

**लोक सेवा आयोग**  
नेपाल स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तह, अ.हे.व. लगायतका पदहरुको खुला र आन्तरिक  
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ३०

**परीक्षा योजना (Examination Scheme)**

प्रथम चरण : लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

पत्र	विषय	पूर्णाङ्क	उर्तीर्णाङ्क	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	उर्तीर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता (Interview)	३०		मौखिक (Oral)

**द्रष्टव्य :**

- यो पाठ्यक्रमको योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई चरणमा 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) प्रश्नको 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 ।
- 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 प्रश्न हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नहरूको हकमा तोकिएको अंकको 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 ।
- विषयगत प्रश्न हुनेका हकमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नको उत्तर सोहीखण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिइए अनुसार हुनेछ ।

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११. 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 ।
१२. प्रथम चरणको परीक्षाबाट छनोट भएका उम्मेदवारलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
१३. यस भन्दा अगाडि लागू भएको माथि उल्लेखित सेवा, समूहको पाठ्यक्रम खारेज गरिएको छ ।
१४. पाठ्यक्रम लागू मिति : - २०८०/१०/२२

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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)

1. सामान्य ज्ञान (General Awareness)

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

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

2. सार्वजनिक व्यवस्थापन (Public Management)

- 2.1 कार्यालय व्यवस्थापन (Office Management)
  - 2.1.1 कार्यालय (Office) : परिचय, महत्व, कार्य र प्रकार
  - 2.1.2 सहायक कर्मचारीका कार्य र गुणहरू
  - 2.1.3 कार्यालय स्रोत साधन (Office Resources): परिचय र प्रकार
  - 2.1.4 कार्यालयमा सञ्चारको महत्व, किसिम र साधन
  - 2.1.5 कार्यालय कार्यविधि (Office Procedure) : पत्र व्यवहार (Correspondence), दर्ता र चलानी (Registration & Dispatch), फाइलिङ (Filing), परिपत्र (Circular), तोक आदेश (Order), टिप्पणी लेखन र टिप्पणी तयार पार्दा ध्यान दिनुपर्ने कुराहरू
  - 2.1.6 अभिलेख व्यवस्थापन (Record Management)
- 2.2 निजामती सेवा ऐन र नियमावलीमा भएका देहायका व्यवस्थाहरू
  - 2.2.1 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, नैतिक दायित्व र कर्तव्यहरू
- 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 माध्यमहरू
- 2.7 मानव अधिकार, सुशासन र सूचनाको हक सम्बन्धी सामान्य जानकारी
- 2.8 सार्वजनिक वडापत्र (Public Charter)
- 2.9 व्यवस्थापनको अवधारणा तथा सार्वजनिक व्यवस्थापनमा निर्देशन, नियन्त्रण, समन्वय, निर्णय प्रक्रिया, उत्प्रेरणा र नेतृत्व सम्बन्धी जानकारी
- 2.10 मानवीय मूल्य मान्यता (Human Values), नागरिक कर्तव्य र दायित्व तथा अनुशासन

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भाग (Part II) :-

सेवा सम्बन्धित कार्य-ज्ञान (Job Based - Knowledge)

(३० प्रश्न× २ अङ्क = ६० अङ्क)

1. **Anatomy and Physiology**

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

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

2. **Health Education and Community Diagnosis**

2.1 Health Education

- 2.1.1 Health Education, importance and method
- 2.1.2 Communication & barrier of communication
- 2.1.3 Learning process
- 2.1.4 Leadership

2.2 School Health

- 2.2.1 Purpose of School Health Program
- 2.2.2 Activities of School Health Program.

2.3 Community Diagnosis

- 2.3.1 Importance and methods of community diagnosis

2.4 Community Development

- 2.4.1 Objective
- 2.4.2 Methods of community development

3. **Community Health**

3.1 Epidemiology

- 3.1.1 Definition and Scope of Epidemiology
- 3.1.2 Vital statistic
- 3.1.3 Epidemiological investigation
- 3.1.4 Epidemiological trends
- 3.1.5 Disease prevention
- 3.1.6 Basic principle of disease transmission
- 3.1.7 Immunity

3.2 Environmental sanitation

- 3.2.1 Introduction and Scope of environmental sanitation
- 3.2.2 Water (Source, Water purification)
- 3.2.3 Excreta disposal and faecal born disease
- 3.2.4 Solid waste method of termination
- 3.2.5 Disposal of waste water
- 3.2.6 Health & Disease spectrum
- 3.2.7 Food sanitation
- 3.2.8 Insects and rodents and their importance in public health
- 3.2.9 Milk hygiene & Milk born diseases

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

4.1 First Aid

4.1.1 First aid: Shock, Bleeding, burn/scalds fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite & 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 (IEC)

5.5.7 Recording and Reporting of VBDs

5.5.8 Referral and follow-up

5.5.9 Supervision, monitoring and evaluation of VBDs control programs

5.5.10 Roles and responsibilities of different level health facilities

5.5.11 Techniques of community mobilization for VBDs

6. **Maternal and Child Health, Family Planning and Nutrition**

6.1 Maternal and Child Health

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

6.1.2 Stages of labor, Difference between false and true labour

6.1.3 Postnatal care, New born Care, Complication of pregnancy

6.1.4 Abortion, Ectopic pregnancy, Toxemia, Mal Presentations

6.1.5 Ante Partum 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 disease (Tuberculosis, Tetanus, Polio, Pertussis, Diphtheria, Measles)

