

प्रदेश लोक सेवा आयोग, प्रदेश नं.२  
स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सातौं तहको खुला तथा अन्तर सेवा प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ :  
 प्रथम चरण :- लिखित परीक्षा पूर्णाङ्क :- २००  
 द्वितीय चरण :- सामूहिक परीक्षण र अन्तर्वार्ता पूर्णाङ्क :- ४०  
 प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्कभार	समय
प्रथम	हेल्थ इन्स्पेक्सन	१००	४०	वस्तुगत बहुवैकल्पिक (MCQs)	१००X१ = १००	१ घण्टा १५ मिनेट
द्वितीय	सम्बन्धी	१००	४०	विषयगत (Subjective)	१० X१० = १००	३ घण्टा

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
सामूहिक परीक्षण (Group Test)	१०	सामूहिक छलफल (Group Discussion)	३० मिनेट
व्यक्तिगत अन्तर्वार्ता	३०	मौखिक	-

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- पाठ्यक्रमको प्रथम र द्वितीय पत्रको विषयवस्तु फरक फरक हुनेछन ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।
- प्रथम तथा द्वितीय पत्रहरूका एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ :

प्रथम पत्रका एकाई	1	2	3	4	5	6	7	8	9	10	11	12		
प्रश्न संख्या	5	20	10	5	5	20	5	5	5	10	5	5		
द्वितीय पत्रका खण्ड	A				B			C			D			
द्वितीय पत्रका एकाई	1		4		2			3					5	
प्रश्न संख्या	1		2		3			2					2	

- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कटौत गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कटौत पनि गरिने छैन ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नका लागि तोकिएका १० अङ्कका प्रश्नहरूको हकमा १० अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
- द्वितीय पत्रमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- 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 सम्झन पर्दछ ।
- पाठ्यक्रम लागू मिति :- २०७८/०३/२७ गते देखि ।

प्रथम पत्र :- हेल्थ इन्स्पेक्सन सम्बन्धी

- |           |   |            |
|-----------|---|------------|
| <b>1</b>  | <b>Health and Public Health</b>   | <b>5%</b>  |
| 1.1.      | Meaning of health and disease, Factors that influence health, concept of health and disease, Dimension of disease, Measurement of health, disease and well being  |            |
| 1.2.      | Public health concept, Historical development and changing concept  |            |
| <b>2</b>  | <b>Health Planning and Management</b>   | <b>20%</b> |
| 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.      | Decentralization in health management   |            |
| 2.10.     | Quality assurance in health care  |            |
| <b>3</b>  | <b>General Epidemiology</b>   | <b>10%</b> |
| 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   |            |
| <b>4</b>  | <b>Health Statistics</b>  | <b>5%</b>  |
| 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   |            |
| <b>5.</b> | <b>Demography</b>   | <b>5%</b>  |
| 5.1.      | Population trends-world and national  |            |
| 5.2.      | Measures of population dynamics   |            |
| 5.3.      | Factors affecting fertility, mortality and migration  |            |
| 5.4.      | Urbanization, Life expectation  |            |
| <b>6</b>  | <b>Applied Epidemiology and Disease Control</b>   | <b>20%</b> |
| 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 diarrhoeal diseases, Filaria, Leishmaniasis, Malaria, Japanese encephalitis, Rabies, Tetanus, Trachoma, Leprosy, STD and HIV/AIDS |            |
| 6.2.      | Prevention and control of non-communicable diseases   |            |
| 6.3.      | Concept of Control, elimination and eradication of diseases   |            |

<b>7</b>	<b>Food and Nutrition</b>	<b>5%</b>
7.1	Nutritional profiles	
7.2	Nutritional problems	
7.3	Assessment of nutritional status	
7.4	Food toxication, additives and fortification;	
<b>8</b>	<b>Environmental Health</b>	<b>5%</b>
8.1	Management and control of basic and fundamental factors; Water, Air, Lighting, Noise, Housing	
8.2	Solid waste disposal and control	
8.3	Excreta disposal and control	
8.4	Medical entomology-Mosquito, housefly, sand fly, lice, fleas, bugs etc. control	
8.5	Insecticides safe use and resistance	
8.6	Rodents control	
<b>9</b>	<b>Occupational Health</b>	<b>5%</b>
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	
<b>10</b>	<b>Health Education and Health Promotion</b>	<b>10%</b>
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 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	
<b>11</b>	<b>Primary Health Care (PHC), Essential Health Care Services (EHCS) and Millennium Development Goals (MDGs)</b>	<b>5%</b>
11.1	Concept, Components, Status and Prospects	
<b>12</b>	<b>International Health</b>	<b>5%</b>
12.1	External development partners and their priorities	
12.2	UN agencies: WHO, UNICEF, UNDP, UNFPA, UNAIDS and World Bank	
12.3	Bilateral agencies working in Nepal: USAID, JICA, GTZ, DFID, SDC, CIDA, AUSAID, NORAD, FINIDA, KOIKA	

