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Paper : II

Part I: General Subject

1. Health and Public Health

- 1.1. Meaning of health, Factors that influence health, Concept of health and disease, Dimension of health, measurement of health and well being
- 1.2. Primary health care, its aim and declaration of ALMA ATA conference.
- 1.3. Health Planning and Management
 - 1.3.1. Approaches, models, methods and practices
 - 1.3.2. Needs assessment, Planning cycle, PME
 - 1.3.3. Strategic and operational planning
 - 1.3.4. Inventory Management
 - 1.3.5. Management of drug supply
 - 1.3.6. Financial management
 - 1.3.7. Health economics, health care financing
 - 1.3.8. Health care needs assessment
 - 1.3.9. Decentralization in health management

2. Professional Development in Public Health

- 2.1. Functions of Public Health professionals
- 2.2. Education and continuing education
- 2.3. Training- Basic and in-service training
- 2.4. Cooperation with international agencies, professional organizations and communities.
- 2.5. Technical proposal and agreement process
- 2.6. Professional ethics and code of conducts

3. International Health

- 3.1. External Development Partners and their priorities
- 3.2. UN agencies- WHO, UNICEF, UNDP, UNFPA
- 3.3. Bi-lateral agencies eg. USAID, JICA, GTZ etc.

Part II: Technical Subject

A. Epidemiology, Statistics and Research

1. Epidemiology

- 1.1. Definition and commonly accepted concepts, approaches, methods, incidence, prevalence, association and causation, disease prevention and control
- 1.2. Aim and use of epidemiology
- 1.3. Epidemiology of diseases (Infectious and non-communicable disease)
- 1.4. Dynamics of disease transmission-source of reservoir, Mode of transmission susceptible host, immunity and immunizing agents.

- 1.5. Investigation of an epidemic
- 1.6. Screening of diseases
- 1.7. Health Indicators.
2. Diseases Control
 - 2.1. Prevention and control of communicable and non-communicable disease.
3. Health Statistics
 - 3.1. Sources of health information; Health Management Information System.
 - 3.2. Tabulation graphic and diagrammatic representation of data.
 - 3.3. Statistical methods: averages, dispersion distribution, sampling and sampling size test significance, correlation and regression.
4. Demography
 - 4.1. National population policy
 - 4.1.1. Population trends – World and Nepal
 - 4.1.2. Measure of population dynamics
 - 4.1.3. Factors affecting fertility, mortality and migration
 - 4.1.4. Urbanization
 - 4.1.5. Life expectancy
5. Research Methodology
 - 5.1. Operational and health system research
 - 5.2. Research proposal development
 - 5.3. Literature review
 - 5.4. Objectives and hypothesis setting
 - 5.5. Priorities in health research
 - 5.6. Nepal Health Research Council
 - 5.7. Budgeting

B: Health Service Delivery

1. National Health Programs
 - 1.1. Epidemiology and Disease Control Programme: Malaria Tuberculosis, Leprosy, JE, Zoonosis, sexually Transmitted Diseases, HIV/AIDS etc.
 - 1.2. Reproductive Health- Safe motherhood, new borne care, family planning Adolescent reproductive health, safe abortion, care of elderly women, RTI/STD/HIV/DIS, infertility prevention and treatment.
 - 1.3. Child health
 - 1.3.1. Care of the newborn; Integrated Management of childhood illness.
 - 1.3.2. Growth and development
 - 1.3.3. Care of the under fives
 - 1.3.4. Right of the child
 - 1.3.5. Management and control of child illness
 - 1.3.6. Immunization
 - 1.4. Nutrition
 - 1.4.1. Food and nutrients with nutritional profiles
 - 1.4.2. Nutritional problems
 - 1.4.3. Nutritional factors in selected diseases

- 1.4.4. Assessment of nutritional status
- 1.4.5. Food toxication, additives, fortification
- 1.4.6. Nutritional programs
- 2. Environmental Health
 - 2.1. Internal and external and ecological factors responsible for impairing health.
 - 2.2. Management and control of basic and fundamental environmental factors-
 - 2.2.1. Water, Air, Ventilation, Lighting, Noise, Housing
 - 2.2.2. Solid waste disposal and control
 - 2.2.3. Excreta disposal and control
 - 2.3. Medical entomology-mosquito, housefly, sand-fly, lice, fleas, bugs etc. control
 - 2.4. Insecticides-safe use and resistance
 - 2.5. Rodents control
- 3. Occupational Health
 - 3.1. Occupational Environment
 - 3.2. Occupational hazards
 - 3.3. Health problems due to industrialization
 - 3.4. Management, Prevention (medical, engineering and legislation) and control of
 - 3.4.1. Occupational diseases and conditions like Pneumoconiosis, lead poisoning, cancers, and dermatitis and radiation hazards
 - 3.4.2. Occupational hazards of agricultural workers
 - 3.4.3. Accidents in industries
 - 3.4.4. Measures for the general health protection of workers.
- 4. School health
 - 4.1. Curriculum, instruction and training
 - 4.2. Health school environment
 - 4.3. School community cooperation for better health
- 5. Essential Care Services (EHCS)
 - 5.1. EHCS at the district level and below
 - 5.2. Health care services beyond district level-tertiary and specialized care.