

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश
 प्रदेश निजामती सेवा र स्थानीय सेवाको स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तह, अ.हे.व. वा सो
 सरह पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम र परीक्षा योजना
 पाठ्यक्रमको रूपरेखा: यस पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ।

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम चरण	लिखित परीक्षा (Written Examination)	२००
अन्तिम चरण	कम्प्युटर सीप परीक्षण (Computer Skill Test)	१०
	अन्तर्वार्ता (Interview)	३०

परीक्षा योजना (Examination Scheme)

१. प्रथम चरण: लिखित परीक्षा (Written Examination)

पूर्णाङ्क: २००

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्नसंख्याxअङ्क	समय
प्रथम	सामान्य ज्ञान र सार्वजनिक व्यवस्थापन (General awareness & Public management)	१००	४०	वस्तुगत (Objective)	बहुवैकल्पिक प्रश्न (MCQs)	२०x२=४०	४५ मिनेट
	सेवा सम्बन्धी ज्ञान (Service Based knowledge)					३०x२=६०	
द्वितीय	प्राविधिक विषय (Technical Subject)	१००	४०	विषयगत (Subjective)	छोटो उत्तर लामो उत्तर	१२x५=६० ४x१०=४०	२ घण्टा १५ मिनेट

२. अन्तिम चरण: कम्प्युटर सीप परीक्षण र अन्तर्वार्ता

पूर्णाङ्क: ४०

पत्र/विषय	पूर्णाङ्क	परीक्षा प्रणाली
कम्प्युटर सीप परीक्षण (Computer Skill test)	१०	प्रयोगात्मक (Practical)
अन्तर्वार्ता (Interview)	३०	मौखिक (Oral)

द्रष्टव्य:

- यस पाठ्यक्रम योजनालाई प्रथम चरण र अन्तिम चरण गरी दुई चरणमा विभाजन गरिएको छ।
- प्रश्नपत्रको भाषा नेपाली वा अङ्ग्रेजी वा नेपाली र अङ्ग्रेजी दुवै हुन सक्नेछ।
- परीक्षाको भाषा नेपाली वा अङ्ग्रेजी अथवा नेपाली र अङ्ग्रेजी दुवै हुन सक्नेछ।
- खुला र समावेशी समूहको एउटै प्रश्नपत्रबाट परीक्षा सञ्चालन हुनेछ।

५. प्रथम पत्र र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ। दुवैपत्रको परीक्षा एकैदिनमा वा छुट्टाछुट्टै दिनमा लिन सकिनेछ।
६. वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन।
७. बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा मोबाईल फोन, स्मार्ट वाच, क्याल्कुलेटर जस्ता सामग्रीहरू प्रयोग गर्न पाइने छैन।
८. विषयगत प्रश्नहरूको हकमा तोकिएको अङ्कमा 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 सकिनेछ।
९. परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिईए अनुसार हुनेछ।
१०. विषयगत प्रश्न हुने पत्र/विषयका प्रत्येक भाग/खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक भाग/खण्डका प्रश्नहरूको उत्तर सोही भाग/खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ।
११. यस पाठ्यक्रम अनुसारका पत्र/विषयका विषयवस्तुमा जुनसुकै कुरा लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगावै संशोधन भई कायम रहेका विषयवस्तुलाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
१२. प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको कम्प्युटर सीप परीक्षण र अन्तर्वार्तामा सम्मिलित गराइनेछ।
१३. प्रथम चरणको लिखित परीक्षाको प्राप्ताङ्क, कम्प्युटर सीप परीक्षण र अन्तर्वार्ताको प्राप्ताङ्कको आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।
१४. यस भन्दा अगाडि लागू गरिएको माथि उल्लेखित सेवा, समूहको पाठ्यक्रम खारेज गरिएको छ।
१५. पाठ्यक्रम लागू हुने मिति: २०८१।१२।२६

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प्रदेश निजामती सेवा र स्थानीय सेवाको स्वास्थ्य सेवा, हेल्थ इन्सपेक्सन समूह, सहायक चौथो तह, अ.हे.व. वा सो
सरह पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

प्रथम पत्र (Paper I): सामान्यज्ञान र सार्वजनिक व्यवस्थापन तथा सेवा सम्बन्धी ज्ञान

भाग (Part I):

सामान्यज्ञान र सार्वजनिक व्यवस्थापन

(General awareness & Public management)

खण्ड (Section -A): (१० प्रश्न × २अङ्क= २० अङ्क)

१. सामान्यज्ञान (General Awareness)

