

ललितपुर महानगरपालिका

पाँचौ तह, हेल्थ असिस्टेन्ट पदको खुल्ला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

पाठ्यक्रमको रूपरेखा: यस पाठ्यक्रमको आधारमा निम्नानुसार चरणमा परीक्षा लिइनेछः

प्रथम चरण: लिखित परीक्षा

पूर्णाङ्क: ५०

लिखित परीक्षा योजना (Examination Scheme)

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	प्रश्न संख्या× अङ्कभार	समय
सामान्य ज्ञान र सेवा सम्बन्धी	५०	२०	वस्तुगत बहुवैकल्पिक (Multiple Choice)	५० प्रश्न×१= ५०	४५ मिनेट

द्वितीय चरण: अन्तर्वार्ता समेत

विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली	समय
अन्तर्वार्ता	२०		मौखिक	
सम्बन्धित क्षेत्र वा विषयको अनुभव वापत	५		दरखास्त फारामको मूल्याङ्कनको आधारमा	
स्थानीय वापत	५		दरखास्त फारामको मूल्याङ्कनको आधारमा	

द्रष्टव्यः

- पाठ्यक्रम योजनालाई दुई चरणमा विभाजन गरिएको छ।
- लिखित परीक्षाको माध्यम नेपाली वा अंग्रेजी अथवा नेपाली र अंग्रेजी दुवै हुनेछ।
- वस्तुगत बहुवैकल्पिक (Multiple Choice) प्रश्नहरूको गलत उत्तर दिएमा प्रत्येक गलत उत्तर वापत २० प्रतिशत अङ्क कट्टा गरिनेछ। तर उत्तर नदिएमा त्यस वापत अङ्क दिइने छैन र अङ्क कट्टा पनि गरिने छैन।
- परीक्षामा कुनै प्रकारको क्याल्कुलेटर (Calculator) प्रयोग गर्न पाइने छैन।
- लिखित परीक्षामा यथासम्भव निम्नानुसार प्रश्नहरू सोधिनेछः

पाठ्यक्रमको एकाइ	१	२	३	४	५	६	७	८	९	१०	११	१२	१३	१४	१५	१६
प्रश्न संख्या	६	३	२	२	३	२	४	४	२	२	४	२	२	४	२	६

- परीक्षार्थीले मोबाइल वा यस्तै प्रकारका विद्युतीय उपकरण परीक्षा हलमा लैजान पाइने छैन।

७. यस पाठ्यक्रममा जेसुकै लेखिएको भएता पनि पाठ्यक्रममा परेका ऐन, नियमहरू परीक्षाको मिति भन्दा ३ (तीन) महिना अगाडि संशोधन भएका वा संशोधन भई हटाइएका वा थप गरी संशोधन भई कायम रहेकालाई यस पाठ्यक्रममा रहेको सम्झनु पर्दछ।
८. लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरू मात्र अन्तर्वार्तामा सहभागी हुन पाउने छन्।

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पाँचौं तह, हेल्थ असिस्टेन्ट पदको खुल्ला प्रतियोगितात्मक परीक्षाको पाठ्यक्रम सामान्य ज्ञान तथा सेवा सम्बन्धित कार्य-ज्ञान (General And Job related function Knowledge)

(५० प्रश्न×१ अङ्क=५० अङ्क)

1. Introduction, Bagmati Province Policy, National Policy, Planning, Strategies and implementation status of Public Health Programmes in Nepal

- 1.1 Family Planning, Safe Motherhood
- 1.2 Control of Diarrhoeal Diseases (CDD), Acute Respiratory Diseases (ARI), Nutrition, National Programme on Immunization & Integrated Management of Childhood Illness (IMCI)
- 1.3 Malaria, Kala-azar, Japanese Encephalitis, Filaria
- 1.4 Human Immuno Deficiency Virus (HIV)/Acquired Immuno Deficiency Syndrome (AIDS) and Sexually Transmitted Diseases (STD) Control
- 1.5 Tuberculosis and Leprosy Control
- 1.6 Zoonotic diseases control
- 1.7 Non Communicable Diseases and Mental Health
- 1.8 Health Education, Information and communication
- 1.9 Social Health Security, School Health Nurse, National Health Insurance
- 1.10 Curative Services in Health Facility, Laboratory services

2. Planning and Management

- 2.1 Community Health Diagnosis & Health Profile
- 2.2 Micro Planning of Health Programme
- 2.3 Supervision, Monitoring and Evaluation of Health Programmes
- 2.4 Health Management Information System (HMIS)
- 2.5 Planning and Management of Camps
- 2.6 Cold Chain Management
- 2.7 Health Training Management in different settings
- 2.8 Logistic Management
- 2.9 Health Provisions on Bagmati Province current Periodic Plan

