

लोक सेवा आयोग

नेपाल स्वास्थ्य सेवा, हेल्थ इन्स्पेक्सन समूह, सतौ तहको खुला र आन्तरिक प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

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

प्रथम चरण :- लिखित परीक्षा

पूर्णाङ्क :- २००

द्वितीय चरण :- सामूहिक परीक्षण र अन्तर्वाता

पूर्णाङ्क :- ४०

प्रथम चरण – लिखित परीक्षा योजना (Examination Scheme)

| पत्र | विषय | पूर्णाङ्क | उत्तीर्णाङ्क | परीक्षा प्रणाली | प्रश्न संख्या X अङ्कभार | समय |
|---------|-------------------|-----------|--------------|----------------------------|-------------------------|------------------|
| प्रथम | हेल्थ इन्स्पेक्सन | १०० | ४० | वस्तुगत बहुवैकल्पिक (MCQs) | १००X१ = १०० | १ घण्टा १५ मिनेट |
| द्वितीय | सम्बन्धी | १०० | ४० | विषयगत (Subjective) | १०X१० = १०० | ३ घण्टा |

द्वितीय चरण

| विषय | पूर्णाङ्क | परीक्षा प्रणाली | समय |
|------------------------------|-----------|---------------------------------|----------|
| सामूहिक परीक्षण (Group Test) | १० | सामूहिक छलफल (Group Discussion) | ३० मिनेट |
| व्यक्तिगत अन्तर्वाता | ३० | मौखिक | - |

- लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुन सक्नेछ ।
- पाठ्यक्रमको प्रथम र द्वितीय पत्रको विषयवस्तु फरक फरक हुनेछन ।
- प्रथम र द्वितीय पत्रको लिखित परीक्षा छुट्टाछुट्टै हुनेछ ।
- प्रथम तथा द्वितीय पत्रहरूका एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ :

| | | | | | | | | | | | | |
|---------------------|---|----|----|---|---|----|---|---|---|----|----|----|
| प्रथम पत्रका एकाई | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| प्रश्न संख्या | 5 | 20 | 10 | 5 | 5 | 20 | 5 | 5 | 5 | 10 | 5 | 5 |
| द्वितीय पत्रका खण्ड | A | | | B | | | C | | | D | | |
| द्वितीय पत्रका एकाई | 1 | 4 | | 2 | | 3 | | | 5 | | | |
| प्रश्न संख्या | 1 | 2 | | 3 | | | 2 | | | 2 | | |

- 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 ।
- बहुवैकल्पिक प्रश्नहरू हुने परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन ।
- विषयगत प्रश्नका लागि तोकिएका १० अङ्कका प्रश्नहरूको हकमा १० अङ्कको एउटा लामो प्रश्न वा एउटै प्रश्नका दुई वा दुई भन्दा बढी भाग (Two or more parts of a single question) वा एउटा प्रश्न अन्तर्गत दुई वा बढी टिप्पणीहरू (Short notes) सोध्न सकिने छ ।
- द्वितीय पत्रमा प्रत्येक खण्डका लागि छुट्टाछुट्टै उत्तरपुस्तिकाहरू हुनेछन् । परीक्षार्थीले प्रत्येक खण्डका प्रश्नहरूको उत्तर सोही खण्डको उत्तरपुस्तिकामा लेख्नुपर्नेछ ।
- 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 ।
- यस भन्दा अगाडि लागू भएको माथि उल्लिखित समूहको पाठ्यक्रम खारेज गरिएको छ ।
- पाठ्यक्रम लागू मिति :- २०६३/२१९ देखि (२०७२/०७/२४ को निर्णय अनुसार सामूहिक परीक्षण समावेश)
- मिति २०७०/२/९ मा सातौ तहमा कायम गर्ने निर्णय ।