- १.१. नेपालको भौगोलिक अवस्था, प्राकृतिक स्रोत र साधनहरू
- १.२. कर्णाली प्रदेशको ऐतिहासिक, सांस्कृतिक र सामाजिक अवस्था सम्बन्धी जानकारी
- १.३. कर्णाली प्रदेशको आर्थिक अवस्था र चालु आवधिक योजना सम्बन्धी जानकारी
- १.४. मानव जीवनमा प्रत्यक्ष प्रभाव पार्ने विज्ञान र प्रविधिका महत्त्वपूर्ण उपलब्धिहरू
- १.५. दिगो विकास, वातावरण प्रदूषण, जलवायु परिवर्तन र जनसङ्ख्या व्यवस्थापन
- १.६. नेपालको संविधान (भाग १ देखि भाग ५ सम्म र अनुसूचीहरू)
- १.७. संयुक्त राष्ट्र संघ, सार्क, बिमस्टेक सम्बन्धी जानकारी
- १.८. राष्ट्रिय महत्त्वका समसामयिक गतिविधिहरू

खण्ड (Section -B): (१० प्रश्न × २अङ्क= २० अङ्क)

२. सार्वजनिक व्यवस्थापन (Public management)

२.१. कार्यालय व्यवस्थापन

- २.१.१ कार्यालय: परिचय, महत्त्व कार्य र प्रकार
- २.१.२ सहायक कर्मचारीका कार्य र गुणहरू
- २.१.३ कार्यालय स्रोत साधन: परिचय र प्रकार
- २.१.४ कार्यालयमा सञ्चारको महत्त्व, किसिम र साधन
- २.१.५ कार्यालय कार्यविधि: पत्र व्यवहार, दर्ता र चलानी, फाइलिङ, परिपत्र, तोक आदेश, टिप्पणी लेखन
- २.१.६ अभिलेख व्यवस्थापन

२.२. प्रदेश निजामती सेवा ऐन र स्थानीय सेवा ऐनमा भएका व्यवस्थाहरू

- २.२.१ निजामती सेवाको गठन, संगठन संरचना, पदपूर्ति गर्ने तरिका र प्रक्रियाहरू
- २.२.२ कर्मचारीको नियुक्ति, सरुवा, बढुवा, बिदा, विभागीय सजाय र अवकाश
- २.२.३ कर्मचारीले पालना गर्नुपर्ने आचरण, नैतिक दायित्व र कर्तव्यहरू

२.३. सार्वजनिक सेवा प्रवाहको अर्थ, सेवा प्रवाह गर्ने निकाय, तरिका र माध्यमहरू

२.४. मानव अधिकार, सुशासन र सूचनाको हक सम्बन्धी सामान्य जानकारी

२.५. सार्वजनिक वडापत्र

भाग (Part II):

सेवा सम्बन्धी ज्ञान (Service Based Knowledge)

(३०प्रश्न×२अङ्क= ६०अङ्क)

1. Anatomy and physiology
 - 1.1. Digestive system
 - 1.2. Respiratory system
 - 1.3. Cardiovascular system
 - 1.4. Reproductive system
 - 1.5. Endocrine system
 - 1.6. Nervous system
 - 1.7. Skeletal system
 - 1.8. Sense organ system
 - 1.9. Urinary System
2. Health education and community Diagnosis
 - 2.1. Health Education
 - 2.1.1. Health Education: importance and method
 - 2.1.2. Communication and barrier of communication
 - 2.1.3. Health education programme planning and implementation
 - 2.1.4. Leadership
 - 2.2. School Health
 - 2.2.1. Purpose and component of School Health Program
 - 2.2.2. Activities of School Health Program
 - 2.3. Community Diagnosis: Importance and methods of community diagnosis
 - 2.4. Community Development
 - 2.4.1. Objective
 - 2.4.2. Methods of community development
 - 2.4.3. Community mobilization and engagement
3. Community Health
 - 3.1. Epidemiology and Major Epidemics
 - 3.1.1. Definition of Epidemiology
 - 3.1.2. Scope of Epidemiology
 - 3.1.3. Vital statistic
 - 3.1.4. Epidemiological investigation
 - 3.1.5. Epidemiological trends
 - 3.1.6. Disease prevention and control
 - 3.1.7. Basic principle of disease transmission
 - 3.1.8. Vaccine, Immunization and Immunity
 - 3.1.9. Major Epidemics in Karnali province: Influenza, Diarrhea, Cholera and COVID
 - 3.2. Environmental Sanitation
 - 3.2.1. Environmental sanitation