3. Organizational Structure and Functions

- 3.1 Federal Level: Ministry of Health and Population (MoHP), Department of Health Service (DoHS), and Central Level agencies
- 3.2 Provincial Level: Ministry of Social Development, Health Directorate Health Logistics Management Centre, Health Training Center, Public Health Lab, Health Office, Provincial Hospitals
- 3.3 Local level: Primary Health Care Center (PHCC), Health Post (HP), Sub Health Post (SHP), Urban Health Center, Basic Health Center

4. Community Mobilization & Local Governance

- 4.1 Female Community Health volunteers (FCHV) and Mother's Groups
- 4.2 Primary Health Care Outreach Clinic
- 4.3 Community Drug Programme (CDP)
- 4.4 Mobilization of Local Health Leaders and Committees

4.5 Provincial/Local Management of Health Services

5. Epidemiology and Disease Control

5.1 Definition, Scope, Causes of Disease and Infection

5.2 Types and Management of Disasters

5.3 Management of Epidemics

5.4 Causes, Signs, Symptoms, Management, Prevention and Control of Gastroenteritis, Dysentery, Cholera, Typhoid Fever, Giardiasis, Malaria, Filariasis, Encephalitis, Kala-azar, Parasitic Infestation, Scabies, Chicken Pox, Influenza, Mumps, Rabies, Hepatitis, Ring Worm, Leprosy, Tuberculosis, Helmenthiasis, Pertusis, Measles and Diphtheria, Covid-19 and other pandemic diseases

6. Environmental Sanitation

6.1 Water Purification, Waste Management, Food Hygiene, Sanitation of public places, Health Hazards, Sanitary Latrines, Basic Measures in Controlling Rodents, Medical Importance and Measures of Controlling Common Vectors and Insects

7. Child Health Problems and Interventions

7.1 Common Neo-natal Problems

7.2 Common Child Health Problems like CDD, ARI, Malaria and Malnutrition

7.3 Nutritional Interventions, Immunizations Services

8. General Medicine

8.1 General History Taking, Simple Physical Examination, Systemic Examination

8.2 Various Methods of Diagnosis, Complication and Management of Diseases in Respiratory, Digestive, Cardiovascular, Urinary, Endocrine, Hematology and Central Nervous System with its terminology, Etiology and clinical features

9. First Aid and Emergency Management

9.1 Shock, Poisoning, Injuries, Haemorrhage, External bleeding. Thermal and Chemical Burns, Fracture and Dislocation, Frost Bite, Insect bite, Animal bite, Snake bite and Drowning, Abscess and Cellulites

10. Skin Diseases

10.1 Common skin infections (Bacterial, Viral, Fungal and Parasitic) Acute drug reaction

11. Elementary Surgery

11.1 Haemorrhage, Management of inflammation, Septicemia, Toxemia, Sinus, fistula, Gangrene, Wound, Tetanus, Acute Pain Abdomen,, Hernia, Anal Fissure, Piles, Acute Retention of Urine, Causes of Frequent Urination and Nocturia, Management of Rupture of Urethra, Haematuria, Phymosis, Paraphymosis, Hydrocele, Head Injury, Clinical features and management of Osteomyelitis, Local Anesthesia, Sterilization of Surgical Instruments

12. Eye, Ear, Nose and Throat Diseases

12.1 General Examination procedures of Eye, Ear, Nose and Throat

12.2 General Managements of Eye Lid diseases and it's complications, Red Eyes, Trachoma, Corneal ulcer, Night Blindness, Cataract, Pterygium, Iridocyclitis, Glaucoma and foreign body in the eyes

12.3 Removal of Wax and Foreign Bodies, Sign and Symptoms and Managements of Otitis Media, Otitis Externa and referral conditions of hearing problems

12.4 Epistaxis and Sinusitis

12.5 Clinical Features, Complications and management of Acute Tonsillitis, Pharyngitis and Laryngitis

13. Oral Health and Mental Health

- 13.1 Dental plaques and calculus, Dental Carries, Periodontitis, Peridonal pockets and Abscess, Importance and Maintenance of Oral Hygiene
- 13.2 Psychosis, Neurosis and Common Mental Health Problem

14. Reproductive Health Problems and Interventions

- 14.1 Male and Female reproductive System, mechanism of Menstruation, Conception, Evolution, Vaginal Discharge, Management of Per Vaginal Bleeding, Post Menopausal Bleeding, Uterine Prolapsed, Pelvic Inflammatory Diseases; causes, Sign, Symptoms and Complication of Entopic pregnancy, Management of Engorgement of Mastitis. and Breast Abscess
- 14.2 Management of Normal Labor and Early Diagnosis and referral of Complicated Pregnancy, Labor, Puerperium
- 14.3 Safe Abortions, Permanent and Temporary Contraceptives

15. Acts and Regulations

- 15.1 Health Service Act and Regulation
- 15.2 Health Professional Council Act and Regulation

16. General Knowledge:

- १. नेपालको ऐतिहासिक, भौगोलिक, राजनैतिक, साँस्कृतिक तथा धार्मिक लगायतको जानकारी।
- २. समसामयिक गतिविधि