प्रथम पत्र :- हेल्थ इन्स्पेक्सन सम्बन्धी

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|-----------|--|------------|
| 1 | Health and Public Health | 5% |
| | 1.1. Meaning of health and disease, Factors that influence health, concept of health and disease, Dimension of disease, Measurement of health, disease and well being | |
| | 1.2. Public health concept, Historical development and changing concept | |
| 2 | Health Planning and Management | 20% |
| | 2.1. Approaches, models, methods and practices | |
| | 2.2. Need assessment, planning cycle, Planning, monitoring and evaluation | |
| | 2.3. Strategic and operational planning | |
| | 2.4. Inventory management | |
| | 2.5. Drug management | |
| | 2.6. Financial management | |
| | 2.7. Health economics, Health care financing: Basic concepts and economic evaluation of health care services | |
| | 2.8. Health care need assessment | |
| | 2.9. Decentralization in health management | |
| | 2.10. Quality assurance in health care | |
| 3 | General Epidemiology | 10% |
| | 3.1. Definition, concepts, approaches, aims, and use of epidemiology | |
| | 3.2. Epidemiological methods, Incidence, Prevalence, association and causation, disease prevention and control | |
| | 3.3. Epidemiology of communicable and non communicable diseases | |
| | 3.4. Dynamics of disease transmission | |
| | 3.5. Investigation of an epidemics | |
| | 3.6. Screening of diseases | |
| | 3.7. Health indicators | |
| 4 | Health Statistics | 5% |
| | 4.1. Sources of health information, Health information system | |
| | 4.2. Tabulation, graphic and diagrammatic presentation of data | |
| | 4.3. Statistical methods; Measures of central tendency, Measures of variability | |
| | 4.4. Sampling size, Sampling survey and test of significance, correlation and regression | |
| 5. | Demography | 5% |
| | 5.1. Population trends-world and national | |
| | 5.2. Measures of population dynamics | |
| | 5.3. Factors affecting fertility, mortality and migration | |
| | 5.4. Urbanization, Life expectation | |
| 6 | Applied Epidemiology and Disease Control | 20% |
| | 6.1. Epidemiology, Prevention and control of communicable diseases including: Measles, Diphtheria, Whooping cough, Acute respiratory tract infection, Rubella, Mumps, Influenza, Tuberculosis, Viral hepatitis, Food poisoning, Typhoid fever, Intestinal worms, Acute diarrhoeal diseases, Filaria, Leishmaniasis, Malaria, Japanese encephalitis, Rabies, Tetanus, Trachoma, Leprosy, STD and HIV/AIDS | |
| | 6.2. Prevention and control of non-communicable diseases | |
| | 6.3. Concept of Control, elimination and eradication of diseases | |

| | | |
|-----------|---|------------|
| 7 | Food and Nutrition | 5% |
| 7.1 | Nutritional profiles | |
| 7.2 | Nutritional problems | |
| 7.3 | Assessment of nutritional status | |
| 7.4 | Food toxication, additives and fortification; | |
| 8 | Environmental Health | 5% |
| 8.1 | Management and control of basic and fundamental factors; Water, Air, Lighting, Noise, Housing | |
| 8.2 | Solid waste disposal and control | |
| 8.3 | Excreta disposal and control | |
| 8.4 | Medical entomology-Mosquito, housefly, sand fly, lice, fleas, bugs etc. control | |
| 8.5 | Insecticides safe use and resistance | |
| 8.6 | Rodents control | |
| 9 | Occupational Health | 5% |
| 9.1 | Occupational environment and safety | |
| 9.2 | Occupational hazards | |
| 9.3 | Management and prevention of occupational hazards | |
| 9.4 | Measures for general health protection of workers | |
| 10 | Health Education and Health Promotion | 10% |
| 10.1 | Concept, Objectives and principles and their importance | |
| 10.2 | Methods of health education | |
| 10.3 | Health education medias and production | |
| 10.4 | Behavior change communication (BCC) | |
| 10.5 | Community organization and participation | |
| 10.6 | Communication and information: concepts and importance | |
| 10.7 | School health program: concepts, areas and importance | |
| 11 | Primary Health Care (PHC), Essential Health Care Services (EHCS) and Millennium Development Goals (MDGs) | 5% |
| 11.1 | Concept, Components, Status and Prospects | |
| 12 | International Health | 5% |
| 12.1 | External development partners and their priorities | |
| 12.2 | UN agencies: WHO, UNICEF, UNDP, UNFPA, UNAIDS and World Bank | |
| 12.3 | Bilateral agencies working in Nepal: USAID, JICA, GTZ, DFID, SDC, CIDA, AUSAID, NORAD, FINIDA, KOIKA | |

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वस्तुगत बहुउत्तर नमूना प्रश्नहरु (Sample questions)

1. Which of the following is the tertiary protection

- A) Health Promotion
- B) Specific Protection
- C) Early Diagnosis and treatment
- D) Disability limitation

Correct answer: (D)

2. Health for all the year 2000 AD is

- A) Targets
- B) Strategy
- C) Goals
- D) Objectives

Correct answer: (C)

3. The type of epidemiology which deals with risk factor of diseases is

- A) Descriptive
- B) Analytical
- C) Experimental
- D) Interventional

Correct answer: (B)

4. Keeping the frequency of disease within acceptable limit is called

- A) Control
- B) Eradication
- C) Surveillance
- D) Treatment

Correct answer: (A)

5. The first person detected as sick during an epidemic is called

- A) Primary case
- B) Secondary case
- C) Contact case
- D) Index case

Correct answer: (D)

6. Prevention of TB infection in a community is estimated by

- A) Tuberculin test
- B) Sputum microscopy
- C) Sputum Culture
- D) Chest X ray

Correct answer: (A)

7. Highest source of vitamin 'C is

- A) Orange
- B) Amla
- C) Lemon
- D) Grapes

Correct answer: (B)

8. Chlorination of water kills

- A) Bacteria
- B) Spores
- C) Protozoal cysts
- D) Helminthes ova

Correct answer: (A)