

धर्मदेवी नगरपालिका, नगर कार्यपालिकाको कार्यालय

मुठेशानिश्चरे, सङ्खुवासभा

स्थानीय सरकारी सेवा अन्तर्गतका प्राविधिक तर्फ स्वास्थ्य सेवा, हेल्थ ईन्सपेक्सन समूह, सातौं

तहका पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

पाठ्यक्रमलाई निम्नानुसार विभाजन गरिएको छः

परीक्षाको चरण	परीक्षाको किसिम	पूर्णाङ्क
प्रथम	लिखित परीक्षा	१००
अन्तिम	अन्तर्वार्ता	२०

परीक्षा योजना (Examination Scheme)

१. प्रथम चरण (First Phase)

पत्र	विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न सङ्ख्या × अङ्क	समय
प्रथम	सेवा सम्बन्धी	१००	४०	वस्तुगतः बहुवैकल्पिक प्रश्न (MCQs)	१०० प्रश्न × १ अङ्क	१ घण्टा ३० मिनेट

२. अन्तिम चरणः अन्तर्वार्ता (Interview)

विषय	पूर्णाङ्क	परीक्षण प्रणाली	समय
व्यक्तिगत अन्तर्वार्ता	२०	मौखिक (Oral)	-

द्रष्टव्यः-

१. यो पाठ्यक्रम योजनालाई प्रथम चरण (लिखित परीक्षा) तथा अन्तिम चरण (अन्तर्वार्ता) गरी दुई भागमा विभाजन गरिएको छ।
२. पत्र पत्र अंग्रेजी वा नेपाली भाषामा हुनेछ।
३. लिखित परीक्षाको माध्यम भाषा नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ।
४. वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर बापत २० प्रतिशत अङ्क कट्टा गरिने छ। तर उत्तर नदिएमा त्यस बापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन।
५. परीक्षा हलमा मोबाइल फोन, स्मार्ट वाच, हेडफोन वा यस्तै प्रकारका विद्युतीय उपकरण, पुस्तक, नोटबुक, झोला लगायतका वस्तुहरू लैजान पाइने छैन।
६. परीक्षामा सोधिने पत्र संख्या, अङ्क र अङ्कभार यथासम्भव सम्बन्धित पत्र/विषयमा दिइए अनुसार हुनेछ।
७. यस पाठ्यक्रम योजना अन्तर्गतका पत्र/विषयका विषयवस्तुमा जेसुकै लेखिएको भएतापनि पाठ्यक्रममा परेका कानून, ऐन, नियम तथा नीतिहरू परीक्षाको मिति भन्दा ३ महिना अगाडि (संशोधन भएका वा संशोधन भइ हटाइएका वा थप गरी संशोधन भएका) कायम रहेकालाई यस पाठ्यक्रममा परेको सम्झनु पर्दछ।
८. प्रथम चरणको लिखित परीक्षामा छुनौट भएका उम्मेदवारहरूलाई मात्र अन्तिम चरणको अन्तर्वार्तामा सम्मिलित गराइने छ।
९. प्रथम चरणको लिखित परीक्षा र अन्तिम चरणको अन्तर्वार्ताको कूल अङ्क योगका आधारमा अन्तिम परीक्षाफल प्रकाशित गरिनेछ।

धर्मदेवी नगरपालिका
नगर कार्यपालिकाको कार्यालय
मुढेशनिश्चरे, सङ्खुवासभा

स्थानीय सरकारी सेवा अन्तर्गतका प्राविधिक तर्फ स्वास्थ्य सेवा, हेल्थ ईन्सपेक्सन समूह, सातौं
तहका पदको खुला प्रतियोगितात्मक लिखित परीक्षाको पाठ्यक्रम

प्रथम पत्र (Paper I):

(A) सामान्य विषय (General Subject)

1 Health and Public Health

- 1.1. Meaning of health and disease, factors that influence health, concept of health and disease, dimensions of health, measurement of health, disease and well-being
- 1.2. Public health: Concept, definition, historical development and changing concept, three domains of public health

2 Health Planning and Management

- 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 Health budget, MTEF and periodic plan (Federal and Provincial)
- 2.5 General information on government planning, budgeting and accounting system
- 2.6 Inventory management
- 2.7 Drug management
- 2.8 Financial management
- 2.9 Health economics, health care financing: Basic concepts and economic evaluation of health care services
- 2.10 Health care need assessment
- 2.11 Decentralization in health management
- 2.12 Health system in federal context
- 2.13 Quality assurance in health care
- 2.14 Health emergency

