

**लोक सेवा आयोग**  
नेपाल स्वास्थ्य सेवा, हेल्थ एजुकेशन समूहको अधिकृत सातौं तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको  
पाठ्यक्रम

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

प्रथम चरण :- लिखित परीक्षा पूर्णाङ्क :- २००  
द्वितीय चरण :- अन्तर्वार्ता पूर्णाङ्क :- ३०

**प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)**

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या X अङ्कभार	समय
प्रथम	हेल्थ एजुकेशन सम्बन्धी	१००	४०	वस्तुगत बहुउत्तर (Multiple Choice)	१०० X १ = १००	१ घण्टा १५ मिनेट
द्वितीय	समूह सम्बन्धी	१००	४०	विषयगत (Subjective)	१० X १० = १००	३ घण्टा

**द्वितीय चरण**

विषय	पूर्णाङ्क	परीक्षा प्रणाली
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
प्रश्न संख्या	20	10	15	20	15	10	10
द्वितीय पत्रका खण्ड	<b>A</b>		<b>B</b>		<b>C</b>		<b>D</b>
द्वितीय पत्रका एकाई	1	5	2	3	4		
प्रश्न संख्या	2	1	2	2	3		

- प्रथम पत्रमा वस्तुगत बहुउत्तर (Multiple Choice) प्रश्नहरूको उत्तर सही दिएमा प्रत्येक सही उत्तर बापत १(एक) अङ्क प्रदान गरिनेछ भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अर्थात् ०.२ अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
- द्वितीय पत्रको 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 पत्रको पाठ्यक्रमलाई ४ वटा खण्ड/एकाईमा विभाजन गरिएको छ, ४ वटा खण्ड/एकाईको लागि ४ वटै उत्तरपुस्तिका दिईनेछ र परिक्षार्थीले प्रत्येक खण्ड/एकाईका प्रश्नहरूको उत्तर सोही खण्ड/एकाईको उत्तर पुस्तिकामा लेख्नु पर्नेछ ।
- यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ (तीन) महिना अगाडि (संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइनेछ ।
- यस भन्दा अगाडि लागू भएको माथि उल्लिखित समूहको पाठ्यक्रम खारेज गरिएको छ ।
- पाठ्यक्रम लागू मिति :- २०६३/२/९ देखि
- मिति २०७०/२/१९ मा सातौं तहमा कायम गर्ने निर्णय ।

**1. HEALTH, DISEASE, EPIDEMIOLOGY AND VITAL HEALTH STATISTICS**

**20%**

**1.1 Health and Disease**

- 1.1.1 Concept, Definition, dimension and spectrum of Health
- 1.1.2 Concept of Wellbeing
- 1.1.3. Determinants of Health
  - 1.1.3.1. Biological
  - 1.1.3.2. Behavioral and Socio-cultural
  - 1.1.3.3. Environmental
  - 1.1.3.4. Socio-economic
  - 1.1.3.5. Health services
  - 1.1.3.6. Politics, gender, age, physical facilities, war, disaster, education etc.
- 1.1.4 Health System and Level of Health Care
- 1.1.5. Disease Process/Disease theories
  - 1.1.5.1. Agent, Host and Environment
  - 1.1.5.2. Theories of disease
- 1.1.6 Public Health – definition, its different terminology and development

**1.2 Epidemiology and Vital Health Statistics**

- 1.2.1 Concept, History, Definition and Aim of Epidemiology
- 1.2.2 Basic Measurement in Epidemiology – tools, indicators and methods
- 1.2.3 Use of Epidemiology
- 1.2.4. Dynamics of Disease Transmission
  - 1.2.4.1 Source and Reservoir
  - 1.2.4.2 Modes of Transmission
  - 1.2.4.3 Susceptible host and host defense
- 1.2.5 Disease Prevention and Control – measures and disinfections
- 1.2.6 Investigation of epidemics – steps
- 1.2.7. Management of epidemic such as Diarrhoea, Cholera, Encephalitis, Measles etc. through management of-
  - 1.2.7.1 Early diagnosis & treatment.
  - 1.2.7.2 Interruption of mode of transmission
  - 1.2.7.3 Immunization
  - 1.2.7.4 Wastes, sewage, excreta & its disposal.
  - 1.2.7.5 Control of street dogs, animal & slaughter house
  - 1.2.7.6 Protection of source of water
  - 1.2.7.7 Protection of food from contamination
  - 1.2.7.8 Health Education Measures to control epidemics/campaign & participation

**1.3 Health Statistics and Research**

- 1.3.1 Screening of disease and health indicators
- 1.3.2 Health Statistics: source of health information, tabulation and presentation of data and simple statistical methods- mean, median, mode, sampling and sampling size
- 1.3.3 Demography: National Population Policy; Population Process; Trends; Measures- fertility, mortality, migration; Population size, growth, composition, marital status, spatial distribution

