

प्रदेश लोक सेवा आयोग

कोशी प्रदेश, विराटनगर

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका स्वास्थ्य सेवा, हेल्थ एजुकेशन समूह, सहायकस्तर पाँचौं तह, स्वास्थ्य शिक्षा टेक्निसियन पदको प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिइने छ :

प्रथम चरण: लिखित परीक्षा

द्वितीय चरण: अन्तर्वार्ता

पूर्णाङ्क: २००

पूर्णाङ्क: ३०

परीक्षा योजना (Examination Scheme)

प्रथम चरण: लिखित परीक्षा

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या अङ्कभार	समय
प्रथम	सेवासंग सम्बन्धित कार्य-ज्ञान (Job based-knowledge)	१००	४०	वस्तुगत बहुवैकल्पिक प्रश्न (MCQs)	Section A: २० प्रश्नx २ अङ्क=४० अङ्क Section B: २० प्रश्नx २ अङ्क=४० अङ्क Section C: १० प्रश्नx २ अङ्क=२० अङ्क	४५ मिनेट
द्वितीय		१००	४०	विषयगत (Subjective)	Section A: २ प्रश्नx १० अङ्क=२० अङ्क ४ प्रश्नx ५ अङ्क=२० अङ्क Section B: २ प्रश्नx १० अङ्क=२० अङ्क ४ प्रश्नx ५ अङ्क=२० अङ्क Section C: ४ प्रश्नx ५ अङ्क=२० अङ्क	२ घण्टा ३० मिनेट

द्वितीय चरण: अन्तर्वार्ता

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
अन्तर्वार्ता	३०	मौखिक	

द्रष्टव्य :

- यो पाठ्यक्रमको योजनालाई प्रथम चरण र द्वितीय चरण गरी दुई चरणमा विभाजन गरिएको छ।
- लिखित परीक्षाको प्रश्नपत्रको माध्यम भाषा पाठ्यक्रमको विषयवस्तु जुन भाषामा दिइएको छ, सोही भाषाको आधारमा नेपाली वा अंग्रेजी मध्ये कुनै एक भाषा हुनेछ। तर विषयवस्तुलाई स्पष्ट गर्नुपर्ने अवस्थामा दुवै भाषा समेत प्रयोग गर्न सकिने छ।
- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ।
- प्रथम पत्र र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नको 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।
- वस्तुगत बहुवैकल्पिक प्रश्न हुने परीक्षामा OMR उत्तरपुस्तिका प्रयोग भएकोमा निर्देशित स्थानमा निर्देशन बमोजिम Bubble लगाउने र OMR बाहेकको उत्तरपुस्तिका प्रयोग भएकोमा परीक्षार्थीले उत्तर लेखदा अंग्रेजी Capital letters: A, B, C, D मा लेख्नुपर्नेछ। Small letters: a, b, c, d मा लेखेको वा अन्य कुनै सङ्केत गरेको भए त्यस्तो उत्तरपुस्तिका रद्द हुनेछ।
- बहुवैकल्पिक प्रश्न हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन।
- विषयगत प्रश्नहरूको हकमा तोकिएको अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुईभन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोधन सकिने छ।
- विषयगत प्रश्न हुने पत्रमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन्। परीक्षार्थीले प्रत्येक खण्डका प्रश्नको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ।
- परीक्षामा सोधिने प्रश्नसंख्या, अङ्क र अङ्कभार यथासम्भव परीक्षा योजनामा उल्लेख भए अनुसार हुनेछ।
- यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जुनसुकै कुरा लेखिएको भए तापनि पाठ्यक्रममा परेका ऐन, नियम तथा नीतिहरू परीक्षाको मितिभन्दा तीन महिना अगाडि संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
- प्रथम चरण (First Phase) अन्तर्गत प्रथम पत्रको लिखित परीक्षाबाट छानौट भएका उम्मेदवारहरूलाई मात्र द्वितीय पत्रको लिखित परीक्षामा सम्मिलित गराउन सकिने छ।\*
- प्रथम चरणको परीक्षाबाट छानौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइने छ।

पाठ्यक्रम लागू मिति: २०८२/४/१ (\*आयोगको मिति २०८२/८/२८ को निर्णय बमोजिम परिवर्द्धित)

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स्वास्थ्य शिक्षा टेक्निसियन पदको प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

