

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत स्वास्थ्य सेवा, हेल्थ ईन्स्पेक्सन समूहका अधिकृतस्तर सातौं तहका जनस्वास्थ्य अधिकृत र इन्टोमोलोजिष्ट पदहरूको खुला, आन्तरिक र अन्तर तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

द्वितीय चरण:- क) सामूहिक परीक्षण (Group Test) र अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ४०

परीक्षा योजना (Examination Scheme)

प्रथम चरण :- लिखित परीक्षा (Written Examination)

पूर्णाङ्क :- २००

| पत्र | विषय | पूर्णाङ्क | उत्तिर्णाङ्क | परीक्षा प्रणाली | प्रश्नसंख्या र अङ्कभार | समय |
|---------|--|-----------|--------------|-------------------------------|------------------------|------------------|
| प्रथम | हेल्थ इन्स्पेक्सन (Health Inspection) | १०० | ४० | वस्तुगत बहुवैकल्पिक (MCQs) | १००X१ = १०० | १ घण्टा १५ मिनेट |
| द्वितीय | प्राविधिक विषय (Technical Subject) | १०० | ४० | विषयगत (Subjective) | १०X१० = १०० | ३ घण्टा |

द्वितीय चरण : सामूहिक परीक्षण (Group Test) र अन्तर्वार्ता (Interview)

पूर्णाङ्क :- ४०

| विषय | पूर्णाङ्क | परीक्षा प्रणाली | समय |
|--------------------------------------|-----------|---------------------------------|----------|
| सामूहिक परीक्षण (Group Test) | १० | सामूहिक छलफल (Group Discussion) | ३० मिनेट |
| बोर्ड अन्तर्वार्ता (Board Interview) | ३० | मौलिक | - |

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुबै हुनेछ ।
- पाठ्यक्रमको प्रथम र द्वितीय पत्रको विषयवस्तु फरक फरक हुनेछन ।
- प्रथम तथा द्वितीय पत्रहरूबाट सोधिने प्रश्नसंख्या निम्नसार हुनेछ :

| | | | | | | | | | | | | |
|---------------------|---|----|----|---|---|----|---|---|---|----|----|----|
| प्रथम पत्रका एकाई | १ | २ | ३ | ४ | ५ | ६ | ७ | ८ | ९ | १० | ११ | १२ |
| प्रश्न संख्या | ५ | २० | १० | ५ | ५ | २० | ५ | ५ | ५ | १० | ५ | ५ |
| द्वितीय पत्रका खण्ड | A | | | | B | | | | C | | | |
| द्वितीय पत्रका एकाई | १ | २ | ३ | ४ | ५ | ६ | ७ | ८ | ९ | १० | ११ | १२ |
| प्रश्न संख्या | १ | २ | ३ | ४ | ५ | ६ | ७ | ८ | ९ | १० | ११ | १२ |

- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर वापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस वापत अङ्क दिइनेछैन र अङ्क कट्टा पनि गरिनेछैन ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको Memory युक्त विद्युतीय उपकरण जस्तै :- मोबाइल फोन, क्याल्कुलेटर (Calculator), Smart घडी जस्ता वस्तुहरू प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नहरूको हकमा तोकिएका १० अङ्कका प्रश्नहरूको हकमा १० अङ्कको एउटा लामो प्रश्न अन्तर्गत दुई वा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिनेछ ।
- द्वितीय पत्रमा (विषयगत प्रश्न हुनेका हकमा) प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोहीखण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानुन, ऐन, नियम तथा नीतिहरू यो पाठ्यक्रम स्वीकृत हुँदाका बखत कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनुपर्नेछ ।
- प्रथम चरणको परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइनेछ ।
- पाठ्यक्रम स्वीकृती मिति:- २०८१/०५/०६

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश
प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूहका
अधिकृतस्तर सातौं तहका जनस्वास्थ्य अधिकृत र इन्टोमोलोजिष्ट पदहरूको खुला, आन्तरिक र अन्तर तह
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथम पत्र (Paper I): हेल्थ इन्स्पेक्सन