- 1.3.4 Health Education Research: Operational, health system, behavioral, diagnostic, evaluation, cost benefit, effectiveness research and its steps, design and applications
- 1.4 Community Diagnosis**
  - 1.4.1 Process, methods, techniques, tools, analysis and presentation
  - 1.4.2 Community Mobilization/Social Mobilization
  - 1.4.3 Community Participation
- 1.5 Social Problems in Nepal** - Population explosion and migration, Poverty, Unemployment, Substance abuse, Prostitution, Violence, Child abuse /exploitation, Gender bias, Girl trafficking, Ignorance
- 1.6 Health Research and International Health**
  - 1.6.1 WHO, UNFPA, UNICEF, USAID, UNDP, WOLD BANK, JICA, CARE, SCF, GTZ, DFID, Global Fund, IUHPE
  - 1.6.2 Health Research Council
- 2. PRIMARY HEALTH CARE (PHC) AND ESSENTIAL HEALTH CARE SERVICES (EHCS) 10%**
  - 2.1 Primary Health Care**
    - 2.1.1 Concept
    - 2.1.2 Elements
    - 2.1.3 Principles
    - 2.1.4 Analytical view of PHC approaches in present context
  - 2.2 ESSENTIAL HEALTH CARE SERVICES (EHCS)**
    - 2.2.1 Concept and origin
    - 2.2.2 Elements/components
    - 2.2.3 Principles
    - 2.2.4 Analytical view of EHCS approaches in present context
    - 2.2.5 Responsibilities of government, individual, family, group & community in EHCS
    - 2.2.6 Differentiation and importance of PHC and EHCS
  - 2.3 Health Professional Councils and Associations**
    - 2.3.1 Nepal Health Professional Council – roles, act, rules and regulations
    - 2.3.2 Health Education Association of Nepal
    - 2.3.3 Public Health Association of Nepal
- 3. COMMUNICABLE DISEASE AND NON COMMUNICABLE DISEASE 15%**
  - 3.1 Communicable Disease**
    - 3.1.1 Leprosy, Malaria, Japanese Encephalitis, Kala-azar, HIV/AIDS, STD, Diarrhoea, ARI, Filariasis, Rabies
    - 3.1.2 Vaccine preventable Diseases –Tuberculosis, Measles, Diphtheria, Pertussis, Tetanus, Poliomyelitis, Hepatitis B
    - 3.1.3 Meningitis, Typhoid, Influenza, Food Poisoning, Amoebiasis, Cholera, Trachoma and intestinal parasites induced diseases
  - 3.2 Non Communicable Disease**
    - 3.2.1 Diabetes
    - 3.2.2 Cancers
    - 3.2.3 Heart Diseases – Hypertension, Stroke, RH and Coronary HD
    - 3.2.4 Arthritis
    - 3.2.5 Asthma
    - 3.2.6 Obesity
    - 3.2.7 Blindness
    - 3.2.8 Accident and injury

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- 3.2.9 Mental and dental health problems
- 4. Environmental and Occupational Health and Home Hygiene 20%**
- 4.1 Environmental Health**
- 4.1.1 Concept & Definitions
- 4.1.2 Major Environmental Issues and its contribution in morbidity, mortality and Environmental degradation
- 4.1.3 Sources of water, water quality assurance and household purification
- 4.1.4 Solid waste and its management at community and household level.
- 4.1.5 Excreta disposal management
- 4.1.6 Control of Fly, rodent and street dogs
- 4.1.7 Animal Health and Management of Slaughter House
- 4.1.8 Air pollution, its assessment and mitigation measures
- 4.1.9 Hospital waste management
- 4.1.10 Environmental Sanitation Campaign
- 4.2 Occupational Health**
- 4.2.1 Definition
- 4.2.2 Occupational health hazards and diseases
- 4.2.3 Measures of health protection of workers
- 4.2.4 Preventive measures of occupational diseases
- 4.2.5 Social abuses like tobacco, drug abuse and Alcoholism: effects, prevention and control
- 4.3 Home Hygiene**
- 4.3.1 Personal hygiene – Hand washing, Bathing and Laundering
- 4.3.2 Domestic Hygiene – Food, water and environment
- 4.3.3 Community hygiene – Market and Animal rearing
- 5. SCHOOL HEALTH, NUTRITION AND HEALTH PROMOTION 15%**
- 5.1 School Health Program**
- 5.1.1. Definition and objectives
- 5.1.2. Areas of School Health Program
- 5.1.2.1 School Health Services
- 5.1.2.2 Health Instructions
- 5.1.2.3 Healthy School environment
- 5.1.2.4 School community cooperation
- 5.2 Nutrition and Malnutrition**
- 5.2.1 Definition Nutrition
- 5.2.2 Classification of Foods
- 5.2.3 Nutrients and its types, functions, effects and sources
- 5.2.4 Factor Affecting and Measurement of Nutrition
- 5.2.5 Malnutrition
- 5.3 Health Promotion**
- 5.3.1 Definition and Concept
- 5.3.2 Priority Areas
- 5.3.3 Settings
- 5.4 Family Life Education, Sex Education and Life Skills Education**
- 6. NATIONAL HEALTH POLICY, STRATEGIES AND PROGRAMS 10%**
- 6.1 National Health Policy and Strategies**
- 6.1.1 Health Policy, 1991, Current 5 Year Plan, Second Long Term Health Plan, Health Sector Strategy and Nepal Health Sector Program: Implementation Plan
- 6.1.2 Health System and its Structure