- 3.2.2. Scope of environmental sanitation
- 3.2.3. Water source and methods of purification
- 3.2.4. Excreta disposal and fecal borne disease
- 3.2.5. Method of solid and liquid waste disposal
- 3.2.6. Insects, rodents and their importance in public health
- 3.2.7. Food hygiene and sanitation
- 3.2.8. Milk hygiene and Milk borne disease
- 3.3. Disaster management
- 4. First Aid and Basic Medical Procedures
 - 4.1. First Aid Treatment
 - 4.1.1. First aid: Airway Breathing Circulation (ABC) Management, Shock, Bleeding, burn and scalds, fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite, Frost bite, Road Traffic Accident (RTA) & High altitude sickness
 - 4.1.2. First aid treatment of electrical injury
 - 4.1.3. Drowning, Choking, febrile convulsion and convulsion
 - 4.2. Basic Medical Procedures
 - 4.2.1. Vital signs
 - 4.2.2. Investigation process and its importance, basic knowledge of urine, stool, blood, sputum, pus and throat swab collection, transportation and storage
 - 4.2.3. Bandage (Importance, types & application)
 - 4.2.4. Technique of giving injections
 - 4.2.5. Infection prevention, Sterilization process, its importance, type and methods
- 5. Vector Borne Disease (VBDs):
 - 5.1. Mode of transmission, causative agent, host and environment, life cycle of major vectors and parasites prevalent in Nepal
 - 5.2. Clinical features, diagnosis and case management of VBDs
 - 5.3. Trends of transmission, geographical distribution, epidemiological situation
 - 5.4. VBDs Prevention and Control at the province and local level
 - 5.4.1. Analysis of the district VBDs situation
 - 5.4.2. Preparation of Annual Work Plan of VBDs
 - 5.4.3. Epidemic, outbreak preparedness and response
 - 5.4.4. Surveillance
 - 5.4.5. Recording and Reporting of VBDs
 - 5.4.6. Referral and follow-up
 - 5.4.7. Supervision, monitoring and evaluation of VBDs control programs
 - 5.4.8. Roles and responsibilities of different level health facilities in VBDs control
- 6. Maternal and Child Health, Family Planning and Nutrition
 - 6.1. Maternal and Child Health
 - 6.1.1. Antenatal care

- 6.1.2. Physiological changes during pregnancy
- 6.1.3. Danger signs
- 6.1.4. High risk group (mother)
- 6.1.5. Delivery care
- 6.1.6. Stages of labor
- 6.1.7. Difference between false and true labor
- 6.1.8. Postnatal care
- 6.1.9. New born care
- 6.1.10. Complications of pregnancy
 - 6.1.10.1. Abortion
 - 6.1.10.2. Ectopic pregnancy
 - 6.1.10.3. Toxemia
 - 6.1.10.4. Malpresentations
 - 6.1.10.5. Ante-Partum haemorrhage (APH)
 - 6.1.10.6. Post-Partum Haemorrhage (PPH)
 - 6.1.10.7. Pregnancy induced hypertension (PIH)
- 6.1.11. Definition, signs and symptoms and management of pelvic infection
- 6.1.12. Pelvic organ prolapse
- 6.1.13. Leucorrhoea and Trichomoniasis
- 6.1.14. Child growth and development
- 6.1.15. Integrated Management of Neonatal and Childhood Illness (IMNCI) Program
- 6.1.16. Vaccine preventable disease and Immunization, Cold chain management
- 6.2. Family Planning
 - 6.2.1. Population education
 - 6.2.2. Population pyramids
 - 6.2.3. Measures to solve population problem
 - 6.2.4. Family planning methods, Counseling and good counselor skill
- 6.3. Nutrition
 - 6.3.1. Source of nutrients
 - 6.3.2. Nutritional status measurements
 - 6.3.3. Breast feeding, Weaning and supplementary feeding
 - 6.3.4. PEM (Protein Energy Malnutrition) sign, symptoms, prevention and treatment
 - 6.3.5. Vitamins and Minerals: sources, signs and symptoms of deficiency and its management
 - 6.3.6. Management of acute malnutrition programme
- 7. Microbiology, Communicable and Non Communicable Disease
 - 7.1. Microbiology: Micro-organisms (Virus, Bacteria, Parasites, Fungus, Protozoa, Helminthes)
 - 7.2. Communicable disease: causes, clinical features, treatment, complication and prevention