प्रथम र द्वितीय पत्र

### सेवा सम्बन्धित कार्य-ज्ञान (Job based knowledge)

#### खण्ड (Section) (A)- ४० अङ्क

##### 1. **Health, Disease, Epidemiology and Vital Statistics**

###### 1.1. Health and Disease

- 1.1.1. Concept and definition of health and disease
- 1.1.2. Dimension and spectrum of health; Ways of achieving optimum health
- 1.1.3. Determinants of health; Disease process (Agent, Host and Environment)

###### 1.2. Epidemiology

- 1.2.1. Concept, definition, aim, objectives and history of epidemiology
- 1.2.2. Basic measurement in epidemiology
- 1.2.3. Application of epidemiology
- 1.2.4. Dynamics of disease transmission Source and Reservoir; Modes of Transmission; Susceptible Host and host defense
- 1.2.5. Disease Prevention and Control
- 1.2.6. Steps of Epidemics; Management of Epidemics

###### 1.3. Vital Health Statistics

- 1.3.1. Concept of Rate, Ratio, Proportion, Incidence and Prevalence
- 1.3.2. Measurement of Health Indicator (Fertility, Morbidity and Mortality)
- 1.3.3. Source of Vital Health Information, Tabulation Analysis Interpretation and Presentation of Data
- 1.3.4. Sample and Sampling size
- 1.3.5. Mean, Median and Mode
- 1.3.6. Demography: National Population Policy, Population Process, Population Size, Growth and Composition

##### 2. **Primary Health Care (PHC), Essential Health Care Services and Public Health**

- 2.1. Primary Health Care Services: Historical background, Concept, Element/Components and Principles of PHC
- 2.2. Essential Health Care Services (EHCS): Concepts of EHCS, Elements / Components and Principle of EHCS
- 2.3. Public Health
  - 2.3.1. Concept, Definition, Objective and Principles of Public Health
  - 2.3.2. Public Health Programs of Nepal

##### 3. **Communicable and Non-Communicable Diseases**

###### 3.1. Communicable Disease

- 3.1.1. Diarrhea, Dysentery, Malaria, Leprosy, Japanese Encephalitis, Kala-azar, HIV/AIDS, STD, ARI, Dengue, Filariasis, Rabies
- 3.1.2. Vaccine Preventable Diseases Tuberculosis, Measles, Diphtheria, Pertussis, Tetanus, Poliomyelitis, Hepatitis B, Meningitis, Typhoid, Influenza, Food Poisoning, Amoebiasis, Cholera, Trachoma and intestinal parasites induced diseases

###### 3.2. Non-Communicable Diseases

- 3.2.1. Diabetes, Cancers, Arthritis, Asthma, Obesity, Blindness, Accident and Injury
- 3.2.2. Heart Diseases - Hypertension, Stroke, RH and Coronary HD
- 3.2.3. Mental Health Disorder- Anxiety, Depression, Schizophrenia

##### 4. **Community Health Diagnosis, Community Organization, Community Participation and Community Development**

###### 4.1. Community Health Diagnosis

- 4.1.1. Concept and Definition of Community Diagnosis
- 4.1.2. Process, Methods techniques and tools of Community Diagnosis

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स्वास्थ्य शिक्षा टेक्निसियन पदको प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

- 4.1.3. Community Mobilization, Social Mobilization
- 4.2. Community Organization and Community Participation
  - 4.2.1. Concept of Community organization
  - 4.2.2. Techniques and Procedure of Community Organization
  - 4.2.3. Concept of Community Participation
  - 4.2.4. Methods and Process of Community Participation
- 4.3. Community Development
  - 4.3.1. Concept of Community Development
  - 4.3.2. Approaches of Community Development: External Agent Approach, Multiple Agent Approach, Internal Resource Mobilization Approach

