

लोक सेवा आयोग
नेपाल स्वास्थ्य सेवा, हेल्थ एजुकेशन समुह, पाँचौ तह, स्वास्थ्य शिक्षा टेक्निसियन पदको खुला प्रतियोगितात्मक
परीक्षाको पाठ्यक्रम

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

प्रथम चरण :-	लिखित परीक्षा	पूर्णाङ्क :- १००
द्वितीय चरण :-	अन्तर्वार्ता	पूर्णाङ्क :- २०

प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)

पत्र/विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या x अङ्कभार	समय
सेवा सम्बन्धी	१००	४०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न x २ अङ्क = १००	४५ मिनेट

द्वितीय चरण

विषय	पूर्णाङ्क	परीक्षा प्रणाली
(ख) अन्तर्वार्ता	२०	मौखिक

द्रष्टव्य :

१. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
२. लिखित परीक्षामा पाठ्यक्रमका एकाईहरूबाट यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछ ।

एकाई	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५
प्रश्न संख्या	४	२	६	३	८	४	३	५	३	२	२	२	२	२	२

३. वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिनेछ । तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन ।
४. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भए तापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भई हटाईएका वा थप गरी संशोधन भई) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ ।
५. प्रथम चरणको परीक्षाबाट छनौट भएका परीक्षार्थीहरूले मात्र द्वितीय चरणको परीक्षामा भाग लिन पाउने छन् ।
६. पाठ्यक्रम लागू मिति : २०७४/०९/२९

1. HEALTH, DISEASE, EPIDEMIOLOGY AND VITAL STATISTICS

1.1. Health and Disease

- 1.1.1. Concept and definition of health and disease
- 1.1.2. Dimension and spectrum of health; Ways of achieving optimum health
- 1.1.3. Determinants of health; Disease process (Agent, Host and Environment)

1.2. Epidemiology

- 1.2.1. Concept, definition, aim, objectives and history of epidemiology
- 1.2.2. Basic measurement in epidemiology
- 1.2.3. Application of epidemiology
- 1.2.4. Dynamics of disease transmission : Source and Reservoir; Modes of Transmission; Susceptible Host and host defense
- 1.2.5. Disease Prevention and Control
- 1.2.6. Steps of Epidemics; Management of Epidemics

1.3. Vital Health Statistics

- 1.3.1. Concept of Rate, Ratio, Proportion, Incidence and Prevalence
- 1.3.2. Measurement of Health Indicator (Fertility, Morbidity and Mortality)
- 1.3.3. Source of Vital Health Information, Tabulation Analysis Interpretation and Presentation of Data
- 1.3.4. Sample and Sampling size
- 1.3.5. Mean, Median and Mode
- 1.3.6. Demography: National Population Policy, Population Process, Population Size, Growth and Composition

2. PRIMARY HEALTH CARE (PHC), ESSENTIAL HEALTH CARE SERVICES AND PUBLIC HEALTH

2.1. Primary Health Care Services

- 2.1.1. Historical background, Concept, Element/Components and Principles of PHC

2.2. Essential Health Care Services (EHCS)

- 2.2.1. Concepts of EHCS, Elements / Components and Principle of EHCS

2.3. Public Health

- 2.3.1. Concept, Definition, Objective and Principles of Public Health
- 2.3.2. Public Health Programs of Nepal

3. COMMUNICABLE AND NON-COMMUNICABLE DISEASES

3.1. Communicable Disease

- 3.1.1. Diarrhea, Dysentery, Malaria, Leprosy, Japanese Encephalitis, Kala-azar, HIV/AIDS, STD, ARI, Dengue, Filariasis, Rabies
- 3.1.2. Vaccine Preventable Diseases – Tuberculosis, Measles, Diphtheria, Pertussis, Tetanus, Poliomyelitis, Hepatitis B, Meningitis, Typhoid, Influenza, Food Poisoning, Amoebiasis, Cholera, Trachoma and intestinal parasites induced diseases

3.2. Non- Communicable Diseases

- 3.2.1. Diabetes, Cancers, Arthritis, Asthma, Obesity, Blindness, Accident and Injury
- 3.2.2. Heart Diseases – Hypertension, Stroke, RH and Coronary HD

4. COMMUNITY HEALTH DIAGNOSIS, COMMUNITY ORGANIZATION, COMMUNITY PARTICIPATION AND COMMUNITY DEVELOPMENT

4.1. Community Health Diagnosis

- 4.1.1. Concept and Definition of Community Diagnosis
- 4.1.2. Process, Methods techniques and tools of Community Diagnosis
- 4.1.3. Community Mobilization, Social Mobilization

4.2. Community Organization and Community Participation

- 4.2.1. Concept of Community organization
- 4.2.2. Techniques and Procedure of Community Organization
- 4.2.3. Concept of Community Participation
- 4.2.4. Methods and Process of Community Participation

4.3. Community Development

- 4.3.1. Concept of Community Development
- 4.3.2. Approaches of Community Development : External Agent Approach, Multiple Agent Approach, Internal Resource Mobilization Approach

