

प्रदेश लोक सेवा आयोग

सुदूरपश्चिम प्रदेश

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

यस पाठ्यक्रम योजनालाई निम्न अनुसार दुई चरणमा विभाजन गरिएको छ :

प्रथम चरण (First Phase) : लिखित परीक्षा (Written Examination)

पूर्णांक : २००

द्वितीय चरण (Second Phase) : अन्तरवार्ता (Interview)

पूर्णांक : २५

परीक्षा योजना (Examination Scheme)

प्रथम चरण : लिखित परीक्षा (Written Examination)

पूर्णांक : २००

पत्र	विषय	खण्ड	पूर्णांक	उतीर्णांक	परीक्षा प्रणाली	प्रश्न संख्या × अंक	समय	
प्रथम	General Subjects	(क) Management	50	40	Subjective	Short Answer Long Answer	6 x 5 2 x 10	3.00 hrs.
		(ख) General Health Issues	50		Subjective	Short Answer Long Answer	4 x 5 3 x 10	
द्वितीय	Technical Subject		100	40	Subjective	Critical Analysis	4 x 15	3.00 hrs.
		Subjective			Problem Solving	2 x 20		

द्वितीय चरण : अन्तरवार्ता (Interview)

पूर्णांक : २५

द्रष्टव्य :

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुबै हुन सक्नेछ ।
- स्वास्थ्य सेवा अन्तरगतका सबै समूह/सबै उपसमूहहरूको लागि प्रथम पत्र को पाठ्यक्रमको विषयवस्तु एउटै हुनेछ । तर द्वितीय पत्र Technical Subject को पाठ्यक्रम समूह/उपसमूह अनुरूप फरक फरक हुनेछ ।
- प्रथम पत्र को लिखित परीक्षा समूह/उपसमूहहरूका लागि संयुक्त रूपमा एउटै प्रश्नपत्रबाट एकैदिन वा छुट्टाछुट्टै प्रश्नपत्रबाट छुट्टाछुट्टै दिन पनि हुन सक्नेछ । तर द्वितीय पत्र को परीक्षा समूह/उपसमूह अनुसार अलग अलग दिन छुट्टाछुट्टै प्रश्नपत्रबाट हुनेछ ।
- प्रथम पत्रको खण्ड (क) र खण्ड (ख) को लागि छुट्टाछुट्टै उत्तरपुस्तिका हुनेछन । (खण्ड - क को लागि एउटा र खण्ड - ख को लागि एउटा) भने द्वितीय पत्रको लागि प्रत्येक प्रश्नका उत्तरपुस्तिकाहरू छुट्टाछुट्टै हुनेछन् ।
- यस पाठ्यक्रममा जे सुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि संसोधन भएका वा संशोधित भई कायम रहेका वा थप गरी संशोधित भई कायम रहेका लाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
- प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र द्वितीय चरणको अन्तर्वार्तामा सम्मिलित गराइने छ ।
- पाठ्यक्रम लागु मिति : २०८१।०८।१४ गते देखि ।

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प्रथम पत्र : General Subject

(Management and General Health issues)

खण्ड – (क) : 50 Marks

(Management)

1. Management : concept, principles, functions, scope, role, level and skills of managers
2. Hospital management
3. Participative management : concept, advantages and disadvantages, techniques of participation
4. Time management : concept, advantages, and disadvantages
5. Conflict management : concept, approaches to conflict, levels of conflict, causes of conflict and strategies for conflict management, Negotiation skills
6. Stress management : concept, causes and sources of stress, techniques of stress management
7. Appreciative inquiry : concept, basic principles and management
8. Human resource management : concept, functions and different aspects, HRM strategy
9. Planning : concept, principles, nature, types, instrument and steps, logical framework
10. Financial management : concept, approaches, budget formulation and implementation, auditing and topics related to fiscal management, procurement, supply chain management, e-LMIS
11. Leadership : concept, functions, leadership styles, leadership and management effectiveness
12. Coordination : concept, need, types, techniques, and approaches of effective coordination
13. Communication : concept, communication process and barrier to effective Communication, techniques for improving communication
14. Health manpower recruitment and development
15. Organizational structure of Federal, provincial health related ministry
16. Governance : Good governance system in Health Sector
17. Health system, WHO Six Building blocks
18. Sudurpashchim Province Civil Service Act and Regulation
19. Procurement Act, 2063 & Sudurpashchim Pradesh Procurement Regulation, 2078
20. Sudurpashchim Pradesh Good Governance Act, 2075