- 7.2.1. Amoebic/bacillary dysentery, giardiasis
- 7.2.2. Cholera, Tuberculosis, Malaria
- 7.2.3. Parasitic Diseases
- 7.2.4. Common Viral and Bacterial Diseases
- 7.3. Non-communicable disease: causes, clinical features, management and prevention
 - 7.3.1. Hypertension
 - 7.3.2. Diabetes
 - 7.3.3. Coronary Artery Diseases
 - 7.3.4. Cancer
 - 7.3.5. Basic mental health problem
- 8. Medicine & Surgery:
 - 8.1. Medicine:
 - 8.1.1. History taking and physical examination
 - 8.1.2. Cause, sign, symptom, type, prevention, treatment, complication and investigation
 - 8.1.2.1. Digestive System
 - 8.1.2.1.1. Gastritis, peptic ulcer disease
 - 8.1.2.1.2. Dysentery
 - 8.1.2.1.3. Gastroenteritis
 - 8.1.2.1.4. Hepatitis
 - 8.1.2.2. Respiratory System
 - 8.1.2.2.1. Common cold
 - 8.1.2.2.2. Tonsillitis
 - 8.1.2.2.3. Pharyngitis
 - 8.1.2.2.4. Rhinitis
 - 8.1.2.2.5. Sinusitis
 - 8.1.2.2.6. Bronchitis
 - 8.1.2.2.7. Pneumonia
 - 8.1.2.3. Cardiovascular System
 - 8.1.2.3.1. Hypertension
 - 8.1.2.3.2. Congestive Cardiac Failure (CCF)
 - 8.1.2.3.3. Rheumatic fever
 - 8.1.2.4. Genitourinary System
 - 8.1.2.4.1. Nephritis
 - 8.1.2.4.2. Renal Colic
 - 8.1.2.4.3. Urinary Tract Infection (UTI)
 - 8.1.2.5. Endocrine System
 - 8.1.2.5.1. Diabetes
 - 8.1.2.5.2. Hypothyroidism
 - 8.1.2.5.3. Hyperthyroidism

- 8.1.2.6. Nervous System
 - 8.1.2.6.1. CVA (Cerebro Vascular Accident)
 - 8.1.2.6.2. Convulsion
 - 8.1.2.6.3. Meningitis
 - 8.1.2.6.4. Epilepsy
 - 8.1.2.6.5. Unconsciousness
- 8.1.2.7. Skin Problem
 - 8.1.2.7.1. Scabies
 - 8.1.2.7.2. Ringworm
 - 8.1.2.7.3. Impetigo
 - 8.1.2.7.4. Eczema
 - 8.1.2.7.5. Allergies

8.2. Surgery:

8.2.1. Definition, Clinical feature and appropriate treatment

- 8.2.1.1. Boils and Abscess
- 8.2.1.2. Carbuncles
- 8.2.1.3. Ulcer
- 8.2.1.4. Piles
- 8.2.1.5. Wound
- 8.2.1.6. Burn and scalds
- 8.2.1.7. Fracture
- 8.2.1.8. Dislocation and sprain
- 8.2.1.9. Head and spinal cord injuries
- 8.2.1.10. Bleeding
- 8.2.1.11. Foreign body in eye, ear, nose and throat
- 8.2.1.12. Acute abdominal problem (Acute appendicitis, Acute cholecystitis, Intestinal obstruction)
- 8.2.1.13. Hydrocele
- 8.2.1.14. Hernia
- 8.2.1.15. Tumor

8.2.2. Common Eye, ENT and Oral health problem

9. Pharmacy and Pharmacology

9.1. Pharmacy

- 9.1.1. Terminology used in pharmacy
- 9.1.2. Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulary
- 9.1.3. Inventory management
- 9.1.4. Dispensing, rational use of drug
- 9.1.5. Narcotic drugs management
- 9.1.6. Banned drugs

9.2. Pharmacology

9.2.1. Terms used in pharmacology

9.2.2. Meaning and types of Antibiotics commonly used in Nepal

9.2.3. Action, use, dose, general side effects and contradiction of common drugs used in digestive and respiratory system