**5. Health Promotion and Education**

- 5.1. Health Promotion
  - 5.1.1. Historical Background Health Promotion
  - 5.1.2. Ottawa, Jakarta and Helsinki Health Promotion Declarations
  - 5.1.3. Concept and Definition Health Promotion
  - 5.1.4. Strategies and Action Area of Health Promotion
  - 5.1.5. Setting Approaches of Health Promotion Family Setting, Community Setting, Educational setting, Occupational Setting, Health Facility Setting
  - 5.1.6. Approaches of Health Promotion
- 5.2. Health Education
  - 5.2.1. Concept and Definition of Health Education
  - 5.2.2. Rational and Purpose of Health Education
  - 5.2.3. Principles and Scope of Health Education
  - 5.2.4. Concept, Definition and uses of perception in Health Education
  - 5.2.5. Concept of learning and learning process
    - 5.2.5.1. Methods of learning process (Learning by hearing, Learning by seeing, Learning by doing, Learning by Imitation, Learning by Repetition)
    - 5.2.5.2. Theories of Learning Process
  - 5.2.6. Concept and Definition of Motivation
    - 5.2.6.1. Types of Motivation, Techniques of Motivation
    - 5.2.6.2. Rational of Motivation in health education program
    - 5.2.6.3. Theories of Motivation (Maslow theory of Motivation)
  - 5.2.7. Perception-Concept, Definition, Factor affecting Perception.
  - 5.2.8. Change Process- Scocial Change, Factors for Social Change, Planned Change, Internalization Process.
  - 5.2.9. Group Dynamics- Concept, Definition, Characteristics of Group Dynamics, Group Roles.
  - 5.2.10. Methods of Health Education
    - 5.2.10.1. Individual Method (Interview and Counselling)
    - 5.2.10.2. Group Method (Group Discussion, Demonstration, Role Play, Symposium, Work Shop, Seminar, Brain Storming, Problem Solving, Case Study, Mini-Lecture Field Trip)
    - 5.2.10.3. Mass Method (Lecture, Exhibition, Museum, Drama, Film and Documentary Show, Rally and Social Media)
  - 5.2.11. Media of Health Education
    - 5.2.11.1. Poster, Fillip Chart, Flash Cards
    - 5.2.11.2. Models and real objects
    - 5.2.11.3. Printing Materials (Journals, Book Booklets, Pamphlets, Brochures)
    - 5.2.11.4. Email, Internet
  - 5.2.12. Planning of Health Education Programme
    - 5.2.12.1. Concept and Definition of Health Planning
    - 5.2.12.2. Purpose and Rational of Health Planning

प्रदेश निजामती सेवा तथा स्थानीय सरकारी सेवा अन्तर्गतका स्वास्थ्य सेवा, हेल्थ एजुकेशन समूह, सहायकस्तर पाँचौं तह, स्वास्थ्य शिक्षा टेक्निसियन पदको प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

5.2.12.3. Steps and Process of Health Planning Identification of Health Planning. Prioritization of Health Problem, Target Group Setting. Determinants of Objectives, Identification of Resources, Selecting Health Education Contents, Deciding Methods and Media of Health Education Programme Planning, Implementation of Health Education Programme, Evaluation of Health Education Programme

**6. Environmental Health and Occupational Health**

6.1. Environmental Health

- 6.1.1. Concept and Definitions of Environmental Health
- 6.1.2. Sources of Water, Water Purification in Small Scale (Household level)
- 6.1.3. Solid Waste and Its Management
- 6.1.4. Excreta Disposal and its Management (Community and Household Level)
- 6.1.5. Control of Fly, Rodents and Street Dogs
- 6.1.6. Air, Soil, Water and Noise Pollutions and its Management

6.2. Occupational Health

- 6.2.1. Definition, Occupational Health Hazards and Disease
- 6.2.2. Preventive Measures of Occupational Hazards
- 6.2.3. Social Abuses, its Effects, Prevention and Control (Tobacco, Drugs, Alcoholism)

**खण्ड (Section) (B)- ४० अङ्क**

**7. School Health Education and Nutrition**

7.1. School Health

- 7.1.1. Concept, definition and objectives of school health program
- 7.1.2. Areas of school health program School Health Services, School Health Instruction, School Health Environment, School Community Joint Activities

7.2. Nutrition and Malnutrition

- 7.2.1. Introduction of nutrition and nutritive values of food
- 7.2.2. Classification of Foods and its Sources; Nutrients and its type, function, effects
- 7.2.3. Nutritional Deficiency Diseases, Helminthic diseases and Malnutrition among school children

