

लम्कीचुहा नगरपालिका
नगर कार्यपालिकाको कार्यालय
भल्का, कैलाली
सुदूरपश्चिम प्रदेश, नेपाल

स्थानीय स्वास्थ्य सेवा, हे.ई. समुह, जनस्वास्थ्य अधिकृत (सातौँ) पदको खुला प्रतियोगात्मक परिक्षाको पाठ्यक्रम

परिक्षा योजना:

चरण	विषय	पूर्णाङ्क	परिक्षाको प्रकृति	प्रश्न संख्या	समय
प्रथम चरण	हेल्थ इन्सपेक्सन सम्बन्धी	१००	बहुवैकल्पिक प्रश्न	५०*२=१००	४५ मिनेट
द्वितीय चरण	अन्तरवार्ता	२५			

द्रष्टव्य:

१. प्रथम चरणको प्रश्नपत्रको भाषा नेपाली वा अङ्ग्रेजी वा नेपाली र अङ्ग्रेजी दुबै हुनेछ ।
२. वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नको गलत उत्तर दिए वापत अंक कट्टा गरिनेछैन ।
३. बस्तुगत बहुवैकल्पिक (Multiple Choice) हुने परीणामा परीक्षार्थीले उत्तर लेख्दा अङ्ग्रेजी ठूलो अक्षरहरू (Capital Letters) मा लेख्नु पर्नेछ । सानो अक्षरहरू (Small Letters) लेखेको वा अन्य केरमेट गरेको भए सो उत्तरलाई गलत मानिनेछ ।
४. बहुवैकल्पिक प्रश्न हुने परीक्षामा कुनै प्रकारको क्यालकुलेटर प्रयोग गर्न पाईने छैन ।
५. परीक्षामा सोधिने प्रश्नहरू यथासम्भव सम्बन्धित पाठ्यक्रममा विभाजन गरेको अङ्कको आधारमा सोधिनेछ ।
६. पाठ्यक्रममा परेका कानुन, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडी संशोधन भई हटाईएको वा थप गरी संशोधन भइ कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
७. प्रथम चरणको परीक्षामा उत्तीर्ण भएका उम्मेदवारलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराईनेछ ।
८. प्रथम चरणको लिखित परीक्षा र अन्तरवार्ता अङ्कको योग समेतका आधारमा योग्यताक्रमको सूचीमा समावेश गरी अन्तिम परीक्षा फल प्रकाशन गरिनेछ ।

1. Health and Public Health [5 Marks]
 - 1.1 Meaning of health and disease, Factors that influence health, concept of health and disease, Dimension of Health, Measurement of health, disease, and well-being
 - 1.2 Public health concept, Historical development, and changing concept
- 2 Health Administration, Management and Planning [20 Marks]
 - 2.1 Health governance
 - 2.2 Financial Management/ Budgeting
 - 2.3 Public Procurement
 - 2.4 Human Resource Management
 - 2.5 Inventory Management
 - 2.6 Planning: Need assessment, types of planning, planning cycle, Planning, monitoring and evaluation
 - 2.7 Strategic and operational planning
 - 2.8 Bottom-up planning
 - 2.9 PASHCHIM Concept of health economics, health care financing, economic evaluation of health care services
 - 2.10 Healthcare Needs Assessment
 - 2.11 Federalization and Decentralization in Health Management
 - 2.12 Quality assurance in health care
 - 2.13 Building Blocks of Health System
- 3 General Epidemiology [10 Marks]
 - 3.1 Definition, concepts, approaches, aims, and use of epidemiology
 - 3.2 Epidemiological methods, incidence, prevalence, association and causation, disease prevention and control, epidemiological triad
 - 3.3 Epidemiology of communicable and non-communicable diseases
 - 3.4 Dynamics of disease transmission
 - 3.5 Investigation of an Epidemic
 - 3.6 Preparedness, response, and control strategies of epidemics in Sudurpashchim province
 - 3.1 Surveillance and Screening of Diseases
 - 3.8 Major Health Indicators and Sudurpashchim province specific Health Indicators
- 4 Health Statistics [5 Marks]
 - 4.1 Data and Types of Data
 - 4.2 Collection, Presentation, and analysis of data, the test of significance, correlation, and regression
 - 4.3 Statistical methods: Measures of central tendency, Measures of variability
 - 4.4 Concept of sampling, Sample size, sampling, and survey
5. Demography [5 Marks]
 - 5.1 Population trends of Nepal, Census, population pyramid
 - 5.2 Measures of population dynamics
 - 5.3 Factors affecting fertility, mortality, and migration
 - 5.4 Life expectancy
 - 5.5 Demographic statistics in the Provincial context (Fertility, Mortality, and migration)
- 6 Applied Epidemiology and Disease Control [20 Marks]
 - 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, Filariasis, Leishmaniasis, Malaria, Japanese encephalitis, Rabies, Tetanus, Trachoma, Leprosy, STD, HIV/AIDS, Covid-19, Scrub Typhus and Dengue fever

6.2 Prevention and control of non-communicable diseases

6.3 Concept of Control, elimination, and eradication of diseases

6.4 Immunization and Supply Chain Management

7 Food and Nutrition [5 Marks]

7.1 Nutritional profiles

7.2 Nutritional problems

7.3 Assessment of nutritional status

7.4 Food adulteration, additives, and fortification

7.5 Food intoxication

7.6 Food and Hygiene

7.7 Anthropometric measurement

7.8 Pasteurization

7.9 Nutrition-related indicators

8 Environmental Health [5 Marks]

8.1 Concept and component of environmental health: Water, Air, Lighting, Noise, Housing

8.2 Solid waste management (disposal and control)

JRPASHCHIM

[5 marks]

[5 Marks]

8.3 Sewage management (disposal and control)

8.4 Pollution: Water, air, noise, soil, quality standard and testing surveillance

8.5 Medical entomology-Mosquito, houseflies, sand fly, lice, fleas, bugs, etc. control

8.6 Insecticides safe use and resistance

8.7 Rodents control

Occupational Health [5 Marks]

9.1 Concept of Occupational Health

9.2 Occupational environment and safety

9.3 Occupational hazards

9.4 Management and prevention of occupational hazards

9.5 Measures for general health protection of workers

9.6 Ergonomics

10 Health Education and Health Promotion [10 marks]

10.1 Concept, Objectives, and principles and their importance

10.2 Methods and media of health education

10.3 Health Education Media and Production

10.4 Behavioral Change Communication (BCC)

10.5 Community organization and participation

10.6 Communication and information: concepts and importance

10.7 School Health Program: concepts, areas, and importance

11 Basic Health Care Services, PHC, EHCS, MDG, SDG, Health for all and Universal Health Coverage [5 Marks]

11.1 Concept, Components, Status and Prospects

12 International Health

[5 marks]

12.1 External development partners and their priorities in Sudurpashchim Province

12.2 Multilateral agencies: FINIDA, KOICA 12.3 Bilateral agencies working in Nepal:
USAID, JICA, GIZ, FCDO, SDC, CIDA, AUSAID, NORAD,