5. HEALTH PROMOTION AND EDUCATION

5.1. Health Promotion

- 5.1.1. Historical Background Health Promotion
- 5.1.2. Ottawa, Jakarta and Helsinki Health Promotion Declarations
- 5.1.3. Concept and Definition Health Promotion
- 5.1.4. Strategies and Action Area of Health Promotion
- 5.1.5. Setting Approaches of Health Promotion : Family Setting, Community Setting, Educational setting, Occupational Setting , Health Facility Setting
- 5.1.6. Approaches of Health Promotion

5.2. Health Education

- 5.2.1. Concept and Definition of Health Education
- 5.2.2. Rational and Purpose of Health Education
- 5.2.3. Principles and Scope of Health Education
- 5.2.4. Concept, Definition and uses of perception in Health Education
- 5.2.5. Concept of learning and learning process
 - 5.2.5.1. Methods of learning process (Learning by hearing, Learning by seeing, Learning by doing, Learning by Imitation, Learning by Repetition)
 - 5.2.5.2. Theories of Learning Process
- 5.2.6. Concept and Definition of Motivation
 - 5.2.6.1. Types of Motivation, Techniques of Motivation
 - 5.2.6.2. Rational of Motivation in health education program
 - 5.2.6.3. Theories of Motivation (Maslow theory of Motivation)
- 5.2.7. Methods of Health Education
 - 5.2.7.1. Individual Method (Interview and Counselling)
 - 5.2.7.2. Group Method (Group Discussion, Demonstration, Role Play, Symposium, Work Shop, Seminar, Brain Storming, Problem Solving, Case Study, Mini-Lecture Field Trip)
 - 5.2.7.3. Mass Method (Lecture, Exhibition, Museum, Drama, Film and Documentary Show, Rally and Social Media)

5.2.8. Media of Health Education

5.2.8.1. Poster, Phillip Chart, Flash Cards

5.2.8.2. Models and real objects

5.2.8.3. Printing Materials (Journals, Book Booklets, Pamphlets, Brochures)

5.2.8.4. Email, Internet

5.2.9. Planning of Health Education Programme

5.2.9.1. Concept and Definition of Health Planning

5.2.9.2. Purpose and Rational of Health Planing

5.2.9.3. Steps and Process of Health Planning : Identification of Health Planning, Prioritization of Health Problem, Target Group Setting, Determinants of Objectives, Identification of Resources, Selecting Health Education Contents, Deciding Methods and Media of Health Education Programme Planning, Implementation of Health Education Programme, Evaluation of Health Education Programme

6. ENVIRONMENTAL HEALTH AND OCCUPATIONAL HEALTH

6.1. Environmental Health

6.1.1. Concept and Definitions of Environmental Health

6.1.2. Sources of Water, Water Purification in Small Scale (Household level)

6.1.3. Solid Waste and Its Management

6.1.4. Excreta Disposal and its Management (Community and Household Level)

6.1.5. Control of Fly, Rodents and Street Dogs

6.1.6. Air, Soil, Water and Noise Pollutions and its Management

6.2. Occupational Health

6.2.1. Definition, Occupational Health Hazards and Disease

6.2.2. Preventive Measures of Occupational Hazards

6.2.3. Social Abuses, its Effects, Prevention and Control (Tobacco, Drugs, Alcoholism)

7. SCHOOL HEALTH EDUCATION AND NUTRITION

7.1. School Health

7.1.1. Concept, definition and objectives of school health program

7.1.2. Areas of school health program : School Health Services, School Health Instruction, School Health Environment, School Community Joint Activities

7.2. Nutrition and Malnutrition

7.2.1. Introduction of nutrition and nutritive values of food

7.2.2. Classification of Foods and its Sources; Nutrients and its type, function, effects

7.2.3. Nutritional Deficiency Diseases, Helminthic diseases and Malnutrition among school children

8. NATIONAL HEALTH SYSTEM, POLICY, STRATEGIES, PROGRAM PLANNING AND MANAGEMENT

8.1. National Health Policy, 2014 (2071), (Main feature of New Policy)

8.2. Second Long Term Health Plan; Current 3year Health Plan; Nepal Health Sector Strategy - II; Health Sector Implementation Plan