**8. National Health System, Policy, Strategies, Program Planning and Management**

8.1. National Health Policy (Main feature)

8.2. Second Long Term Health Plan; Nepal Health Sector Strategy II; Health Sector Implementation Plan

8.3. Sustainable Development Goals

8.4. National Health System of Nepal: Structure/ Organogram of Ministry of Health, Central, Provincial and Local Level (Municipality and Rural Municipality) according to New federal system. Rural Municipality and Community level,

8.5. Function of DPHO, PHCC (Municipality Health Promotion Center and Ward level health facilities)

8.6. Job description- Provincial Health Director, Hospital Director, Medical Officer, Health Assistant, Staff Nurse, Health Education Technician, AHW/ANM, Other Paramedics & FCHV

8.7. Role and Responsibilities of National Health Education Information and Communication Centre (NHIECC); National Health Promotion and Education Policies and Strategies, Program and Activities from Central to Periphery Levels, National Communication / IEC Strategies

8.8. National Health Program:

- 8.8.1. Child Health; Immunization; Integrated Management of Childhood Illness (IMCI), CDD, ARI, Measles, Malaria; Nutrition IDD, Iron, Vitamin A, Deworming; Reproductive Health Safe Motherhood Neonatal health, Family Planning, Adolescent RH, Care of elderly women, RTI/STD, Male Involvement, Infertility Management Comprehensive Abortion Services

- 8.8.2. Epidemiology and Disease Control (Malaria, Kala-azar, Encephalitis, Filariasis, Rabies); Tuberculosis Control Program; Leprosy Control Program; Eye and Oral Health Program; Health Training Program; Logistic Management; Health Management Information System (HMIS) Program; NHIECC Program; Disaster Management Program; Primary Health Care

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स्वास्थ्य शिक्षा टेक्निसियन पदको प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम**

Program; Communicable and Non-Communicable Diseases program; Mental Health Program; Tobacco Control Program

**8.9. Health Planning and Management**

- 8.9.1. Health Planning: Definition and Rational of Health Planning; Health Planning Cycle/ Process of Planning; Health Planning Steps; Types of Planning; Trends of Health Planning in Nepal
- 8.9.2. Health Management Concept, Definition, Function and Principles of Health Management; Health Camp Management

**9. Health Communication**

- 9.1. Concept and Definition of Health Communication
- 9.2. Elements and Components of Health Communication: Source (Communicator), Message, Channels, Audience, Feed - Back
- 9.3. Principles and Methods of Communication
- 9.4. Barriers of Communication
- 9.5. Needs of Communication Skill in Health sector
- 9.6. Behaviour Change Communication: Process Of Behavior Change; Method Of Behavior Change Communication

**10. Health Training and Curriculum**

- 10.1. Health Training Concept and Definition of Health Training; Rational and purpose of Health Training; Training Needs Identification
- 10.2. Types of Training; Pre-service, In-Service, Refresher and Orientation Training
- 10.3. Methods/Techniques of Training
- 10.4. Planning, Management and implementation of training Program for Various levels of Health Worker
- 10.5. National Health Training Center & Provincial Health Training Center- Concept, Objectives, Strategies, Roles & Responsibilities.
- 10.6. Curriculum and Curriculum Development Concept and Definition of Curriculum; Process of Curriculum Development; Implementation of Curriculum; Lesson Plan, Development and Testing Evaluation Tools; Monitoring, Supervision and Evaluation of Curriculum and Training Program

**11. Supervision and Monitoring Health Activities**

- 11.1. Supervision: Concept and Definition of Supervision
- 11.2. Elements / Components of Supervision Directing, Training, Counseling, Motivating, Communicating, Guiding/Facilitating, Evaluation
- 11.3. Types of Supervision: Institutional Supervision (Organization Focus), Personal supervision (Individual Health Worker Focus)
- 11.4. Tools of Supervision: Supervision Schedule, Personal Record / File, Checklist of Supervision (Skill Testing/Performance testing), Observation Checklists, Authority letter of Supervision
- 11.5. Monitoring: Concept, Purpose and Objectives of Monitoring
- 11.6. Different Between Supervision and Monitoring
- 11.7. Role of monitoring in Health Activities

**12. Logistic Management**

- 12.1. Concept and Rational of logistic Management
- 12.2. Logistic Cycle/ logistic Right; Process of Logistic Management
- 12.3. Different Terminology used in logistic Management (FIFO, Stock level, ASL, EOP, VVM)
- 12.4. Demand and Supply of Health Service Equipment's and Materials
- 12.5. Inventory Management; Store Keeping and Store management
- 12.6. Logistic Management information System(LMIS)
- 12.7. Role of Logistic Management Division in Health Services
- 12.8. Process of Central, Provincial & Local Level Logistic Management System.