9.2.4. Condition

9.2.4.1. Pain

9.2.4.2. Fever

9.2.4.3. Inflammation

9.2.4.4. Locally used preparations

9.2.4.5. Antihypertensive drugs

9.2.4.6. Nutritional Supplementary Drugs

9.2.4.7. Vaccines

9.2.4.8. Hormones

9.2.4.9. Oral rehydration therapy

9.2.4.10. Parental solution

10. Health Culture and Communication

10.1. Process and barrier of communication, Risk communication, Behaviour Change and Communication

10.2. Traditional belief and health related taboos

10.3. Traditional medicine practice in Nepal

10.4. Concept of family health

10.5. Cultural interpretation of health and disease spectrum

11. Management

11.1. Health Management

11.1.1. Health care system in Nepal

11.1.2. Basic health service center, Urban health clinic, Community health unit, Health posts

11.1.3. Clinics (EPI and PHC-ORC)

11.1.4. Provincial and Local level health organogram (Karnali Province)

11.1.5. Job Description of Auxiliary Health Worker (AHW) and Cold Chain Assistant.

11.1.6. Primary Health Care (PHC): definition and components

11.2. General Management

11.2.1. Health Camps

11.2.2. Inservice Training and Mentoring

11.2.3. Inventory

11.2.4. Meeting

11.2.5. Problem solving

11.2.6. Health recording, reporting, Chart and Diagram

11.2.7. Supportive supervision and monitoring

11.2.8. Health insurance and social security scheme

प्रथम पत्रको प्रश्नसंख्या तालिका

प्रथम पत्रबाट यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ।

भाग	खण्ड	विषयवस्तु	परीक्षा प्रणाली	अङ्कभार	प्रश्नसंख्या×अङ्क
I	A	सामान्यज्ञान	वस्तुगत बहुवैकल्पिक प्रश्न	२०	१०प्रश्न×२अङ्क = २०अङ्क
	B	सार्वजनिक व्यवस्थापन		२०	१०प्रश्न×२अङ्क = २०अङ्क
II		सेवा सम्बन्धी ज्ञान		६०	३०प्रश्न×२अङ्क = ६०अङ्क

प्रथम पत्रको भाग (Part II) सेवा सम्बन्धी ज्ञान विषयका एकाईबाट यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ।

एकाई	१	२	३	४	५	६	७	८	९	१०	११
वस्तुगत प्रश्नसंख्या	२	२	३	३	३	४	३	४	२	२	२

प्रदेश लोक सेवा आयोग, कर्णाली प्रदेश
प्रदेश निजामती सेवा र स्थानीय सेवाको स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सहायक चौथो तह, अ.हे.व. वा
सो सरह पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

द्वितीय पत्र (Paper II): प्राविधिक विषय

Section-A

50 Marks

1. Anatomy and physiology
 - 1.1. Digestive system
 - 1.2. Respiratory system
 - 1.3. Cardiovascular system
 - 1.4. Reproductive system
 - 1.5. Endocrine system
 - 1.6. Nervous system
 - 1.7. Skeletal system
 - 1.8. Sense organ system
 - 1.9. Urinary System
2. Health education and community Diagnosis
 - 2.1. Health Education
 - 2.1.1. Health Education: importance and method
 - 2.1.2. Communication and barrier of communication
 - 2.1.3. Health education programme planning and implementation
 - 2.1.4. Leadership
 - 2.2. School Health
 - 2.2.1. Purpose and component of School Health Program
 - 2.2.2. Activities of School Health Program
 - 2.3. Community Diagnosis: Importance and methods of community diagnosis
 - 2.4. Community Development
 - 2.4.1. Objective
 - 2.4.2. Methods of community development
 - 2.4.3. Community mobilization and engagement
3. Community Health
 - 3.1. Epidemiology and Major Epidemics
 - 3.1.1. Definition of Epidemiology
 - 3.1.2. Scope of Epidemiology
 - 3.1.3. Vital statistic
 - 3.1.4. Epidemiological investigation
 - 3.1.5. Epidemiological trends
 - 3.1.6. Disease prevention and control
 - 3.1.7. Basic principle of disease transmission
 - 3.1.8. Vaccine, Immunization and Immunity

- 3.1.9. Major Epidemics in Karnali province: Influenza, Diarrhea, Cholera and COVID
- 3.2. Environmental Sanitation
 - 3.2.1. Environmental sanitation
 - 3.2.2. Scope of environmental sanitation
 - 3.2.3. Water source and methods of purification
 - 3.2.4. Excreta disposal and fecal borne disease
 - 3.2.5. Method of solid and liquid waste disposal
 - 3.2.6. Insects, rodents and their importance in public health
 - 3.2.7. Food hygiene and sanitation
 - 3.2.8. Milk hygiene and Milk borne disease
- 3.3. Disaster management
- 4. First Aid and Basic Medical Procedures
 - 4.1. First Aid Treatment
 - 4.1.1. First aid: Airway Breathing Circulation (ABC) Management, Shock, Bleeding, burn and scalds, fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite, Frost bite, Road Traffic Accident (RTA) & High altitude sickness
 - 4.1.2. First aid treatment of electrical injury
 - 4.1.3. Drowning, Choking, febrile convulsion and convulsion
 - 4.2. Basic Medical Procedures
 - 4.2.1. Vital signs
 - 4.2.2. Investigation process and its importance, basic knowledge of urine, stool, blood, sputum, pus and throat swab collection, transportation and storage
 - 4.2.3. Bandage (Importance, types & application)
 - 4.2.4. Technique of giving injections
 - 4.2.5. Infection prevention, Sterilization process, its importance, type and methods
- 5. Vector Borne Disease (VBDs):
 - 5.1. Mode of transmission, causative agent, host and environment, life cycle of major vectors and parasites prevalent in Nepal
 - 5.2. Clinical features, diagnosis and case management of VBDs
 - 5.3. Trends of transmission, geographical distribution, epidemiological situation
 - 5.4. VBDs Prevention and Control at the province and local level
 - 5.4.1. Analysis of the district VBDs situation
 - 5.4.2. Preparation of Annual Work Plan of VBDs
 - 5.4.3. Epidemic, outbreak preparedness and response
 - 5.4.4. Surveillance
 - 5.4.5. Recording and Reporting of VBDs
 - 5.4.6. Referral and follow-up
 - 5.4.7. Supervision, monitoring and evaluation of VBDs control programs
 - 5.4.8. Roles and responsibilities of different level health facilities in VBDs control

