motherhood
   - 1.2 Control of Diarrhoeal Diseases (CDD), Acute Respiratory Diseases (ARI), Nutrition, National Programme on Immunization & Integrated Management of Childhood Illness (IMCI)
   - 1.3 Malaria, Kala-azar, Japanese Encephalitis, Filaria
   - 1.4 Human Immuno Deficiency Virus (HIV)/Acquired Immuno Deficiency Syndrome (AIDS) and Sexually Transmitted Diseases (STD) Control
   - 1.5 Tuberculosis and Leprosy Control
   - 1.6 Health Education, Information and communication

2. **Planning and Management**
   - 2.1 Community Health Diagnosis & Health Profile
   - 2.2 Micro Planning of Health Programme
   - 2.3 Supervision, Monitoring and Evaluation of Health Programmes
   - 2.4 Health Management Information System (HMIS)
   - 2.5 Planning and Management of Camps
   - 2.6 Cold Chain Management
   - 2.7 Health Training Management in different settings
   - 2.8 Logistic Management

3. **Organizational Structure and Functions**
   - 3.1 Ministry of Health and Population (MoHP), Deparment of Health Service (DoHS), Regional Health Directorate (RHD)
   - 3.2 District Health Office (DHO), District Public Health Office (DPHO)
   - 3.4 Primary Health Care Center (PHCC), Health Post (HP), Sub Health Post (SHP)

4. **Community Mobilization & Local Governance**
   - 4.1 Female Community Health volunteers (FCHV) and Mother's Groups
   - 4.2 Primary Health Care Outreach Clinic
   - 4.3 Community Drug Programme (CDP)
   - 4.4 Mobilization of Local Health Leaders and Committees
   - 4.6 Decentralized Management of Health Services

5. **Epidemiology and Disease Control**
   - 5.1 Definition, Scope, Causes of Disease and Infection
   - 5.2 Types and Management of Disasters
   - 5.3 Management of Epidemics
   - 5.4 Causes, Signs, Symptoms, Management, Prevention and Control of Gastroenteritis, Dysentery, Cholera, Typhoid Fever, Giardiasis, Malaria, Filariasis, Encephalitis, Kala-azar, Parasitic Infestation, Scabies, Chicken Pox,

Influenza, Mumps, Rabies, Hepatitis, Ring Worm, Leprosy, Tuberculosis, Helmenthiasis, Pertusis, Measles and Diphtheria

6. **Environmental Sanitation**
   6.1 Water Purification, Waste Management, Food Hygiene, Sanitation of public places, Health Hazards, Sanitary Latrines, Basic Measures in Controlling Rodents, Medical Importance and Measures of Controlling Common Vectors and Insects

खण्ड (Section) (B) : - ५० अङ्क

7. **Child Health Problems and Interventions**
   7.1 Common Neo-natal Problems
   7.2 Common Child Health Problems like CDD, ARI, Malaria and Malnutrition
   7.3 Nutritional Interventions, Immunizations Services

8. **General Medicine**
   8.1 General History Taking, Simple Physical Examination, Systemic Examination
   8.2 Various Methods of Diagnosis, Complication and Management of Diseases in Respiratory, Digestive, Cardiovascular, Urinary, Endocrine, Hematology and Central Nervous System with its terminology, Etiology and clinical features

9. **First Aid and Emergency Management**
   9.1 Shock, Poisoning, Injuries, Haemorrhage, External bleeding, Thermal and Chemical Burns, Fracture and Dislocation, Frost Bite, Insect bite, Animal bite, Snake bite and Drowning, Abscess and Cellulites

10. **Skin Diseases**
   10.2 Impetigo, Contagious, Boils, Tinea Infection, Herpes Zoster, Scabies, Eczema, Allergic Conditions and Acute drug reaction

11. **Elementary Surgery**
   11.1 Haemorrhage, Management of inflammation, Septicemia, Toxemia, Sinus, fistula, Gangrene, Wound, Tetanus, Acute Pain Abdomen, , Hernia, Anal Fissure, Piles, Acute Retention of Urine, Causes of Frequent Urination and Nocturia, Management of Rupture of Urethra, Haematuria, Phymosis, Paraphymosis, Hydrocele, Head Injury, Clinical features and management of Osteomyelitis, Local Anesthesia, Sterilization of Surgical Instruments

12. **Eye, Ear, Nose and Throat Diseases**
   12.1 General Examination procedures of Eye, Ear, Nose and Throat
   12.2 Sign and Symptoms and General Managements of Eye Lid complications, Red Eyes, Trachoma, Corneal ulcer, Night Blindness, Cataract, Pterygium, Iridocyclitis, Glaucoma and foreign body in the eyes
   12.3 Removal of Wax and Foreign Bodies, Sign and Symptoms and Managements of Otitis Media, Otitis Externa and referral conditions of hearing problems
   12.4 Deviated nasal Septum, Nasal polyps, Epistaxis and Sinusitis
   12.5 Clinical Features, Complications and management of Acute Tonsillitis, Pharyngitis and Laryngitis

13. **Oral Health and Mental Health**
    - 13.1 Dental plaques and calculus, Dental Carries, Periodontitis, Peridonal pockets and Abscess, Importance and Maintenance of Oral Hygiene
    - 13.2 Psychosis, Neurosis and Mental Retardation

14. **Reproductive Health Problems and Interventions**
    - 14.1 Male and Female reproductive System, mechanism of Menstruation, Conception, Evolution, Vaginal Discharge, Management of Per Vaginal Bleeding, Post Menopausal Bleeding, Uterine Prolapsed, Pelvic Inflammatory Diseases; causes, Sign, Symptoms and Complication of Entopic pregnancy, Management of Engorgement of Mastitis. and Breast Abscess
    - 14.2 Management of Normal Labor and Early Diagnosis and referral of Complicated Pregnancy, Labor, Puerperium
    - 14.3 Safe Abortions, Permanent and Temporary Contraceptives

15. **Acts and Regulations**
    - 15.1 Health Service Act and Regulation
    - 15.3 Health Professional Council Act and Regulation

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