3 General Epidemiology

- 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 epidemic
- 3.6 Case investigation and contact tracing
- 3.7 Screening of diseases
- 3.8 Health indicators
- 3.9 Management of epidemics and recent challenges

4 Health Statistics

- 4.1 Sources of health information, health information system
- 4.2 Evidence-based planning, implication of research policy and research design
- 4.3 Tabulation, graphic and diagrammatic presentation of data
- 4.4 Statistical methods: Measures of central tendency, measures of variability
- 4.5 Sample size and sampling methods
- 4.6 Hypothesis testing: Parametric and non-parametric tests (chi-square, Student's t-test and z-test, non-parametric test, correlation and regression)

5 Demography

- 5.1 Population trends – world, national and provincial
- 5.2 Measures of population dynamics

- 5.3 Vital events and vital statistics
- 5.4 Factors affecting fertility, mortality and migration
- 5.5 Urbanization
- 5.6 Life expectancy, ageing

6 Applied Epidemiology and Disease Control

- 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 diarrheal diseases, Filaria, Leishmaniasis, Malaria, Japanese encephalitis, Dengue, Rabies, Tetanus, Trachoma, Leprosy, STD, HIV/AIDS, COVID-19
- 6.2 Prevention and control of non-communicable diseases and injuries, mental health, Road Traffic Accident
- 6.3 Concept of control, elimination and eradication of diseases

7 Food and Nutrition

- 7.1 Nutritional profiles
- 7.2 Nutritional problems
- 7.3 Assessment of nutritional status
- 7.4 Management of malnutrition
- 7.5 Food hygiene, food adulteration, food safety
- 7.6 Food-borne diseases, additives and fortification
- 7.7 Comprehensive nutrition-sensitive interventions

8 Environmental Health

- 8.1 Management and control of basic and fundamental factors; Water, Air, Lighting, Noise, Housing
- 8.2 Drinking water quality parameters
- 8.3 Solid and liquid waste disposal and control, health care waste management
- 8.4 Water, Sanitation, and Hygiene (WASH) status monitoring
- 8.5 Excreta disposal and control
- 8.6 Integrated vector management
- 8.7 Medical entomology – Mosquito, housefly, sand fly, lice, fleas, bugs, etc. control
- 8.8 Insecticides: Safe use and resistance
- 8.9 Rodent control

9 Occupational Health

- 9.1 Occupational environment and safety
- 9.2 Occupational hazards
- 9.3 Management and prevention of occupational hazards
- 9.4 Concept and importance of ergonomics
- 9.5 Measures for general health protection of workers
- 9.6 Occupational safety and hazards prevention and control-related legislations in Nepal

10 Health Education and Health Promotion

- 10.1 Concept, objectives and principles and their importance
- 10.2 Methods of health education
- 10.3 Health education, media management for health promotion, health communication and production
- 10.4 Social and Behavior Change Communication (SBCC)
- 10.5 Community organization and participation
- 10.6 Communication and information: Concepts and importance
- 10.7 Health-promoting school health program: Concepts, areas and importance
- 10.8 Health literacy: Concept and importance
- 10.9 People-centered health care

11 Concept, components, status and prospects of

Primary Health Care (PHC), Essential Health Care Services (EHCS), Sustainable Development Goals (SDGs), Basic Health Care Services (BHCS), Universal Health Coverage (UHC), One Health, Health in All Policy

12 International Health, Rural Health, Urban Health, and Global Health

12.1 Health development partners and their priorities

12.2 UN agencies: WHO, UNICEF, UNDP, UNFPA, UNAIDS, UNOPS, and World Bank

12.3 Bilateral agencies working in Nepal: USAID, JICA, DFID, SDC, CIDA, AUSAID, NORAD, FINIDA, KOICA

12.4 International Non-Governmental Organizations: ADRA Nepal, Ipas Nepal, BNMT Nepal, CARE Nepal, FHI 360 Nepal, HKI (Helen Keller International), World Vision International, UMN (United Mission to Nepal), One Heart World Wide (OHW), Plan International Nepal, PSI (Population Services International) Nepal, FAIRMED Foundation Nepal.