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खण्ड – (ख) : 50 Marks

(General Health Issues)

1. The Constitution of Nepal (health and welfare issues)
2. National and Provincial Health Policy and Public Health Act
3. Health Sector in current 5 year Sudurpashchim provincial plan
4. Health Services Act 2053, Health Service Regulation, 2055
5. International Health Agencies: multilateral, bilateral, NGOs/INGOs working in Sudurpashchim province
6. Health related Professional Council and related regulations
7. Medical ethics in general and its application
8. Indigenous and traditional faith healing and health mal-practices in context of Sudurpashchim Province
9. Supervision, types and its usage in health sector
10. Monitoring and evaluation system in health sector
11. Health Management Information System
12. Social Health insurance, health care financing and concept of co-payment
13. Importance of water, sanitation and hygiene in public health
14. Disaster and emergency management in health sector, HOPE
15. Effect of environment in public health: air pollution, water pollution, soil and noise pollution
16. FCHVs involvement in health service delivery
17. Community involvement in health service delivery
18. Counseling: - concept, type, importance and its application in health service delivery
19. Cross cutting issues: - GESI, Climate change, health in all policy

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### द्वितीय पत्र : 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 and contract tracing
- 1.6. Screening and surveillance of diseases
- 1.7. Health Indicators.

##### 2. Diseases Prevention, Control, Elimination and Eradication

- 2.1. Prevention and control of communicable and non-communicable disease.
- 2.2. Elimination and Eradication of selected diseases (Lymphatic Filariasis, Malaria, Kala-azar, Tuberculosis, Leprosy, Rubella)
- 2.3. Multispectral Action Plan for Prevention and Control of Non-Communicable Diseases, (2021-2025 AD)

##### 3. Health Statistics

- 3.1. Sources of health information and 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.
- 3.4. Data analysis, interpretation and its use
- 3.5. Use of different statistical software (SPSS, Stata)

##### 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 (Including brain drain)
  - 4.1.4. Urbanization and industrialization
  - 4.1.5. Life expectancy

##### 5. Research Methodology

- 5.1. Health system research, Action, Operational and Implementation research
- 5.2. National and Sudurpaschim Provincial priorities in health research

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- 5.3. Literature review
- 5.4. Formulation of objectives, research questions and hypothesis
- 5.5. Research methods and design
- 5.6. Research proposal development
- 5.7. Nepal Health Research Council

### **B. Health Service Delivery**

#### **1. National Health Programs**

- 1.1. Epidemiology and Disease Control Programme:
  - 1.1.1. Malaria, Tuberculosis, Leprosy, JE, Dengue, Scrub typhus, Zoonotic Diseases, HIV / AIDS, Mpox
  - 1.1.2. COVID 19, Its impact on health and social aspects in Sudurpaschim Province, Lesson learnt
  - 1.1.3. Other diseases of public health importance in Sudurpaschim province
  - 1.1.4. Prevention and Control of Sickle cell Disease, Thalassemia
- 1.2. Reproductive Health Programme: Safe motherhood, newborn care, family planning, Adolescent health, safe abortion, RTI/STD/HIV/AIDS, infertility prevention and treatment, rural ultrasound programme in Sudurpaschim province.
- 1.3. Child health care of elderly women
  - 1.3.1. Management and control of child illness
  - 1.3.2. Care of the newborn and integrated management of childhood illness.
  - 1.3.3. Growth and development
  - 1.3.4. Care of the under fives
  - 1.3.5. Right of the child
  - 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
  - 1.4.7. Multisector nutrition plan

#### **2. Environmental Health**

- 2.1. Internal, 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

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- 2.2.2. Solid waste disposal and control
- 2.2.3. Excreta disposal and control
- 2.2.4. Health care waste management, National Health Care Waste Management Standard and Operating Procedures- 2020
- 2.2.5. SDGs target for WASH in healthcare facilities, WASH FIT
- 2.2.6. Climate change, health effects and its control measures
- 2.2.7. Greenhouse gas emission from health sectors and ways for reduction
- 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.
  - 3.5. Health Issues of Labor migrants from Sudurpaschim province
- 4. School Health**
  - 4.1. Curriculum, instruction and training
  - 4.2. Healthy school environment
  - 4.3. School community cooperation for better health
- 5. Health Care Services**
  - 5.1. Essential Healthcare Services and Basic Healthcare Services at Province/district and local level
  - 5.2. Provision of Emergency health services, its challenges
  - 5.3. Tertiary and specialized health care services
  - 5.4. Health Insurance

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