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- 6.1.2.1 Central
- 6.1.2.2 Regional
- 6.1.2.3 Zonal
- 6.1.2.4 District
- 6.1.2.5 Constituency
- 6.1.2.6 VDC
- 6.1.3 National Communication/IEC Strategies
- 6.1.4 National Health Program Policies and Strategies of different national health programs
- 6.1.5 Health Promotion, Education and Communication Activities- central, regional, district and community level
- 6.1.6 The Millennium Development Goals – concept, goals/areas and indicators
- 6.2 National Health Programs**
  - 6.2.1 Child Health
    - 6.2.1.1 Integrated Management of Childhood Illness (IMCI) – CDD, ARI, Measles, Malaria
    - 6.2.1.2 Nutrition – IDD, Iron, Vitamin A, Deworming
    - 6.2.1.3 Immunizations
  - 6.2.2 Reproductive Health
    - 6.2.2.1 Safe Motherhood Neonatal health,
    - 6.2.2.2 Family Planning
    - 6.2.2.3 Adolescent RH
    - 6.2.2.4 Care of elderly women
    - 6.2.2.5 RTI/STD, Male Involvement, Infertility Management, Comprehensive Abortion Services
  - 6.2.3 Epidemiology and Disease Control – Malaria, Kalazar, J. Encephalitis, Filariasis, Rabies
  - 6.2.4 Tuberculosis Control
  - 6.2.5 Leprosy Control
  - 6.2.6 Eye and Oral Health
  - 6.2.7 Health Training
  - 6.2.8 Logistic Management
  - 6.2.9 HMIS
  - 6.2.10 Disaster Management
  - 6.2.11 Health Education, Information and Communication
  - 6.2.12 Non- Communicable Disease Control – Tobacco, Alcohol, Drug, Cancer, Heart, Accident
  - 6.2.13 Essential Care Services at different level.
  - 6.2.14 Mental Health programs
  - 6.2.15 Tobacco Control
  - 6.2.16 Health Library
  - 6.2.17 Health Financing and Health Insurance
- 7. HEALTH CARE PLANNING AND MANAGEMENT 10%**
  - 7.1 Health Planning – Definition and Planning Steps/Cycle**
  - 7.2 Role of Health Professionals and Volunteers**
    - 7.2.1 Director General of DoHS
    - 7.2.2 Directors of Center and Divisions
    - 7.2.3 Director of Regional Health Directorate
    - 7.2.4 Health Education Professionals (H.E.O., HET)

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- 7.2.5 Public Health professionals (Medical Doctors, PHO, PHI, FPA, DTLA, etc.)
  - 7.2.6 Public Health Nurse
  - 7.2.7 Health Assistant
  - 7.2.8 ANM
  - 7.2.9 AHW
  - 7.2.10 MCHW
  - 7.2.11 VHW
  - 7.2.12 FCHV
  - 7.3 Organization Structure and Health Care Delivery system in Nepal**
  - 7.4 Health Information and Resource Management**
  - 7.5 Management – concept, principles, theories and skills**
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वस्तुगत बहुउत्तर नमूना प्रश्नहरू (Sample questions)

1. Which of the following better represents the skill objective of a participant?  
(A) Recalls vaccine preventable diseases  
(B) Describe the side effects of pills  
(C) Realize the importance of family planning  
(D) Administer IV injection  
**Correct Answer (D)**
2. The test instrument measures what it is intended to measure is called  
(A) Validity (B) Reliability  
(C) Objectivity and (D) Practicability  
**Correct Answer (A)**
3. Steps of adoption process is  
(A) Interest, awareness, evaluation, trial and adoption  
(B) Awareness, interest, evaluation, trial and adoption  
(C) Evaluation, trial, interest, awareness and adoption  
**Correct Answer (B)**
4. Who is the primary producer of child health?  
(A) Ministry of health  
(B) District public health officers  
(C) Sub health post/health post/PHC nursing staffs  
(D) Mothers  
**Correct Answer (D)**