

काठमाडौं महानगरपालिका
प्राविधिक (स्वास्थ्य) सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक स्तर पाँचौ, हेल्थ असिस्टेन्ट(सि.अ.हे.व)
पदहरूको खुला र आन्तरिक प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

पाठ्यक्रम पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छः

प्रथम चरण :- लिखित परीक्षा

पूर्णाङ्क :- १००

द्वितीय चरण :- अन्तर्वार्ता

पूर्णाङ्क :- २०

प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुउत्तर (Multiple Choice)	१००X१ = १००	१ घण्टा १५ मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक

- लिखित परीक्षाको माध्यम भाषा अंग्रेजी वा नेपाली अथवा अंग्रेजी र नेपाली दुवै हुन सक्नेछ ।
- पाठ्यक्रमको एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ ।

पाठ्यक्रमका एकाइ	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
प्रश्न संख्या	20	8	4	4	8	4	8	8	4	4	8	4	4	8	4

- वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत २ (दुई) अङ्क प्रदान गरिनेछ भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अर्थात् ०.४ अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।
- लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तर्वार्तामा सम्मिलित गराइनेछ ।
- नेपाल स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक पाँचौ तहको हेल्थ असिस्टेन्ट/सि.अ.हे.व. को मिति २०५६।१९ देखि लागू भएको पाठ्यक्रम खारेज गरिएको छ ।
- पाठ्यक्रम लागू मिति :- २०७३-०२-२४

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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 Neonatal & Childhood Illness (IMNCI)
- 1.3 Malaria, Kala-azar, Japanese Encephalitis, Filaria
- 1.4 Human Immuno Deficiency Virus (HIV)/Acquired Immuno Deficiency Syndrome (AIDS) and Sexually Transmitted Infection (STI) Control
- 1.5 Tuberculosis and Leprosy Control.
- 1.6 Health Education, Information and communication
- 1.7 PHC revitalization Division

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 and Logistic Mgmt information system (LMIS)

3. Organizational Structure and Functions

- 3.1 Ministry of Health and Population (MoHP), Department of Health Service (DoHS), Regional Health Directorate (RHD)
- 3.2 District Health Office (DHO), District Public Health Office (DPHO) UHC (Urban Health Center)
- 3.3 Primary Health Care Center (PHCC), Health Post (HP), CHU (Community health Unit)

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) , free health service
- 4.4 Mobilization of Local Health Leaders and Committees
- 4.5 Decentralized Management of Health Services
- 4.6 Urban health Policy
- 4.7 Collaborative framework and its implementation guideline

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

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Infestation, Scabies, Chicken Pox, Influenza, Mumps, Rabies, Hepatitis, Ring Worm, Leprosy, Tuberculosis, Helmenthiasis, Pertusis, Measles and Diphtheria

6. Environmental Sanitation

6.1 Water Purification, Health care 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

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

10.1 Impetigo, 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

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Prolapsed, Pelvic Inflammatory Diseases; causes, Sign, Symptoms and Complication of Ectopic 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, 2053 and Regulation, 2055
- 15.2 Health Professional Council Act, 2053 and Regulation, 2056
- 15.3 LSGA/LSGR (Local Self Governance Act & Regulations)
- 15.4 National Health Policy 2014
- 15.5 Nepal Health Sector Strategy, 2015-2020
- 15.6 Act/regulation on tobacco control in Nepal.

वस्तुगत बहुउत्तर नमूना प्रश्नहरू (Sample Questions)

1. The route of infection in diarrhea is:
(A) Oral to faecal (B) Faecal to Oral (C) Inhalation (D) Skin Contact
Correct Answer:-(B)
2. The main objectives of Safer Motherhood is
(A) Safe delivery without disturbing the life of mother
(B) Safe delivery without disturbing the life of baby
(C) A and B
(D) None of the above
Correct Answer:- (C)
3. Which one does not give guarantee for contraception?
(A) Vasectomy
(B) Intrauterine Device
(C) Oral Pills
(D) Breast Feeding
Correct Answer:- (D)
4. The elimination of Leprosy means:
(A) One case per ten thousand populations.
(B) Below one case per ten thousand populations.
(C) One case per thousand populations.
(D) No one case per ten thousand populations.
Correct Answer:- (B)
5. The most sensitive indicator for health status of the country is:
(A) IMR (B) CDR (C) MMR (D) TFR
Correct Answer:- (A)
6. Coliform present in the water indicates:
(A) Excreta contamination in the water
(B) Mud in the water
(C) Chemical contamination in the water
(D) Pure water
Correct Answer:-(A)

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Details of abbreviation used in this curriculum:

ARI	Acute Respiratory Infection
AIDS	Acquired Immune Deficiency Syndrome
CDR	Crude Death Rate
CDD	Control of Diarrhoeal Disease
DHO	District Health Office
DPHO	District Public Health Office
DoHS	Department of Health Service
EPI	Expanded Programme on Immunization
HIV	Human Immunodeficiency Virus
IMR	Infant Mortality Rate
IEC	Information, Education and Communication
HP	Health Post
HMIS	Health management Information System
FP	Family Planning
FCHV	Female Community Health Volunteers
TBA	Trained Birth Attendants
MOH	Ministry of Health
RHD	Regional Health Directorate
MMR	Maternal Mortality Rate
TFR	Total Fertility Rate
IMNCI	Integrated Management of Neonatal Childhood illness
LMIS	Logistic Management Information System
CF	CollaborativeFramework
CF-IG	CollaborativeFramework Implementation Guideline
LSGA	Local self Governance Act
LSGR	Local self Governance Regulation
UHC	Urban Health Center
CHU	Community Health Unit
MDG	Millennium Development Goal
SDG	Sustainable Development Goal