- | | | |
|-----------|---|-----------|
| 1. | Health and Public Health | 5 |
| | 1.1. Meaning and concept of health and disease, Factors that influence health, Dimension of disease, Measurement of health, disease and well being | |
| | 1.2. Public health concept, Historical development and changing concept | |
| 2. | Health Planning and Management. | 20 |
| | 2.1. Approaches, models, methods and practices | |
| | 2.2. Need assessment, planning cycle, Planning, monitoring and evaluation | |
| | 2.3. Strategic and operational planning | |
| | 2.4. Inventory management | |
| | 2.5. Drug management | |
| | 2.6. Financial management | |
| | 2.7. Health economics, Health care financing: Basic concepts and economic evaluation of health care services | |
| | 2.8. Health care need assessment | |
| | 2.9. Health care management in federal system | |
| | 2.10. Quality assurance in health care | |
| 3. | General Epidemiology | 10 |
| | 3.1. Definition, concepts, approaches, aims, and use of epidemiology | |
| | 3.2. Epidemiological methods, Incidence, Prevalence, association and causation, disease prevention and control | |
| | 3.3. Epidemiology of communicable and non-communicable diseases | |
| | 3.4. Dynamics of disease transmission | |
| | 3.5. Investigation of an epidemics | |
| | 3.6. Screening of diseases | |
| | 3.7. Health indicators | |
| 4. | Health Statistics | 5 |
| | 4.1. Sources of health information, Health information system | |
| | 4.2. Tabulation, graphic and diagrammatic presentation of data | |
| | 4.3. Statistical methods; Measures of central tendency, Measures of variability | |
| | 4.4. Sampling size, Sampling survey and test of significance, correlation and regression | |
| 5. | Demography | 5 |
| | 5.1. Population trends-world, national and Lumbini province | |
| | 5.2. Measures of population dynamics | |
| | 5.3. Factors affecting fertility, mortality and migration | |
| | 5.4. Urbanization, Life expectation | |
| 6. | Applied Epidemiology and Disease Control | 20 |
| | 6.1. Epidemiology, Prevention and control of communicable diseases including: Measles, Diphtheria, Whooping cough, Acute respiratory tract infection, Rubella, Mumps, Influenza, Tuberculosis, Viral hepatitis, Food poisoning, Typhoid fever, Intestinal worms, Acute diarrheal diseases, Filaria, Leishmaniasis, Malaria, Japanese encephalitis, Rabies, Tetanus, Trachoma, Leprosy, STD, HIV/AIDS and COVID-19 | |
| | 6.2. Prevention and control of non-communicable diseases | |
| | 6.3. Prevention and control measures of Sickle Cell Anemia and Thalassemia | |
| | 6.4. Concept of Control, elimination and eradication of diseases | |

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत स्वास्थ्य सेवा, हेल्थ ईन्स्पेक्सन समूहका अधिकृतस्तर सातौं तहका जनस्वास्थ्य अधिकृत र इन्टोमोलोजिष्ट पदहरूको खुला, आन्तरिक र अन्तर तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

- 7. Food and Nutrition** **5**
- 7.1. Nutritional profiles: National and lumbini province
 - 7.2. Nutritional problems: National and lumbini province
 - 7.3. Assessment of nutritional status
 - 7.4. Food toxication, additives and fortification;
- 8. Environmental Health** **5**
- 8.1. Management and control of basic and fundamental factors; Water, Air, Lighting, Noise, Housing
 - 8.2. Solid waste management
 - 8.3. Health care waste management
 - 8.4. Excreta disposal and control
 - 8.5. Medical entomology-Mosquito, housefly, sand fly, lice, fleas, bugs etc. control
 - 8.6. Insecticides safe use and resistance
 - 8.7. Rodents control
 - 8.8. Climate change and its impact on health
- 9. Occupational Health and safety** **5**
- 9.1. Occupational environment and safety
 - 9.2. Occupational hazards
 - 9.3. Management and prevention of occupational hazards
 - 9.4. Measures for general health protection of workers
 - 9.5. Health ergonomics
- 10. Health Education and Health Promotion.** **10**
- 10.1. Concept, Objectives and principles and their importance
 - 10.2. Methods of health education
 - 10.3. Health education medias and production
 - 10.4. Behavior changes communication (BCC)
 - 10.5. Risk communication and community engagement
 - 10.6. Community organization and participation
 - 10.7. Information, Education and Communication (IEC): concepts and importance
 - 10.8. School health program: concepts, areas and importance
- 11. Primary Health Care (PHC), Basic Health Care Services (BHCS), Millennium Development Goals (MDGs) and Sustainable Development Goal (SDGs)** **5**
- 11.1. Concept
 - 11.2. Components
 - 11.3. Status and Prospects
- 12. International Health** **5**
- 12.1. External development partners and their priorities
 - 12.2. UN agencies: WHO, UNICEF, UNDP, UNFPA, UNAIDS
 - 12.3. World Bank , International Monetary Fund (IMF) and Asian Development Bank
 - 12.4. Bilateral agencies working in Nepal

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश
प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत स्वास्थ्य सेवा, हेल्थ ईन्स्पेक्सन समूहका
अधिकृतस्तर सातौं तहका जनस्वास्थ्य अधिकृत र इन्टोमोलोजिष्ट पदहरूको खुला, आन्तरिक र अन्तर तह
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

द्वितीय पत्र (Paper II) : प्राविधिक विषय (Technical Subject)