6. Maternal and Child Health, Family Planning and Nutrition

6.1. Maternal and Child Health

- 6.1.1. Antenatal care
- 6.1.2. Physiological changes during pregnancy
- 6.1.3. Danger signs
- 6.1.4. High risk group (mother)
- 6.1.5. Delivery care
- 6.1.6. Stages of labor
- 6.1.7. Difference between false and true labor
- 6.1.8. Postnatal care
- 6.1.9. New born care
- 6.1.10. Complications of pregnancy
 - 6.1.10.1. Abortion
 - 6.1.10.2. Ectopic pregnancy
 - 6.1.10.3. Toxemia
 - 6.1.10.4. Malpresentations
 - 6.1.10.5. Ante-Partum haemorrhage (APH)
 - 6.1.10.6. Post-Partum Haemorrhage (PPH)
 - 6.1.10.7. Pregnancy induced hypertension (PIH)
- 6.1.11. Definition, signs and symptoms and management of pelvic infection
- 6.1.12. Pelvic organ prolapse
- 6.1.13. Leucorrhoea and Trichomoniasis
- 6.1.14. Child growth and development
- 6.1.15. Integrated Management of Neonatal and Childhood Illness (IMNCI) Program
- 6.1.16. Vaccine preventable disease and Immunization, Cold chain management

6.2. Family Planning

- 6.2.1. Population education
- 6.2.2. Population pyramids
- 6.2.3. Measures to solve population problem
- 6.2.4. Family planning methods, Counseling and good counselor skill

6.3. Nutrition

- 6.3.1. Source of nutrients
- 6.3.2. Nutritional status measurements
- 6.3.3. Breast feeding, Weaning and supplementary feeding
- 6.3.4. PEM (Protein Energy Malnutrition) sign, symptoms, prevention and treatment
- 6.3.5. Vitamins and Minerals: sources, signs and symptoms of deficiency and its management
- 6.3.6. Management of acute malnutrition programme

7. Microbiology, Communicable and Non Communicable Disease
 - 7.1. Microbiology: Micro-organisms (Virus, Bacteria, Parasites, Fungus, Protozoa, Helminthes)
 - 7.2. Communicable disease: causes, clinical features, treatment, complication and prevention
 - 7.2.1. Amoebic/bacillary dysentery, giardiasis
 - 7.2.2. Cholera, Tuberculosis, Malaria
 - 7.2.3. Parasitic Diseases
 - 7.2.4. Common Viral and Bacterial Diseases
 - 7.3. Non-communicable disease: causes, clinical features, management and prevention
 - 7.3.1. Hypertension
 - 7.3.2. Diabetes
 - 7.3.3. Coronary Artery Diseases
 - 7.3.4. Cancer
 - 7.3.5. Basic mental health problem
8. Medicine & Surgery:
 - 8.1. Medicine:
 - 8.1.1. History taking and physical examination
 - 8.1.2. Cause, sign, symptom, type, prevention, treatment, complication and investigation
 - 8.1.2.1. Digestive System
 - 8.1.2.1.1. Gastritis, peptic ulcer disease
 - 8.1.2.1.2. Dysentery
 - 8.1.2.1.3. Gastroenteritis
 - 8.1.2.1.4. Hepatitis
 - 8.1.2.2. Respiratory System
 - 8.1.2.2.1. Common cold
 - 8.1.2.2.2. Tonsillitis
 - 8.1.2.2.3. Pharyngitis
 - 8.1.2.2.4. Rhinitis
 - 8.1.2.2.5. Sinusitis
 - 8.1.2.2.6. Bronchitis
 - 8.1.2.2.7. Pneumonia
 - 8.1.2.3. Cardiovascular System
 - 8.1.2.3.1. Hypertension
 - 8.1.2.3.2. Congestive Cardiac Failure (CCF)
 - 8.1.2.3.3. Rheumatic fever
 - 8.1.2.4. Genitourinary System
 - 8.1.2.4.1. Nephritis