## Section A- 30 Marks

- |          |   |           |
|----------|---|-----------|
| <b>1</b> | <b>Health Policies Issues</b>                             | <b>10</b> |
| 1.1      | National Health Policy 1991                               |           |
| 1.2      | Current National Population Policy                        |           |
| 1.3      | Second Long Term Health Plan (1997-2017)                  |           |
| 1.4      | Health Sector in Current Five Year Plan                   |           |
| 1.5      | Province no.2, Health related Plan and Policies           |           |
| <br>     |   |           |
| <b>4</b> | <b>Health Issues and Regulations</b>                      | <b>20</b> |
| 4.1      | Health act, 2053 and Health regulation, 2054              |           |
| 4.2      | Province No.2 Health related Acts, Rules and Regulations  |           |
| 4.3      | Current financial administration regulation               |           |
| 4.4      | Local governance and decentralization in health           |           |
| 4.5      | Health and human right                                    |           |
| 4.6      | Professional council and related regulations              |           |
| 4.7      | Ethical issues in health                                  |           |
| 4.8      | Province no.2, Health related Acts, Rules and Regulations |           |

## Section B- 30 Marks

- |          |  |           |
|----------|--|-----------|
| <b>2</b> | <b>Introduction, Objectives, Strategies, Targets and Current Status of National Health programs</b>  | <b>30</b> |
| 2.1      | Family Planning, Safe Motherhood, Immunization Program, Nutrition, Integrated management of Childhood illness (IMCI), Malaria, Tuberculosis, Leprosy, Sexually transmitted Infections (STI) and HIV/AIDS |           |
| 2.2      | National health training center: basic, refresher and other continuous medical education programme   |           |
| 2.3      | National Health Education Information and Communication Center: Critical over view of functions and roles  |           |
| 2.4      | Development of District Health Profiles  |           |
| 2.5      | Female Community Health Volunteers Programme (FCHV)  |           |
| 2.6      | Primary Health Care Out-reach Programme (PHC-ORC)  |           |
| 2.7      | Disaster Management and Early Warning Reporting System(EWARS)  |           |
| 2.8      | Health Sector Reform Program: Strategy and planning programs   |           |
| 2.9      | Health Economics and Financing Unit (HEFU)   |           |
| 2.10     | Health Management Information System (HMIS)  |           |
| 2.11     | Logistic Management Information System (LMIS)  |           |
| 2.12     | Human Resource Information Center (HURIC)  |           |

## Section C- 20 Marks

- |          |  |           |
|----------|--|-----------|
| <b>3</b> | <b>Management of Public Health Programme in the District with Special Reference to</b>   | <b>20</b> |
| 3.1      | Family Planning, Safe Motherhood, Immunization Program, Nutrition, Integrated management of Childhood illness (IMCI), Malaria, Kala-azar, J.E. |           |

प्रदेश लोक सेवा आयोग, प्रदेश नं.२  
स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूहको सातौँ तहको खुला तथा अन्तर सेवा प्रतियोगितात्मक लिखित  
परीक्षाको पाठ्यक्रम

and other Vector borne diseases, Tuberculosis, Leprosy, Sexual transmission diseases (STD) and HIV/AIDS.

3.2 Training activities in the district;

3.3 Health education, information and communication activities in the District 3.4  
Management of Camps

### Section D- 20 Marks

#### 5 Management Issues in Nepal Health Services

20

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 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 of Ministry of Health and Population and functions and Province no. 2 Ministries of Social Development

5.8 Province no. 2 Civil Service Act, 2077

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द्वितीय पत्रहरूका एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ :

द्वितीय पत्रका खण्ड	A		B	C	D
द्वितीय पत्रका एकाई	1	4	2	3	5
प्रश्न संख्या	1	2	3	2	2

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परीक्षाको पाठ्यक्रम

स्वास्थ्य सेवाका विभिन्न समूह/उपसमूह, अधिकृत सातौँ तहको पदमा प्रथम चरणको लिखित परीक्षाबाट छनौट  
भएका उम्मेदवारहरुलाई मात्र सामूहिक परीक्षण (**Group Test**) लिइने छ ।

#### सामूहिक छलफल (**Group Discussion**)

यस प्रयोजनका लागि गरिने परीक्षण १० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ जुन नेता विहिन सामूहिक  
छलफल (Leaderless Group Discussion) का रूपमा अवलम्बन गरिने छ । दिइएका प्रश्न वा Topic का विषयमा  
पालैपालोसँग निर्दिष्ट समय भित्र समूह बीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति (Individual  
Presentation) गर्नु पर्नेछ । यस परीक्षणमा मूल्याङ्कनका लागि ३ जना भन्दा बढीको समिति रहनेछ ।