


लुम्बिनी सांस्कृतिक नगरपालिका
 पदपूर्ति समिति
 नगरकार्यपालिकाको कार्यालय
 लुम्बिनी रुपन्देही


 प्रमुख प्रशासकीय अधिकृत

सहायक चौथो तह अ. हे. व. तहको पाठ्यक्रम

प्रथम चरण : लिखित परीक्षा

पत्र	विषय	खण्ड	प्रश्नको प्रकृति	प्रश्न संख्या	अंकभार	समय	पूर्णाङ्क	उतिर्णाङ्क
प्रथम पत्र	सेवा सम्बन्धी जानकारी	खण्ड (क)	वस्तुगत बहुबैकल्पिक	५०	५०*२	१ घण्टा	१००	४०

द्वितीय चरण: अन्तर्वार्ता

विषय	पूर्णाङ्क	परीक्षा प्रणाली	समय
अन्तर्वार्ता	२०	मौखिक	

खण्ड (क) सेवा सम्बन्धी जानकारी

Anatomy and physiology

1. Anatomical structure and function of the different organs of the body system,

- A. Digestive system
- B. Respiratory system
- C. Cardiovascular system
- D. Reproductive system
- E. Endocrine system
- F. Nervous system
- G. Skeletal system
- H. Sense organ system

2. Health education and community Diagnosis

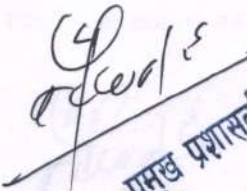
(A)Health Education

-Health Education, importance and method

-Communication & barrier of communication

-Learning process

-Leadership.


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(B) School Health

-Purpose of School Health Program

-Activities of School Health Program.

(C) Community Diagnosis

-Importance and methods of community diagnosis

(D) Community Development

-Objective

-Methods of community development

3. Community Health

(A) Epidemiology

i. Definition of Epidemiology

ii. Scope of Epidemiology

iii. Vital statistic

iv. Epidemiological investigation

v. Epidemiological trends

vi. Disease prevention

vii. Basic principle of disease transmission

viii. Immunity.

(B) Environmental sanitation

i. Environmental sanitation

ii. Scope of environmental sanitation

iii. Water (Source, Water purification) iv. Excreta disposal and faecal born disease

v. Solid waste method of termination

vi. Disposal of waste water

vii. Health & Disease spectrum

viii. Food sanitation

ix. Insects and rodents and their importance in public health

x. Milk hygiene & Milk born disease.

4. (A) Basic Medical Procedures and First Aid Treatment

-First aid:- Shock, Bleeding, burn/scalds fracture, Ear, Throat, Nose and Eye injuries, Poisoning, Snake bite, Insect bite and Animal bite & Frost bite

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-First aid treatment of electrical injury

-Drawing, Choking, High fever fit and convulsion

(B) Basic Medical Procedures

-Vital signs

-Investigation process and Importance of urine, Stool, Blood, Sputum pus and throat swab collection

-Bandage (Importance, types & application)

-Technique of giving injection

-Sterilization process, importance, type and methods.

5. Vector Borne Disease (VBDs):

i. History and Epidemiology of VBDs- Mode of transmission, causative host, vector and environment, Life cycle of vectors and agent, parasites/viruses.

ii. Rationale and Tools and techniques for the Prevention and control of VBDs.

iii. Clinical features, Diagnosis and Case Management of VBDs

iv. Nepal's National Goal, objectives, prevention and control strategies, approaches, methods and activities, National Treatment Protocol of VBDs. Trends of transmission, geographical distribution, epidemiological situation.

v. Planning for VBDs Prevention and Control at the district and periphery level:

1. Analysis of the district VBDs situation.

2. Development of District VBDs Profile with the risk areas and population mapped.

3. Preparation of Annual Work Plan

4. Epidemic Outbreak preparedness and Response

5. Surveillance

6. Behaviour Change Communication (IEC)

7. Recording and Reporting of VBDs

8. Referral and follow-up

9. Supervision, monitoring and evaluation of VBDs control programs.

10. Roles and responsibilities of different level health facilities.

11. Techniques of community mobilization for VBDs.

6. Maternal and Child Health, Family Planning and Nutrition

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- A. Maternal and Child Health
- i. Antenatal care
 - ii. Physiological Change during pregnancy
 - iii. Danger signs
 - iv. High risk group (mother)
 - v. Delivery care vi. Stages of labor
 - vii. Difference between false and true labour
 - viii. Postnatal care ix. New born Care
 - x. Complication of pregnancy
 - xi. Abortion
 - xii. Ectopic pregnancy
 - xiii. Toxemia
 - xiv. Mal Presentations
 - xv. Ante Partum haemorrhage
 - xvi. Post partum haemorrhage
 - xvii. Post partum haemorrhage, retained placenta
 - xviii. Definition, signs and symptoms; and management of pelvic infection
 - xix. Uterine prolapsed
 - xx. Leucorrhoea, Trichomonosis
 - xxi. Growth and development of baby
 - xxii. Milestone development
 - xxiii. Definition, causes, signs symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases
 - xxiv. Six killer disease (Tuberculosis, Tetanus, Polio, Pertussis, Diphtheria, Measles)
- (B) Family Planning
- i. Population education
 - ii. Population pyramids
 - iii. Consequences of population growth
 - iv. Measures to solve population problem.
 - v. Family planning methods
 - vi. Temporary method
 - vii. Permanent method