Non-Governmental Organizations: NTAG – Nepal Technical Assistance Group, Nick Simons Institute (NSI), Sunaulo Parivar Nepal, Nepal CRS Company, Family Planning Association of Nepal (FPAN), Nepal Red Cross Society (NRCS), Karuna Foundation Nepal, Medic Mobile

12.5 Rural and Urban Health

12.6 Global Health

12.7 IHR

(B) हेल्थ ईन्सपेक्सन सम्बन्धी

1. Health and Population-related Plans and Policies

1.1 National Health Policy 2076

1.2 Current National Population Policy

1.3 Nepal Health Sector Strategy

1.4 Health, Nutrition and Population in Current National and Provincial Periodic Plans

1.5 Sustainable Development Goals and Universal Health Coverage

2. Health Issues and Regulations

2.1 The Constitution of Nepal

2.2 Health-related fundamental rights and related legislation

2.3 Civil Service Acts and Regulations (Federal, Provincial and Local Level)

2.4 Public Health Services Act 2075 and Public Health Service Regulation 2077

2.5 Koshi Province Public Health Act 2077

2.6 Local Government Operation Act 2074

2.7 Public Procurement Act 2063 and Regulations

2.8 The Prevention of Corruption Act 2059

2.9 Right to Information Act, 2064 (2007)

2.10 Provincial Good Governance (Management and Operation) Act 2076 and Regulations 2079

2.11 Health and Human Rights

2.12 Health Professional Council Act and related regulations

2.13 Legalization of abortion

2.14 Ethical issues in health

2.15 Current Periodic Plan (National and Provincial)

2.16 Health System and its governance in the federal context

2.17 Provincial Financial Procedure and Fiscal Accountability Act 2078

2.18 Federation, Province and Local Level (Coordination and Interrelation) Act, 2077

2.19 Consumer Protection Act 2075

2.20 International Health Regulations (IHR)

3. Introduction, Objectives, Strategies, Targets and Current Status of National and Provincial Health Programs

3.1 Family Planning, Safe Motherhood, Immunization Program, Nutrition, Integrated Management of Neonatal and Childhood Illness (IMNCI), Adolescent Sexual and Reproductive Health, Malaria, Tuberculosis, Leprosy, Sexually Transmitted Infections (STI) and HIV/AIDS and others

3.2 National and Provincial Health Training Center: Basic, refresher and other continuous medical education programs

3.3 National Health Education Information and Communication Center: Critical overview of functions and roles

3.4 Development of Health Profile

- 3.5 Female Community Health Volunteers Program (FCHV)
- 3.6 Primary Health Care Outreach Program (PHC-ORC)
- 3.7 Disaster Management and Early Warning Reporting System (EWARS), HEOC
- 3.8 Health Sector Reform Program: Strategy and planning programs
- 3.9 Health Economics and Financing Unit (HEFU)
- 3.10 Health Management Information System (HMIS)
- 3.11 Logistic Management Information System (LMIS)
- 3.12 Electronic Health Record (EHR) and Electronic Medical Record (EMR)
- 3.13 Human Resource Information Center (HURIC)
- 3.14 Non-Communicable Disease and Mental Health Program

4. Management of Public Health Program at the Provincial and Local Levels with Special Reference to

- 4.1 Family Planning, Safe Motherhood, Immunization Program, Nutrition, Integrated Management of Neonatal and Childhood Illness (IMNCI), Malaria, Kala-azar, J.E., Lymphatic Filariasis, Dengue and other vector-borne and zoonotic diseases, Tuberculosis, Leprosy, Sexually Transmitted Diseases (STD) and HIV/AIDS, COVID-19, non-communicable diseases and mental health, epidemiology and disease outbreak management and others
- 4.2 Surveillance and research
- 4.3 Early Warning and Reporting System
- 4.4 Training activities at the Provincial, District and Local Levels
- 4.5 Health education, information and communication activities at the Provincial and Local Levels
- 4.6 Management of Health Camps
- 4.7 Health financing and social health protection programs in Nepal
- 4.8 Health Insurance Board and National Health Insurance Program
- 4.9 Elderly health

5. Health Management in Nepal

- 5.1 Personnel management: Concept, principles, nature
- 5.2 Management and administrative requirements of the job description as drawn up by the Ministry for Public Health Officers
- 5.3 Human resource management: Concept, functions and different aspects
- 5.4 Community organization: Concepts, principles and process
- 5.5 Supervision, monitoring and evaluation of health care system: Principles, practice and importance
- 5.6 Inter- and intra-sectoral coordination in health services
- 5.7 Inter-governmental management in health administration
- 5.8 Indigenous and traditional healthcare system including Ayurveda and other systems: Concepts, status and their analytical study
- 5.9 Analytical study of organizational structure of Ministry of Health and Population, Provincial and Local Level (Dharmadevi Municipality) Health Authorities and functions