- 8.1.2.4.2. Renal Colic
- 8.1.2.4.3. Urinary Tract Infection (UTI)
- 8.1.2.5. Endocrine System
 - 8.1.2.5.1. Diabetes
 - 8.1.2.5.2. Hypothyroidism
 - 8.1.2.5.3. Hyperthyroidism
- 8.1.2.6. Nervous System
 - 8.1.2.6.1. CVA (Cerebro Vascular Accident)
 - 8.1.2.6.2. Convulsion
 - 8.1.2.6.3. Meningitis
 - 8.1.2.6.4. Epilepsy
 - 8.1.2.6.5. Unconsciousness
- 8.1.2.7. Skin Problem
 - 8.1.2.7.1. Scabies
 - 8.1.2.7.2. Ringworm
 - 8.1.2.7.3. Impetigo
 - 8.1.2.7.4. Eczema
 - 8.1.2.7.5. Allergies

8.2. Surgery:

8.2.1. Definition, Clinical feature and appropriate treatment

- 8.2.1.1. Boils and Abscess
- 8.2.1.2. Carbuncles
- 8.2.1.3. Ulcer
- 8.2.1.4. Piles
- 8.2.1.5. Wound
- 8.2.1.6. Burn and scalds
- 8.2.1.7. Fracture
- 8.2.1.8. Dislocation and sprain
- 8.2.1.9. Head and spinal cord injuries
- 8.2.1.10. Bleeding
- 8.2.1.11. Foreign body in eye, ear, nose and throat
- 8.2.1.12. Acute abdominal problem (Acute appendicitis, Acute cholecystitis, Intestinal obstruction)
- 8.2.1.13. Hydrocele
- 8.2.1.14. Hernia
- 8.2.1.15. Tumor

8.2.2. Common Eye, ENT and Oral health problem

9. Pharmacy and Pharmacology

9.1. Pharmacy

9.1.1. Terminology used in pharmacy

- 9.1.2. Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulary
- 9.1.3. Inventory management
- 9.1.4. Dispensing, rational use of drug
- 9.1.5. Narcotic drugs management
- 9.1.6. Banned drugs
- 9.2. Pharmacology
 - 9.2.1. Terms used in pharmacology
 - 9.2.2. Meaning and types of Antibiotics commonly used in Nepal
 - 9.2.3. Action, use, dose, general side effects and contradiction of common drugs used in digestive and respiratory system
 - 9.2.4. Condition
 - 9.2.4.1. Pain
 - 9.2.4.2. Fever
 - 9.2.4.3. Inflammation
 - 9.2.4.4. Locally used preparations
 - 9.2.4.5. Antihypertensive drugs
 - 9.2.4.6. Nutritional Supplementary Drugs
 - 9.2.4.7. Vaccines
 - 9.2.4.8. Hormones
 - 9.2.4.9. Oral rehydration therapy
 - 9.2.4.10. Parental solution
- 10. Health Culture and Communication
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11.2.1. Health Camps

11.2.2. Inservice Training and Mentoring

11.2.3. Inventory

11.2.4. Meeting

11.2.5. Problem solving

11.2.6. Health recording, reporting, Chart and Diagram

11.2.7. Supportive supervision and monitoring

11.2.8. Health insurance and social security scheme

11.2.9. Karnali Province Civil Service Act, 2080 and Rules 2080 (conduct, punishment, promotion and leave)

11.2.10. Local Service (Formulation and Operation) Act, 2081 and Rules, 2081 (conduct, punishment, promotion and leave)

द्वितीय पत्रको प्रश्नसंख्या तालिका

द्वितीय पत्रबाट यथासम्भव निम्नानुसार विषयगत प्रश्नहरू सोधिनेछ।

Section	Section-A						Section-B				
Unit	1	2	3	4	5	6	7	8	9	10	11
Short Question	1	1	1	1	1	1	1	2	1	1	1
Long Question	1			1			1		1		

२. विषय: कम्प्युटर सीप परीक्षण

विषय: कम्प्युटर सीप परीक्षण (Computer Skill Test)

