

ललितपुर उपमहानगरपालिका
पदपूर्ति समितिको सचिवालय, ललितपुर

अधिकृत छैठौं तहको (जनस्वास्थ्य अधिकृत) वा सो सरहको
खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा :- यस पाठ्यक्रमको आधारमा निम्नानुसार दुई चरणमा परीक्षा लिईने 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 , अंकभार	समय
प्रथम	पब्लिक हेल्थ सर्भिसेज	१००	४०	वस्तुगत बहुउत्तर (Multiple choice)	१०० × १ = १००	१ घण्टा १५ मिनेट
द्वितीय		१००	४०	विषयगत (Subjective)	१० × 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 ।
- लिखित परीक्षाको दुवै पत्रको विषयवस्तु एउटै हुनेछ ।
- प्रथम तथा द्वितीय पत्रको पाठ्यक्रमका एकाईहरूबाट सोधिने प्रश्नहरूको संख्या निम्नानुसार हुनेछ ।

प्रथम पत्रका एकाई	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५	१६
प्रश्न संख्या	५		१०	१५	१५	१०			५	५	१०	५	५	१५		
द्वितीय पत्रका खण्ड	A			B				C			D					
द्वितीय पत्रका एकाई	१	२	१	१	१	१	१	१	१	१	१	१	१	१	१	१
प्रश्न संख्या	१	१	१	१	१	१	१	१	१	१	१	१	१	१	१	१

- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।
- प्रथम पत्रमा वस्तुगत बहुउत्तर (Multiple choice) प्रश्नहरूको उत्तर सहि दिएमा प्रत्येक सहि उत्तर वापत १ (एक) अङ्क प्रदान गरिनेछ, भने गलत उत्तर दिएमा प्रत्येक गलत उत्तर वापत २० प्रतिशत अर्थात ०.२ अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस वापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।

ललितपुर उपमहानगरपालिका
पदपूर्ति समितिको सचिवालय, ललितपुर

अधिकृत छैठौं तहको (जनस्वास्थ्य अधिकृत) वा सो सरहको
खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

६. द्वितीय पत्रको विषयगत प्रश्नका लागि तोकिएका १० अङ्कका प्रश्नहरूको हकमा १० अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढि भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढि टिप्पणीहरू (Short notes) सोध्न सकिनेछ ।
७. द्वितीय पत्रको पाठ्यक्रमलाई ४ वटा खण्ड /एकाईमा विभाजन गरिएकोछ, ४ वटा खण्ड /एकाईको लागि ४ वटै उत्तर पुस्तिका दिइनेछ र परिक्षार्थीले प्रत्येक खण्ड /एकाईका प्रश्नहरूको उत्तर साही खण्ड /एकाईको उत्तर पुस्तिकामा लेख्नु पर्नेछ ।
८. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षको मिति भन्दा ३ (तीन) महिना अगाडि संशोधन भएका वा संशोधन भई हटाइएका वा थप गरि संशोधन भई कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ ।
९. प्रथम चरणको लिखित परीक्षाकबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराईनेछ ।

ललितपुर उपमहानगरपालिका

अधिकृत छैठौं तहको (जनस्वास्थ्य अधिकृत) वा सो सरहको
खुला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

प्रथम र द्वितीय पत्र :- पब्लिक हेल्थ सर्भिसेज

Actiology, symptoms, signs, investigations and curative and preventive management of the following health related problems:

1. CONCEPT OF HEALTH AND DISEASE {5}

- Definition and dimension of health
- Spectrum and determination of health
- Health indicators
- Causation and natural history of disease
- Concept of control prevention and modes of intervention

2. SOCIAL SCIENCES AND MEDICINES {5}

- Social understanding of health
- Role of family in health and disease
- Social attitudes and social psychology
- Social problems in diseases
- Health economics
- Effective doctor patient relationship
- Gender and environment issues

3. GENERAL EPIDEMIOLOGY {10}

- Definition and aims of epidemiology
- Epidemiology and clinical medicine
- Disease frequency , distribution and determinants
- Basic measurements , rates , ratio , proportion
- Epidemiologic methods – observational and experimental studies
- Dynamics of disease transmission
- Immunization and cold chain
- Investigation of an epidemic
- Screening of disease

