

# हिलिहाड गाउँपालिका

स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ समुह, सहायक चौथो तह, अ.हे.व. पदको खुल्ला लिखित  
परीक्षाका लागि पाठ्यक्रम

पाठ्यक्रम रुपरेखालाई निम्न अनुसार बिभाजन गरिएको छः

भाग १

लिखित परीक्षा (Written Examination) : प्रथम चरण

पूर्णाङ्क: १००

भाग २

अन्तिम चरण (Final Examination) : अन्तर्वार्ता

पूर्णाङ्क: १००

## परीक्षा योजना (Examination Scheme)

लिखित परीक्षा: प्रथम चरण (First Phase)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या अंक	समय
प्रथम	सेवा सम्बन्धी	१००	४०	वस्तुगत (बहुवैकल्पिक प्रश्न) (MCQS)	५० प्रश्न x २ अंक = १००	४५ मि.

दोस्रो चरण: अन्तर्वार्ता

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली
अन्तर्वार्ता	३०		मौखिक
शैक्षिक योग्यता	६०		
स्थानियता	१०		

द्रष्टव्यः

- यथासम्भव पाठ्यक्रमको सबै एकाईहरूबाट प्रश्नहरू सोधिनेछ।
- वस्तुगत बहुवैकल्पिक प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर वापत २० प्रतिशत अंक कट्टा गरिनेछ। तर नदिएमा त्यस वापत अंक दिइने छैन र अंक कट्टा पनि गरिने छैन।
- पाठ्यक्रम लागू मिति: २०७८।०१।०८




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**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.
  - (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



  
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- 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
- 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 agent, host, vector and environment, Life cycle of vectors and 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.

शिवशंकर  
बिक्रम शिखर  
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6. Maternal and Child Health, Family Planning and Nutrition

A. Maternal and Child Health

- ii. Antenatal care
- iii. Physiological Change during pregnancy
- iv. Danger signs
- v. High risk group (mother)
- vi. Delivery care
- vii. Stages of labor
- viii. Difference between false and true labour
- ix. Postnatal care
- x. New born Care
- xi. Complication of pregnancy
- xii. Abortion
- xiii. Ectopic pregnancy
- xiv. Toxemia
- xv. Mal Presentations
- xvi. Ante Partum haemorrhage
- xvii. Post partum haemorrhage
- xviii. Post partum haemorrhage, retained placenta
- xix. Definition, signs and symptoms; and management of pelvic infection
- xx. Uterine prolapsed
- xxi. Leucorrhoea, Trichomonosis
- xxii. Growth and development of baby
- xxiii. Milestone development
- xxiv. Definition, causes, signs symptoms and management of Ante Respiratory Infection (ARI), Diarrheal Diseases
- xxv. 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

(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



  
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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 Disease  
vi. Leprosy, pertusis, tetanus, gastro-enteritis  
vii. Enteric fever, diphtheria, syphilis, gonorrhoea.
8. Medicine & Surgery:
- A. Medicine:
1. History taking/physical examination
2. Causes, signs and symptoms, type, prevention, treatment, complication and investigation of
- a. Deficiency disease
- i. Anemia, Protein Energy Malnutrition (PEM), Vitamin deficiency disease.
- b. Digestive System
- i. Gastritis, peptic ulcer, cholecystitis  
ii. Appendicitis  
iii. Dysentery  
iv. Gastroenteritis  
v. Hepato-splenomegaly
- c. Respiratory system
- i. Common cold  
ii. Tonsillitis  
iii. Pharyngitis  
iv. Rhinitis  
v. Sinusitis  
vi. Bronchitis  
vii. Pneumothorax
- 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

  
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सिद्धिचरण नर्सिङ पाठशाला  
पञ्चमी, पोखरा  
१ नं. प्रदेश, नेपाल  
२०७३

स्वास्थ्य सेवा, पब्लिक हेल्थ नर्सिङ समुह, सहायक चौथो तह, अ.हे.व. पदको खुल्ला लिखित  
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- 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
  - 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. Simple pharmaceutical calculation according to Indian pharmacopoeia (IP) and British pharmacopoeia (BP) and formulatory
- iii. Inventory management
- iv. Dispensing




  
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- v. Narcotic drugs management
  - vi. Banded drugs
- B. 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
    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
  - vii. Meeting
  - viii. Problem solving
  - ix. Leaves
  - x. Recording and reporting
  - xi. Supervision and monitoring



  
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