

लम्कीचुहा नगरपालिका भल्का, कैलाली  
स्थानीय तह तर्फको अ.हे.ब. पद सहायक स्तर चौथो तह पदको लिखित परीक्षाको पाठ्यक्रम एवं परीक्षा योजना

पाठ्यक्रमको रूप रेखा : यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा लिईने छ ।

क. प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- १००

ख. :- अन्तर्वार्ता (Interview)

पूर्णाङ्क :- २५

### परीक्षा योजना (Examination Scheme)

#### प्रथम चरण : लिखित परीक्षा योजना (Examination Scheme)

विषय	पूर्णाङ्क	उतीर्णाङ्क	परीक्षा प्रणाली	प्रश्न सङ्ख्या * अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न * २ अङ्क = १००	४५ मिनेट

द्वितीय चरण :- अन्तर्वार्ता (Interview)

विषय	पूर्णाङ्क	परीक्षा प्रणाली
सेवा सम्बन्धी	२५	मौखिक

द्रष्टव्य :

१ लिखित परीक्षाको माध्यम भाषा नेपाली वा अङ्ग्रेजी अथवा नेपाली र अङ्ग्रेजी दुवै हुन सक्नेछ ।

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

२ यथासम्भव पाठ्यक्रमका सबै इकाईबाट प्रश्न सोधिने छन ।

३ लिखित परीक्षामा गलति गरेको प्रश्नोत्तरका लागि कुनै अङ्क कट्टा गरिने छैन ।

४ यस पाठ्यक्रममा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका ऐन, नियमहरू, परीक्षाको मितिभन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।

५ प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेद्वारलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।

६ पाठ्यक्रम लागु हुने मिति :- २०८१।०१।०८

### A. Anatomy and physiology

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

## **B. Health promotion & education and community diagnosis**

### **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

### **2 . School Health**

2.1 Purpose and importance of school health program

2.2 Activities of school health program

### **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**

### **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

### **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

## **D. Basic Medical Procedures and First Aid Treatment**

### **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):**

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:

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

**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

## **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

## **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

## **G. Communicable Disease and Microbiology**

### **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:**

### **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

## 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, styte, otitis externa

## I Pharmacy and Pharmacology

### 1. Pharmacy

1.1 Terminology used in pharmacy

1.2 Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopeia (BP) and formulatory

1.3 Inventory management

1.4 Dispensing

1.5 Narcotic drugs management

### 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

**J. Health culture and communication, Health care system , Management**

**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

**K. Miscellaneous**

1. Health Sector Sustainable development goal (SDG3)
2. Gender based violence
3. Social security scheme and health insurance
4. Psychosocial Counselling

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