4. EPIDEMIOLOGY OF COMMUNICABLE AND NON COMMUNICABLE DISEASE {10}

- Epidemiology , prevention and control of communicable disease including Measles, Whooping cough, Diphtheria , ARI, Diarrhoea, Rubella , Mumps, Influenza , TB , Viral hepatitis, Food poisoning , Typhoid fever , Intestinal worms , Filaria, Leishmaniasis, Malaria, JE, Rabies, Tetanus, Trachoma, Leprosy and HIV/ AIDS
- Emerging and re-emerging infections
- Hospital acquired infections
- Prevention and control of non- communicable disease like – Coronary Heart Disease, HTN, Diabetes, Cancer, Accidents and Injuries

5. DEMOGRAPHY AND FAMILY PLANNING {10}

- Demographic cycle
- World population trends
- Family planning and methods of conception
- Evaluation of family planning
- Delivery of family planning services

6. MATERNAL AND CHILD HEALTH {5}

- Antenatal , Intranatal and Postnatal care
- Safe motherhood
- Care of neonates , infants and children
- Surveillance and monitoring of growth and development
- Child health problems
- CB- IMNCI
- School health services

7. NUTRITION AND HEALTH {5}

- Classification of food and nutrients
- Nutritional problems in public health
- Balanced diet
- Assessment of nutritional status
- Social aspects of nutrition, food hygiene and food adulteration
- Breast feeding and complimentary feeding
- Food born diseases
- Community nutrition programme

8. ENVIRONMENT AND HEALTH {5}

- Management basic environmental factors – water, air, lighting, noise, housing
- Proper disposal of waste and excreta
- Medical entomology and rodent control
- Hospital waste management
- Disaster management

9. OCCUPATIONAL HEALTH {5}

- Occupational environment and occupational hazards
- Measures for health protection of workers
- Sickness absenteeism

10. HEALTH PLANNING AND MANAGEMENT {5}

- Health care delivery system in Nepal
- Problem of health care delivery system
- Essential health care services
- Millennium development goals and primary health care
- Planning cycle , planning , monitoring and evaluation

11. HEALTH INFORMATION AND STATISTICS {5}

- Component of health information system
- Elementary statistical methods, tabulation, maps, statistical averages
- Measures of mean median, mode and dispersion
- Sampling size, sampling survey and test of signification

12. INTERNATIONAL HEALTH {5}

- External development partners and their priorities
- UN agencies – WHO , UNICEF , UNDP , UNFPA , UNAIDS and World Bank
- Bilateral agencies working in Nepal – USAID, SIDA, JICA, GTZ, DFID, SDC, CIDA, DANIDA, KOIKA.

13. HEALTH POLICIES, REGULATIONS AND NATIONAL HEALTH PROGRAMS {5}

- National health policy 1991 and 2071
- Second long term health plan
- Health act 2053 and health regulation 2054

- Local governance and decentralization of health
- Professional council and ethical issues of health
- Female Community Health Volunteer (FCHV)
- Primary Health Care Outreach Clinic (PHC/ORC)
- Early Warning Reporting System (EWARS)
- Health Management Information System (HMIS)
- Logistic Management Information System (LMIS)
- Human Resource Information Center (HURIC)

14. HEALTH PROMOTION AND EDUCATION {5}

- Concept meaning and definition of health promotion and education
- Approach to health promotion
- Ethics of health education
- Role of health promotion and education in primary health care program
- Role of health education in preventive, promotive, curative and rehabilitative aspect of health

15. HEALTH COMMUNICATION {5}

- Communication process
- Types of communication
- Barriers of communication
- Functions of health communication
- Behavior change and communication

16. CLINICAL MEDICINE {10}

- General medicine including – respiratory, cardiovascular, gastrointestinal, hematological , neurological , psychiatric , dermatological endocrinological , and tropical disease
- Emergency medicine
- Disease of eye , ear , nose and throat
- Gynecological and obstetrical problems
- General surgery including – sinus , fistula , polyp , ulcers , hernias , acute abdomen , thyroid and breast disorders, urology, dental , bones , injuries , fractures and other surgical disorders