Section A- 30 Marks

- | | | |
|-----------|--|-----------------|
| 1. | Health Policies Issues | 10 marks |
| | 1.1 National Health Policy, 2076 | |
| | 1.2 Lumbini Provincial Health Policy, 2077 | |
| | 1.3 National Population Policy, 2071 | |
| | 1.4 Nepal Health Sector Strategic Plan (2023-2030) | |
| | 1.5 Health Sector in current periodic plan: National and Lumbini Province | |
| 2. | Health Issues and Regulations | 20 |
| | Marks | |
| | 2.1 The Constitution of Nepal (From Part 1 to 5, 20 and 26 and Schedules) | |
| | 2.2 Health act, 2053 and Health regulation, 2054 | |
| | 2.3 Province Civil Service act, 2080 and Province Civil Service regulation, 2080 | |
| | 2.4 Public health service act, 2075 and public health service regulation, 2077 | |
| | 2.5 Local government operation act, 2074 | |
| | 2.6 Economic procedure and financial accountability act, 2076 | |
| | 2.7 Economic procedure and financial accountability regulation, 2077 | |
| | 2.8 Public procurement act, 2063 | |
| | 2.9 Public procurement regulation, 2064 | |
| | 2.10 Current financial administration regulation | |
| | 2.11 Health service in federal context | |
| | 2.12 Health and human right | |
| | 2.13 Professional council and related regulations | |
| | 2.14 Ethical issues in health | |

Section B- 50 Marks

- | | | |
|-----------|--|----------------|
| 3. | Introduction, Objectives, Strategies, Targets and Current Status of National Health programs. | 30 mark |
| | 3.1 Family Planning, Safe Motherhood, Immunization Program, Nutrition, Integrated Management of Neonatal and Childhood Illness (IMNCI), Malaria, Tuberculosis, Leprosy, Sexually transmitted Infections (STI) and HIV/AIDS | |
| | 3.2 National and provincial health training center: basic, refresher and other continuous medical education programme | |
| | 3.3 National Health Education Information and Communication Center: Critical over view of functions and roles | |
| | 3.4 Development of National, Provincial, District and Local level Health Profiles | |
| | 3.5 Female Community Health Volunteers Programme (FCHV) | |
| | 3.6 Primary Health Care Out-reach clinic Programme (PHC-ORC) | |
| | 3.7 Disaster Management and Early Warning and Reporting System (EWARS) | |
| | 3.8 Health Economics and Health Care Financing (HEHCF) | |
| | 3.9 Health Information System: LMIS, DHIS, HMIS and HuRIC | |
| | 3.10 Mental Health and Psycho-social Programme | |

प्रदेश लोक सेवा आयोग, लुम्बिनी प्रदेश

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गत स्वास्थ्य सेवा, हेल्थ ईन्स्पेक्सन समूहका अधिकृतस्तर सातौं तहका जनस्वास्थ्य अधिकृत र इन्टोमोलोजिष्ट पदहरूको खुला, आन्तरिक र अन्तर तह प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

4. Management of Public Health Programme in the Province, District and Local level with Special Reference to. 20 Marks

- 4.1 Family Planning, Safe Motherhood, Immunization Program, Nutrition, Integrated Management of Neonatal and Childhood Illness (IMNCI), Malaria, Kala-azar, J.E, Dengue and other Vector borne diseases, Tuberculosis, Leprosy, Sexual transmission diseases (STD) and HIV/AIDS.
- 4.2 Training activities provincial and local level;
- 4.3 Health education, information and communication activities in the provincial and local level.
- 4.4 Management of Camps, Public health campaigns and Health screening programs

Section C- 20 Marks

5. Management Issues in Nepal Health Services 20 Marks

- 5.1 Personnel management: concept, principles, nature
- 5.2 Human resource management: concept, functions and different aspects
- 5.3 Community organization: Concepts, principles and process
- 5.4 Supervision, monitoring and evaluation of health care system: Principles, practice and importance
- 5.5 Provincial and Local level inter and intra-sectoral coordination in health services
- 5.6 Indigenous and traditional health care system including Ayurveda and other system: Concepts, status and their analytical study
- 5.7 Analytical study of organizational structure and function of Ministry of Health and Population, Provincial health ministry and local level health organization

सामूहिक छलफल (Group Discussion)

यस प्रयोजनको लागि गरिने परीक्षाको पूर्णाङ्क १० र समय ३० मिनेटको हुनेछ जुन नेता विहीन सामूहिक छलफल (Leaderless Group Discussion) को रूपमा अवलम्बन गरिनेछ । दिइएको प्रश्न वा Topics का विषयमा पालैपालोसँग निर्दिष्ट समय भित्र समूह बीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति (Individual Presentation) गर्नु पर्नेछ । यस परीक्षणमा मूल्याङ्कनको लागि देहाय अनुसारको समिति रहनेछ :

| | |
|-------------------------|----------|
| आयोगका अध्यक्ष वा सदस्य | -अध्यक्ष |
| आयोगका सदस्य | -सदस्य |
| दक्ष/विज्ञ (१ जना) | -सदस्य |

सामूहिक छलफलमा दिइने नमूना प्रश्न वा Topic

उदाहरणको लागि -उर्जा संकट, गरिबी निवारण, स्वास्थ्य बीमा, महामारी, मानसिक स्वास्थ्य, खाद्य सुरक्षा, प्रतिभा पलायन, प्राविधिक तथा व्यावसायिक शिक्षा, शैक्षिक गुणस्तर, महिला हिसा, मानव बेचबिखन रोकथाम आदि जस्ता विषयहरू मध्ये कुनै एक विषय मात्र दिइनेछ ।