

भजनी नगरपालिका कर्मचारी छनौट समिति

भजनी, कैलाली, सुदुरपश्चिम प्रदेश

भजनी नगरपालिकामा करारमा प्राविधिक कर्मचारी विस्थापन गर्ने सम्बन्धि कार्यविधि, २०७५ को दफा ६ र ७ तथा बहुक्षेत्रीय पोषण कार्यक्रम कार्यन्वयन कार्यविधि, २०८१ को दफा १५ बमोजिम नगरपालिकाको स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, अधिकृत सातौं तह वा सो सरह पदको खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा : यस पाठ्यक्रमलाई निम्नअनुसार विभाजन गरिएको छ।

१. प्रथम चरण : परीक्षा (लिखित परीक्षा)

पूर्णांक : २००

| पत्र | विषय | पूर्णांक | उत्तिर्णङ्क | परिक्षा प्रणाली | प्रश्न संख्या* अंक | समय |
|------|-------------------|----------|-------------|---------------------|---------------------|------------------|
| | हेल्थ इन्स्पेक्सन | १०० | ४० | वस्तुगत बहुवैकल्पिक | १०० प्रश्न * १ अङ्क | १ घण्टा १५ मिनेट |

२. द्वितीय चरण: सामूहिक परीक्षण र अन्तरवार्ता (Group Test & Interview) पूर्णांक : २५

| विषय | पूर्णांक | परिक्षा प्रणाली | समय |
|------------------------|----------|-----------------|-----|
| व्यक्तिगत अन्तर्वार्ता | २५ | मौखिक | - |

१. लिखित परीक्षाको माध्यम भाषा नेपाली अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ।

२. प्रथम तथा द्वितीय पत्रका पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्न संख्या निम्न अनुसार हुनेछ।

| पत्रका इकाई | 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 |

३. वस्तुगत बहुवैकल्पिक (Multiple Choice) पत्रहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बाफत २० प्रतिशत अंक कट्टा गरिनेछ। तर उत्तर नदिएमा त्यस बाफत अंक दिइने छैन र अंक कट्टा पनि गरिने छैन।

४. बहुवैकल्पिक पत्रहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर प्रयोग गर्न पाइने छैन।

५. यस पाठ्यक्रम योजना अन्तरगतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडी संसोधन भई कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।

६. प्रथम चरणको लिखित परीक्षामा छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको परीक्षामा सम्मिलित गराइने छ।

११. यो पाठ्यक्रम मिति २०८२/०९/०१ गते देखि लागू हुनेछ।

प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश निजामती सेवा र स्थानीय सरकारी सेवा अन्तरगत स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, अधिकृत सातौं तह वा सो सरह पदको आन्तरिक, अन्तर तह र खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथम पत्र (First Paper): हेल्थ इन्स्पेक्सन सम्बन्धी

- 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 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
 - 3.7 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)

प्रदेश लोक सेवा आयोग

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- 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)
 - 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
- 9 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

प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

प्रदेश निजामती सेवा र स्थानीय सरकारी सेवा अन्तरगत स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, अधिकृत सातौं तह वा सो सरह पदको आन्तरिक,
अन्तर तह र खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

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

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सुदूरपश्चिम प्रदेश
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द्वितीय पत्र (Second Paper): हेल्थ इन्स्पेक्सन सम्बन्धी

Section (A): (30 Marks)

1. Health Policies Issues

(10 Marks)

- 1.1 National Health Policy Development in Nepal (Health Policy, 2048, Health Policy, 2076)
- 1.2 Sudurpashchim Pradesh Current Health Policy
- 1.3 Current National Population Policy, 2071
- 1.4 Health Sector in the current National and Sudurpashchim Provincial Five-year Plan

2. Health Issues and Regulations

(20 Marks)

- 2.1 Health Act, 2053 and its Regulation
- 2.2 Sudurpashchim Pradesh Public Health Service Act, 2076
- 2.3 Current financial administration regulation
- 2.4 Local governance and decentralization in health
- 2.5 Health and Human right in reference to the Constitution of Nepal
- 2.6 Professional council and related regulations
- 2.7 Ethical issues in health

Section (B): (30 Marks)

3. Introduction, Objectives, Strategies, Targets, and Current Status of National Health Programs

- 3.1 Family Planning, Safe Motherhood, Immunization Program, Nutrition, Integrated Management of Childhood Illness (IMCI), Malaria, Tuberculosis, Leprosy, Sexually Transmitted Infections (STI) and HIV/AIDS, CBI-IMNCI, ASRH
- 3.2 National Health Training Centre, basic, refresher, and other Continuous medical education program
- 3.3 National Health Education Information and Communication Center: Critical overview of functions and roles
- 3.4 Development Of District /Local Level Health Profiles
- 3.5 Female Community Health Volunteers Program (FCHV)
- 3.6 Social Health Insurance
- 3.7 Disaster Management and Early Warning Reporting System (EWARS)
- 3.8 Health Sector Reform Program: strategy and planning programs
- 3.9 Health Management Information Systems (HMIS)
- 3.10 Logistic Management Information Systems (LMIS)
- 3.11 Health Research: Principle, Type, Need and Provincial priorities

Section (C): (20 Marks)

4. Management of Public Health programs in the District & Local level with Special Reference to

- 4.1 Reproductive Health (FP, Safe motherhood), Child Health (Immunization, Nutrition, IMNCI), Diseases control (Malaria, TB, Leprosy, STI, HIV and AIDS, Dengue, Kala-azar)
- 4.2 Provincial Health Tanning Center (Basic, refresher and continuous training program)
- 4.3 Health education, information, and communication activities at the district & local level
- 4.4 Management of Integrated Health Camps

प्रदेश लोक सेवा आयोग
सुदूरपश्चिम प्रदेश
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Section (D): (20 marks)

5. Management Issues in Nepal Health Services

- 5.1 Personal management: Concept, principles, nature
- 5.2 Human Resource Management: Concepts, Functions, and Different Aspects
- 5.3 Community Organization: Concept, principles, 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 systems: Concepts, status, and their Analytical Study
- 5.7 Analytical study of the organizational structure of Health and Population as well as Social Development related Central and Sudurpashchim Provincial Ministry and its function

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द्वितीय चरण (Second Phase) : सामूहिक परीक्षण र अन्तरवार्ता (Group Text & Interview)

सामूहिक परीक्षण (Group Test)

(10 Marks)

सामूहिक छलफल (Group Discussion)

यस प्रयोजनको लागि गरिने परीक्षण १० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ । जुन नेताविहिन सामूहिक छलफल (Leaderless Group Discussion) को रूपमा अवलम्बन गरिने छ । दिइएको प्रश्न वा Topic का विषयमा पालैपालोसँग निर्दिष्ट समय भित्र समूह बीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति (Individual Presentation) गर्नु पर्नेछ ।

सामूहिक छलफलमा दिइने नमुना प्रश्न वा Topic

उदारणको लागि - उर्जा संकट, गरीबी निवारण, स्वास्थ्य बीमा, खाद्य सुरक्षा, प्रतिभा पलायन, भ्रष्टाचार निवारण जस्ता समसामयिक विषयवस्तुहरुबाट कुनै एक Topic दिइनेछ ।

अन्तरवार्ता (Interview)

(25 Marks)

बोर्ड अन्तरवार्ता (Board Interview)

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