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(C) Nutrition

- i. Source of nutrients
- ii. Nutritional status measurements
- iii. Breast feeding, Weaning and supplementary foods.
- iv. PEM (Protein Energy malnutrition) sign/symptoms, prevention and treatment
- v. Vitamins, Minerals, sources, deficiency disease, sign/symptom of deficiency disease and management

7. Communicable Disease and Microbiology

A. Microbiology

- i. Micro-organisms (Bacteria, virus, parasites fungus, protozoa, helminthes)

B. Communicable Diseases Communicable disease and non communicable disease, causes, clinical features, treatment,

complication and prevention of

- i. Amoebic, bacillary, dysentery, giardiasis

- ii. Cholera, Tuberculosis, Malaria

- iii. Parasitic Siseases

- iv. Viral Sisease (AIDS, Chicken pox, measles, influenza and common cold, mumps, Rabies, infective, hepatitis, polomyelitis, trachoma)

- v. Bacterial Discase

- vii. Leprosy, pertusis, tetanus, gastro-enteritis

- vii. Enteric fever, diphtheria, syphilis, gonorrhea.

8. Medicine & Surgery:

A. Medicine:

1. Hitory taking/physical examination

2. Causes, signs and symptoms, type, prevention, treatement, complication and investigation of

- a. Deficiency disease

- i. Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease.

- b. Digestive System

- i. Gastritis, peptic ulcer, cholecystitis

- iv. Rhinitis

- v. Sinusitis

- vi. Bronchitis

- vii. Pheumothorax

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d. Cardiovascular System

- i. Hyper Tension
- ii. Congestive Cardiac Failure (CCF)
- iii. Rheumatic fever

e. Genito Urinary System

- i. Nephritis
- ii. Renal Colic
- iii. Urinary Tract Infection (UTI)

f Endocrine System

- i. Diabetes
- ii. Hypothyroidism
- iii. Hyperthyroidism

g. Nervous System

- i. CVA (Cerebro Vascular Accident)
- ii. Convulsion
- iii. Meningitis
- iv. Epilepsy
- v. Unconsciousness

h. Skin Problem

- i. Scabies
- ii. Ringworm
- iii. Impetigo
- iv. Eczema
- v. Allergies

B Surgery:

1. Definition Clinical Features and appropriate treatment of:

- i. Boils
- ii. Carbuncles
- iii. Ulcer
- iv. Piles
- v. Wound
- vi. Burn and scales
- vii. Fracture
- viii. Dislocation and sprain

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- ix. Head and spinal cord injuries
- x. Bleeding
- xi. Foreign body in eye, ear, nose and throat
- xii. Conjunctivitis, iritis, trachoma, cataract, sty. Otitis externa
- xiii. Common problem of teeth and mouth xiv. Acute abdominal problem xv.

Acute appendicitis

- xvi. Acute cholecystitis
- xvii Instinal obstnection
- xviii. Hydrocele
- xix. Hernia
- xx. Tumor

9. Pharmacy and Pharmacology

A. Pharmacy

- i. Terminology used inn pharmacy
- ii. Appendicitis
- iii. Dysentery
- iv. Gastroenteritis
- v. Hepato-splenomegaly

c. Respiratory system

- i. Common cold
- ii. Tonsillitis
- iii. Pharyngitis

ii. Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulatory

iii. Inventory management

iv. Dispensing

v. Narcotic drugs management

vi. Banded drugs

A. Pharmacology

i. Terms used in pharmacology

ii. Meaning and types of Antibiotic

iii. Action, use, dose, general side effects and contradiction of the drugs used

in different systems:

1. Digestive systems

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2. Respiratory system

iv. Condition

1. Pain

2. Fever

3. Inflammation

4. Locally used preparations

5. Antihypertensive drugs

6. Nutritional Supplementary Drugs

7. Vaccines

8. Hormones

9. Oral rehydration therapy

10. Parental solution

10. Health Culture and Communication:

i. Changes, process and barrier of changes in community

ii. Traditional belief and health related taboos

iii. Traditional medicine practice in Nepal

iv. Concept of family health

v. Health and disease spectrum

vi. Health reporting and recording

Health Management:

i. Health care system in Nepal

ii. Job Description of Auxiliay health Worker (AHW) and Ausiliary Nurse Midwife (ANM)

iii. Primary Health Care (PHC): definition and components

iv. Job description of malaria inspector/Vector control Assistant/Malaria Assistant/Cold chain Assistant.

Management of

i. Health posts

ii. Clinics

iii. Health Camps

iv. In service Training

v. Inventory

vi. Chart and Diagram

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vii. Meeting

viii. Problem solving

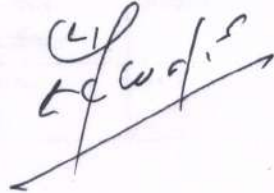
ix. Leaves

x. Recording and reporting

xi. Supervision and monitoring

नोट: वस्तुगत बहुबैकल्पिक प्रश्नहरूको गतल उत्तर दिएमा २० प्रतिशत अङ्क कट्टा हुनेछ ।


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