8.3. Sustainable Development Goals

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- 8.4. National Health System of Nepal : Structure/ Organogram of Ministry of Health, Central, Regional, Zonal, District, Constituency, VDC and Community level
- 8.5. Function of DHO/DPHO, PHCC, and Health Post
- 8.6. Job description of DHO/DPHO, MO, HA, Staff Nurses, Health Education Technician, AHW/ANM, others Paramedics and FCHV
- 8.7. Role and Responsibilities of National Health Education Information and Communication Centre (NHIECC); National Health Promotion and Education Policies and Strategies, Program and Activities from Central to Periphery Levels, National Communication / IEC Strategies
- 8.8. **National Health Program :**
 - 8.8.1. Child Health; Immunization; Integrated Management of Childhood Illness (IMCI), CDD, ARI, Measles, Malaria; Nutrition – IDD, Iron, Vitamin A, Deworming; Reproductive Health - Safe Motherhood Neonatal health, Family Planning, Adolescent RH, Care of elderly women, RTI/STD, Male Involvement, Infertility Management Comprehensive Abortion Services
 - 8.8.2. Epidemiology and Disease Control (Malaria, Kala-azar, Encephalitis, Filariasis, Rabies); Tuberculosis Control Program; Leprosy Control Program; Eye and Oral Health Program; Health Training Program; Logistic Management; Health Management Information System (HMIS) Program; NHIECC Program; Disaster Management Program; Primary Health Care Program; Communicable and Non-Communicable Diseases program; Mental Health Program; Tobacco Control Program
- 8.9. **Health Planning and Management**
 - 8.9.1. Health Planning: Definition and Rational of Health Planning; Health Planning Cycle/ Process of Planning; Health Planning Steps; Types of Planning; Trends of Health Planning in Nepal
 - 8.9.2. Health Management : Concept, Definition, Function and Principles of Health Management; Health Camp Management
9. **HEALTH COMMUNICATION**
 - 9.1. Concept and Definition of Health Communication
 - 9.2. Elements and Components of Health Communication : Source (Communicator), Message, Channels, Audience, Feed - Back
 - 9.3. Principles and Methods of Communication
 - 9.4. Barriers of Communication
 - 9.5. Needs of Communication Skill in Health sector
 - 9.6. Behaviour Change Communication: Process Of Behavior Change; Method Of Behavior Change Communication
10. **HEALTH TRAINING AND CURRICULUM**
 - 10.1. Health Training : Concept and Definition of Health Training; Rational and purpose of Health Training; Training Needs Identification
 - 10.2. Types of Training ; Pre-service, In-Service, Refresher and Orientation Training
 - 10.3. Methods / Techniques of Training
 - 10.4. Planning, Management and implementation of training Program for Various levels of Health Worker

- 10.5. Curriculum and Curriculum Development : Concept and Definition of Curriculum; Process of Curriculum Development; Implementation of Curriculum; Lesson Plan, Development and Testing Evaluation Tools; Monitoring, Supervision and Evaluation of Curriculum and Training Program

11. SUPERVISION AND MONITORING HEALTH ACTIVITIES

- 11.1. Supervision : Concept and Definition of Supervision
11.2. Elements / Components of Supervision : Directing, Training, Counseling, Motivating, Communicating, Guiding / Facilitating, Evaluation
11.3. Types of Supervision : Institutional Supervision (Organization Focus), Personal supervision (Individual Health Worker Focus)
11.4. Tools of Supervision : Supervision Schedule, Personal Record / File, Checklist of Supervision (Skill Testing/Performance testing), Observation Checklists, Authority letter of Supervision
11.5. Monitoring : Concept, Purpose and Objectives of Monitoring
11.6. Different Between Supervision and Monitoring
11.7. Role of monitoring in Health Activities

12. LOGISTRIC MANAGEMENT

- 12.1. Concept and Rational of logistic Management
12.2. Logistic Cycle/ logistic Right; Process of Logistic Management
12.3. Different Terminology used in logistic Management (FIFO, Stock level, ASL, EOP, VVM)
12.4. Demand and Supply of Health Service Equipment's and Materials
12.5. Inventory Management; Store Keeping and Store management
12.6. Logistic Management information System(LMIS)
12.7. Role of Logistic Management Division in Health Services

13. HEALTH MANAGEMENT INFORMATION SYSTEM (HMIS)

- 13.1. Historical Development, Concept and Definition of HMIS
13.2. Different Types of HMIS : Master Register (HMIS-1), Health Service Card (HMIS-2), Out Patient Register (HMIS-3), Referral Slip (HMIS-4), Discontinuation Tracing (HMIS-5)
13.3. Uses of HMIS in Health Services; Process of HMIS
13.4. Types of Recording and Reporting

14. NATIONAL AND INTERNATIONAL ORGANIZAION CONTRIBUTING HEALTH SECTOR

- 14.1. National Organization : Nepal Red Cross Society; Family Planning Association of Nepal (FPAN); Nepal Heart Foundation; Lions Club of Nepal; Nepal Cancer Relief Society; Nepal Netra Jyoti Sangh; Nepal Jaycees; Mrigendra Samjhana Medical Trust; Nepal Disable Association; Mother Club (Group)
14.2. International Organization : WHO, UNFPA, UNICEF, USAID, UNDP, WORLD BANK, JICA, CARE, SCF, GTZ, DFID, Global Fund, IUHPE

15. HEALTH RELATED COUNCIL

- 15.1. Nepal Medical Council, Nepal Nursing Council, Nepal Health Professional Council, Nepal Ayurveda Council, Nepal Health Research Council
15.2. Health Insurance Program In Nepal: Policy; Strategy; Communication Activities; Insurance Schemes.