**13. Health Management Information System (HMIS)**

- 13.1. Historical Development, Concept and Definition of HMIS

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13.2. Different Types of HMIS Master Register (HMIS-1), Health Service Card (HMIS-2), Out Patient Register (HMIS-3), Referral Slip (HMIS-4), Discontinuation Tracing (HMIS-5)

13.3. Uses of HMIS in Health Services; Process of HMIS

13.4. Types of Recording and Reporting

13.5. Process of Reporting according to Federal System (Local, Provincial and Central level).

14. **National and International Organization Contributing Health Sector**

14.1. National Organization: Nepal Red Cross Society; Family Planning Association of Nepal (FPAN); Nepal Heart Foundation; Lions Club of Nepal; Nepal Cancer Relief Society; Nepal Netra Jyoti Sangh; Nepal Jaycees; Mrigendra Samjhana Medical Trust; Nepal Disable Association; Mother Club (Group)

14.2. International Organization: WHO, UNFPA, UNICEF, USAID, UNDP, WORLD BANK, JICA, CARE, SCF, GTZ, DFID, Global Fund, IUHPE

15. **Health Related Council**

15.1. Nepal Medical Council, Nepal Nursing Council, Nepal Health Professional Council, Nepal Ayurveda Council, Nepal Health Research Council

15.2. Health Insurance Program in Nepal: Policy; Strategy; Communication Activities; Insurance Schemes.

**खण्ड (Section) (C):- २० अङ्क**

१. नेपालको संविधानको भाग १ देखि ५ र भाग १३ देखि २२ सम्म तथा अनुसूची ५ देखि ९ सम्म
२. प्रदेश निजामती सेवा ऐन, २०७९ (कोशी प्रदेश)
३. प्रदेश निजामती सेवा नियमावली, २०८१ (कोशी प्रदेश)
४. स्थानीय सरकारी सेवा (गठन तथा सञ्चालन) ऐन, २०८० (कोशी प्रदेश)
५. प्रदेश सुशासन (व्यवस्थापन तथा सञ्चालन) ऐन, २०७६ (कोशी प्रदेश)
६. प्रदेश सुशासन (व्यवस्थापन तथा सञ्चालन) नियमावली, २०७७ (कोशी प्रदेश)
७. प्रदेश लोक सेवा आयोग ऐन, २०७६ (कोशी प्रदेश)
८. प्रदेश लोक सेवा आयोग नियमावली, २०८१ (कोशी प्रदेश)
९. प्रदेश आर्थिक कार्यविधि तथा वित्तीय उत्तरदायित्व ऐन, २०७८ (कोशी प्रदेश) को परिच्छेद १ र परिच्छेद ६ सम्बन्धी जानकारी
१०. कोशी प्रदेशको योजनावद्व विकास तथा चालु आवधिक योजना सम्बन्धी सामान्य जानकारी

**नोट:** प्रथमपत्रको वस्तुगत प्रश्न सामान्यतया देहाय अनुसारका इकाइबाट देहाय अनुसार प्रश्न सोधिने छ।

विवरण	खण्ड A						खण्ड B									खण्ड C						
इकाइ	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५	१	२-३	४	५-६	७-८	९	१०
प्रश्न संख्या	४	२	३	३	५	३	३	३	२	२	२	२	२	२	२	१	१	२	१	१	१	

**द्वितीय पत्रको विषयगत प्रश्न सामान्यतया देहाय अनुसारका इकाइबाट देहाय अनुसार प्रश्न सोधिने छ।**

विवरण	खण्ड A						खण्ड B									खण्ड C					
इकाइ	१	२	३	४	५	६	७	८	९-१०	११	१२-१३	१४-१५	१	२-३-४	५-६-७-८	९-१०					
पूर्णाङ्क	१०	५	५	५	१०	५	५	१०	५	१०	५	५	५	५	५	५	५	५	५	५	५
प्रश्न संख्या	१	१	१	१	१	१	१	१	१	१	१	१	१	१	१	१	१	१	१	१	१