- 6.2 Family Planning
  - 6.2.1 Population education, Population pyramids
  - 6.2.2 Consequences of population growth
  - 6.2.3 Measures to solve population problem
  - 6.2.4 Family planning methods - Temporary and Permanent methods
- 6.3 Nutrition
  - 6.3.1 Source of nutrients
  - 6.3.2 Nutritional status measurements
  - 6.3.3 Breast feeding, Weaning and supplementary foods
  - 6.3.4 PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment
  - 6.3.5 Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and management
- 7. **Microbiology, Communicable and Non-communicable Diseases**
  - 7.1 Microbiology
    - 7.1.1 Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)
  - 7.2 Communicable disease and non communicable disease, causes, clinical features, treatment, complication and prevention of:
    - 7.2.1 Amoebic, bacillary, dysentery, giardiasis
    - 7.2.2 Cholera, Tuberculosis, Malaria
    - 7.2.3 Parasitic diseases
    - 7.2.4 Viral disease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, polomyelitis, trachoma)
    - 7.2.5 Bacterial Disease
    - 7.2.6 Leprosy, pertusis, 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 diseases : Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease
    - 8.2.2 Digestive System
      - 8.2.2.1 Gastritis, peptic ulcer, cholecystitis
      - 8.2.2.2 Appendicitis
      - 8.2.2.3 Dysentery
      - 8.2.2.4 Gastroenteritis
      - 8.2.2.5 Hepato-splenomegaly
    - 8.2.3 Respiratory system
      - 8.2.3.1 Common cold
      - 8.2.3.2 Tonsillitis
      - 8.2.3.3 Pharyngitis
      - 8.2.3.4 Rhinitis
      - 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

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- 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)
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- 9. **Surgery**
  - 9.1 Definition Clinical Features and appropriate treatment of:
    - 9.1.1 Boils, Carbuncles, Ulcer, Piles
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    - 10.2.2 Meaning and types of Antibiotic

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नेपाल स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तह, अ.हे.व. लगायतका पदहरूको खुला र आन्तरिक  
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

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**

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 Ausiliary Nurse Midwife (ANM)

12.3 Primary Health Care (PHC): definition and components

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

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	विषयबस्तु	परीक्षा प्रणाली	अङ्कभार	प्रश्न संख्या × अङ्क
I	(A)	सामान्य ज्ञान (General Awareness)	बहुवैकल्पिक प्रश्न (MCQs)	२०	१० प्रश्न × २ अङ्क = २०
	(B)	सार्वजनिक 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 इकाईबाट परीक्षामा यथासम्भव देहाय बमोजिम प्रश्नहरू सोधिने छ ।

इकाई	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



लोक सेवा आयोग  
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प्रतियोगितात्मक परीक्षाको पाठ्यक्रम  
द्वितीय पत्र (Paper II) :-

सेवा सम्बन्धित कार्य-ज्ञान (Job Based -knowledge)

**खण्ड (Section) (A) : - ५० अङ्क**

**1. Anatomy and Physiology**

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

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

**2. Health Education and Community Diagnosis**

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

**3. Community Health**

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

## लोक सेवा आयोग

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### 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 (IEC)

5.5.7 Recording and Reporting of VBDs

5.5.8 Referral and follow-up

5.5.9 Supervision, monitoring and evaluation of VBDs control programs

5.5.10 Roles and responsibilities of different level health facilities

5.5.11 Techniques of community mobilization for VBDs

### 6. **Maternal and Child Health, Family Planning and Nutrition**

#### 6.1 Maternal and Child Health

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

6.1.2 Stages of labor, Difference between false and true labour

6.1.3 Postnatal care, New born Care, Complication of pregnancy

6.1.4 Abortion, Ectopic pregnancy, Toxemia, Mal Presentations

6.1.5 Ante Partum 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

## लोक सेवा आयोग

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- 6.1.10 Six killer disease (Tuberculosis, Teatunus, Polio, Purtusis, Diphtherial Measles
- 6.2 Family Planning
  - 6.2.1 Population education, Population pyramids
  - 6.2.2 Consequences of population growth
  - 6.2.3 Measrures to slove 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

### खण्ड (Section) (B) : - ५० अङ्क

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

- 7.1 Microbiology
  - 7.1.1 Micro-orgnisms (Bacteria, virus, parasities fungus, protozoa, helminthes)
- 7.2 Communicable disease and non communicable disease, causes, clinical features, treatment, compliation 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, polomyelitis, trachoma)
  - 7.2.5 Bacterial Disease
  - 7.2.6 Leprosy, pertusis, 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, treatement, complication and investigation of:
  - 8.2.1 Deficiency diseases : Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease
  - 8.2.2 Digestive System
    - 8.2.2.1 Gastritis, peptic ulcer, cholecystitis
    - 8.2.2.2 Appendicitis
    - 8.2.2.3 Dysentery
    - 8.2.2.4 Gastroenteritis
    - 8.2.2.5 Hepato-splenomegaly
  - 8.2.3 Respiratory system
    - 8.2.3.1 Common cold
    - 8.2.3.2 Tonsillitis
    - 8.2.3.3 Pharyngitis
    - 8.2.3.4 Rhinitis
    - 8.2.3.5 Sinusitis
    - 8.2.3.6 Bronchitis

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- 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
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- 10. **Pharmacy and Pharmacology**
  - 10.1 Pharmacy
    - 10.1.1 Terminology used in pharmacy
    - 10.1.2 Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulatory
    - 10.1.3 Inventory management
    - 10.1.4 Dispensing

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- 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 and Respiratory systems
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द्वितीय पत्रको लागि यथासम्भव निम्नानुसार प्रश्नहरु 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