विषय	पूर्णाङ्क	विषयवस्तु शीर्षक	अङ्क	समय
कम्प्युटर सीप परीक्षण (Computer Skill Test)	१०	Nepali Typing	२.५ अङ्क	५ मिनेट
		English Typing	२.५ अङ्क	५ मिनेट
		Word processing/Ms Word	२.५ अङ्क	१० मिनेट
		Electronic Spreadsheet	२.५ अङ्क	
जम्मा			१० अङ्क	२० मिनेट

Contents

1. MS Word

(0.5×3=1.5 Marks and 1×1=1 Mark)

- Creating, saving and opening documents
- Typing in Nepali and English
- Text formatting (Font, Size, Color, Underline, Italic, Bold, etc.) and paragraph formatting (alignment, indentation, spacing)
- Inserting Header, Footer, Page Number, Table, Pictures, Shapes, Hyperlink, Bookmark, Text Box, Symbol and Equation.

- e. Page Layout (margin, page size, orientation, Watermark, Page Borders, Columns) previewing and printing of documents
2. Electronic Spreadsheet (0.5×3=1.5 Marks and 1×1=1 Mark)
- a. Text formatting (Font, Size, Color, Underline, Italic, Bold, etc.)
- b. Page setting (margin, page size, orientation) previewing and printing of documents
- c. Formatting the data
- d. Using Basic Functions (SUM, MAX, MIN, AVERAGE)
- e. Using charts

अंग्रेजी र नेपाली Typing Skill Test को लागि निर्देशन

१. नेपाली Typing Skill Test को लागि १५० शब्दको एउटा Text दिइनेछ र देहाय अनुसार अङ्क प्रदान गरिनेछ।

शुद्ध शब्द प्रतिमिनेट (Correct words/minute)	पाउने अङ्क
३ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	० अङ्क
३ वा सो भन्दा बढी र ६ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	०.२५ अङ्क
६ वा सो भन्दा बढी र ९ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	०.५० अङ्क
९ वा सो भन्दा बढी र १२ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	०.७५ अङ्क
१२ वा सो भन्दा बढी र १५ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.०० अङ्क
१५ वा सो भन्दा बढी र १८ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.२५ अङ्क
१८ वा सो भन्दा बढी र २१ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.५० अङ्क
२१ वा सो भन्दा बढी र २४ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.७५ अङ्क
२४ वा सो भन्दा बढी र २७ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	२.०० अङ्क
२७ वा सो भन्दा बढी र ३० भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	२.२५ अङ्क
३० वा सो भन्दा बढी शुद्ध शब्द प्रतिमिनेट वापत	२.५० अङ्क

२. English Typing Skill Test को लागि २०० शब्दको एउटा Text दिइनेछ र देहाय अनुसार अङ्क प्रदान गरिनेछ।

शुद्ध शब्द प्रतिमिनेट (Correct words/minute)	पाउने अङ्क
६ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	० अङ्क
६ वा सो भन्दा बढी र ९ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	०.२५ अङ्क
९ वा सो भन्दा बढी र १२ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	०.५० अङ्क
१२ वा सो भन्दा बढी र १५ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	०.७५ अङ्क
१५ वा सो भन्दा बढी र १८ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.०० अङ्क
१८ वा सो भन्दा बढी र २१ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.२५ अङ्क
२१ वा सो भन्दा बढी र २४ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.५० अङ्क
२४ वा सो भन्दा बढी र २७ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	१.७५ अङ्क
२७ वा सो भन्दा बढी र ३० भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	२.०० अङ्क
३० वा सो भन्दा बढी र ३३ भन्दा कम शुद्ध शब्द प्रतिमिनेट वापत	२.२५ अङ्क
३३ वा सो भन्दा बढी शुद्ध शब्द प्रतिमिनेट वापत	२.५० अङ्क

३. नेपालीमा दिइएको Text लाई अनिवार्य रूपमा युनिकोड (रोमानाइज्ड वा ट्रेडिसनल) मा टाइप गर्नुपर्नेछ।
४. अंग्रेजी र नेपाली Typing मा दिइएको Text लाई आधार मानि टाइप गरेको Text सँग भिडाई परीक्षण गरिनेछ। दिइएको अंग्रेजी वा नेपाली Text मा उल्लेखित स्थान बमोजिम परीक्षार्थीहरूले आफ्नो Text मा Punctuation टाइप नगरेको पाइएमा त्यसको शब्दमा गणना गरिने छैन। तत्पश्चात, निम्न Formula प्रयोग गरी शुद्ध शब्द प्रतिमिनेट (correct words/minute) निकालिनेछ।

$$\text{Formula: शुद्ध शब्द प्रति मिनेट (correct words/minute) = } \frac{\text{(Total words typed - Wrong words)}}{5}$$

समाप्त